IFS

ISRAELI INSTITUTE FOR IFS

www.ifs-israel.org

IN CONJUNCTION WITH THE

PATH Center

www.pathcenter.co.il

ABOUT THE MODEL

The Internal Family Systems Model by Dr. Richard Schwartz integrates systems thinking with intra-psychic concepts and recognizes the multiplicity of the mind. It is non-pathologizing, respectful and strength based, trusting the wisdom of the client, and allows the client's authentic Self to emerge. IFS is a unique form of therapy that is extremely effective and empowering, supported by a comprehensive theory, along with original concepts and specific methodology.

The IFS model facilitates transformation through a variety of unique techniques including mindfulness, guided imagery, cognitive restructuring and more, in order to harmonize the internal system and to establish a strong, wholesome and authentic internal leadership.

> ***The model is research based, in addition to being strongly supported by new findings in the field of neurobiology and brain science.***

Issues addressed by IFS therapy

The IFS model has been very successful in treating depression, anxiety, life transitions and crises, trauma resolution, eating disorders, couples' issues and family dynamics. It is suitable for work with individuals (kids, teens and adults), couples, families and groups. The model has been used successfully in conjunction with EMDR, art therapy, play therapy, movement and dance therapy, psychodrama and body-centered therapy.

About the Israeli Institute for IFS

The Israeli Institute for IFS was founded in 2008 by Osnat (Ossi) Arbel, Ph.D., and Einat Avni Bronstein, MSW, to address the high interest and the growing need for IFS practice in Israel. The institution has the exclusivity and the recognition for IFS trainings in Israel from the international IFS headquarters, IFSI - Internal Family Systems Institute (www. https://ifs-institute.com).

Since its inception the Institute trained hundreds of Israeli professionals and created an ever growing, high quality and vibrant community of professionals from all over the country.

ABOUT THE FOUNDERS

Einat Avni Bronstein, MSW, LCSW, graduated from Law school in Tel Aviv University and earned her Masters in Clinical Social Work at Washington University in St. Louis. She is a Certified IFS Therapist and supervisor, as well as a Senior Lead Trainer from the IFSI. Einat is an experienced psychotherapist with almost 30 years of practice in individual, couples', family, and group therapy. She held the position of an adjunct faculty at the MFT Post Graduate Program, at the School of Social Work at Tel Aviv University for 8 years and has a vast experience creating, conducting and facilitating workshops, seminars, courses and lectures.

Osnat (Ossi) Arbel, Ph.D., LMFT is an AAMFT Clinical Fellow & Approved Supervisor, and a Certified Marriage and Family Therapist & Supervisor at the Israeli Association for MFT. She is a Certified IFS Therapist and Supervisor, and a Senior Lead Trainer for the IFSI. Ossi has completed her Ph.D. in Counselor Education and Supervision, at the University of Northern Colorado, focusing on mindfulness and existential/humanistic therapy approaches, and dedicating her professional and personal growth to the IFS model. With over 3 decades of experience in psychotherapy, teaching and supervising, and in academia in Israel and the US, Ossi brings her passion and enthusiasm to leading and facilitating trainings, workshops, and seminars all over the world.

(FOR MORE INFO ABOUT THE MODEL, THE INSTITUTE AND THE FOUNDERS, PLEASE CHECK OUR WEBSITE WWW.IFS-ISRAEL.ORG).

For prices, info, & to register:
Please contact the staff at the PATH Center on 02-5366-933 or by email at info@pathcenter.co.il

ABOUT THE TRAINING

Enrollments Requirements
This training is suitable for professionals in the fields of psychotherapy, counseling, education, guidance, coaching and supportive services.

Requirements:
- B.A. degree, preferably in a relevant field (OR a relevant higher education Certificate in place of a B.A degree)
- A minimum of 1 year of practical experience with supervision
- 2 recommendation letters

Applicants who do not meet the requirements fully may apply and will be asked for a personal interview with a member of the teaching staff.

Training Details
Due to Covid-19 this training will be offered online, via the Zoom platform. The trainers have gained significant experience teaching this training online and the program has been fully adopted to fit the new format.
Free tutorials about using the online platform will be offered to the registrants prior to starting the training.
The teaching is done through didactics, experiential and much practicing and skill building in small groups setting with close supervision of experienced staff members.

*** We would like to emphasize the importance of the "learning container." It is vital that each participant will ensure they get organized with a decent computer, a good camera and microphone (not a mobile phone or an iPad/tablet). The need for a stable internet connection and a private and comfortable space to be sitting in, is critical and will allow a deep and meaningful shared learning. Training while driving or in a public space will not be allowed.

Format: The training is an 84 hour course, offered over 14 days, over 3 modules.

Daily Hours:
10:00 – 17:30 Israel time (Central Europe Standard Time+1)
8:00 – 15:30 UK (GMT)

Dates:
1. 23,24,27,28/12/20
2. 20,21,24,25,26/1/21
3. 16,17,18,21,22/2/21

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