



Internal Family SystemsSM Therapy Retreat-Style Level 1 Training Program (568) 2020 :: Online Training (Live, Real Time) Central U.S. Time Zone Schedule

This training will meet online due to COVID-19.

The Center for Self Leadership is now called IFS Institute: www.IFS-Institute.com.

The Internal Family Systems Model

Internal Family SystemsSM is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFSSM offers a clear, non-pathologizing, and empowering view of human cognitive and emotional life and provides a dynamic therapeutic approach that allows both therapist and client to enter into a transformational relationship in which healing can occur.

Richard C. Schwartz, PhD, has been developing the IFS model for more than 30 years, with IFS now practiced by thousands of licensed therapists and other professionals throughout the United States and internationally. Mental health care professionals and others trained in the IFS model can easily integrate it into a wide variety of practices using the unique methods IFS offers to create safe environments for clients to become Self-transforming. Internal Family Systems therapy is a simple yet sophisticated integration of psychology, spirituality, and intra-psychic and family systems theory that:



Richard C. Schwartz

- Works well with couples, families, groups, and children;
- Can effectively treat trauma;
- Is a client-led approach that respects each client's pace and goals;
- Establishes a productive, trusting, and collaborative partnership between therapist and client;
- Helps therapists remain centered and open-hearted.

Internal Family Systems: An Evidence-Based Practice

Internal Family Systems (IFS) is now posted on NREPP as an evidence-based practice. NREPP is the National Registry for Evidence-Based Programs and Practices, a national repository that is maintained by the U.S. government's Substance Abuse and Mental Health Services Administration (SAMHSA). Interventions listed in NREPP have been subject to independent, rigorous scrutiny, and are deemed to show significant impact on individual outcomes relating to mental health.

As a clinical treatment, IFS has been rated effective for improving general functioning and well-being. In addition, it has been rated promising for improving each of: phobia, panic, and generalized anxiety disorders and symptoms; physical health conditions and symptoms; personal resilience/self-concept; and depression and depressive symptoms.

These scientific findings and the listing of IFS on NREPP affirm the vast potential of IFS therapy for advancing emotional healing and mental well-being. In particular, they indicate promising effects on mind (depression, anxiety), body (physical health conditions), and spirit (personal resilience and self-concept).

IFS and Training Information Sources

This brochure contains many details about this program, including continuing education credit, certificate of completion attendance requirements, trainer biographies, finances, session and daily schedules, required readings, site information, and more.

For more information about IFS, please visit other tabs of our website.

Training Locations

This training will meet online due to COVID-19.

Curriculum

Overview: In addition to thoroughly learning IFS theory and techniques, the Internal Family Systems Level 1 training program invites participants to explore their own inner worlds in a safe, nurturing context. The training will help participants:

- Understand the conceptual basis of the IFS model;
- Apply basic IFS techniques to various clinical populations; and
- Take advantage of the opportunities IFS offers for personal development.

Learning Objectives: Please visit www.selfleadership.org, FAQ page.

Format: The training includes lecture, discussion, demonstration, experiential exercise, video review, and small group practice. Teleconferences occur between the on-site sessions and enable participants to have contact with their trainers, and each other, in order to ask questions and further integrate material already presented.

Program Hours: This Level 1 training will meet for two on-site sessions, and two teleconference sessions, totaling 84 program hours. Each on-site session comprises 40 program hours, and each teleconference session comprises two program hours. Session and daily schedules are listed later in this brochure.

Trainers



Lead Trainer: Paul Ginter, EdD, is a private practice psychologist at the Center for Psychotherapy and Wellness in Kalamazoo, MI, where he works with individuals, couples, and families. Paul has been an IFS therapist for more than 20 years and has served as a Senior Trainer for many of them, leading trainings throughout the U.S. and Europe. Known for his compassionate approach, Paul is particularly interested in incorporating spiritual practices such as meditation into his teaching and work with clients.



Assistant Trainer: Carol Graybeal, LCSW, is an experienced IFS Assistant Trainer and therapist who is also a certified Imago therapist, an approved EMDR consultant, and has earned a Master of Science degree in exercise and sport science. Carol has been in private practice for more than 23 years. She uses exercise psychology and psychotherapy in her work with individuals, families, and small groups, and also consults with people interested in becoming certified in IFS.

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by The Center for Self Leadership, and **a participant must complete 70 of the 84 total program hours offered in order to be eligible to earn this certificate.** Participants are responsible for ensuring that they attend sufficient training hours to earn the Certificate of Completion. The daily schedule is listed later in this brochure.

IFS Certification

Participants are not Certified IFS Therapists or Practitioners until they successfully complete the IFS Certification process. Information about the criteria and procedures for becoming IFS Certified is available on the CSL website certification page, or by emailing certification@selfleadership.org.

Eligibility for Future Trainings

By earning The Center for Self Leadership's Certificate of Completion for this training, a participant is eligible to apply for a Level 2 IFS training program. Participants are not required to be Certified IFS Therapists or Certified IFS Practitioners to enroll in IFS trainings.

To Apply

Who Should Apply: We welcome applications from:

- Mental and medical health care practitioners
- Pastoral counselors
- Business and academic professionals
- Masters or doctoral students
- Dance, art, and music therapists
- Health care professionals from allied fields

Application Form: Please use the application form for this training found on our website.

Training Schedule

Please note: Online sessions will meet according to the schedule below using the time zone in Chicago, IL, that's in effect during each training session. Please refer to www.24timezones.com or similar resources to determine how that relates to your time zone.

Session 1: August 9-15, 2020 (on Zoom)

Session 2: December 6-12, 2020 (on Zoom)

Teleconference 1: September 30, 2020, 6:30pm Central Time (US, Canada)

Teleconference 2: November 5, 2020, 6:30pm Central Time, US, Canada)

Daily Schedules

August Session:

	Morning Session	Morning Break	Afternoon/ Evening Session	Afternoon Break	Training/ CE Hours
Arrival Day Sun/Aug 9	X	X	7 - 9	X	2
Mon/Aug 10	9-12:15	15 min	2 – 5:45	15 min	6.5
Tue/Aug 11	9-12:15	15 min	2 – 5:45	15 min	6.5
Wed/Aug 12	9 - Noon	X	1 – 4	X	6
Thu/Aug 13	9-12:15	15 min	1:45 – 6	15 min	7
Fri/Aug 14	9-12:15	15 min	1:45 – 6	15 min	7
Sat/Aug 15	9 - Noon	X	1 – 3	X	5
					Total: 40

December Session:

	Morning Session	Morning Break	Afternoon/ Evening Session	Afternoon Break	Training/ CE Hours
Arrival Day Sun/Dec 6	X	X	7 - 9	X	2
Mon/Dec 7	9-12:15	15 min	2 – 5:45	15 min	6.5
Tue/Dec 8	9-12:15	15 min	2 – 5:45	15 min	6.5
Wed/Dec 9	9 - Noon	X	1 – 4	X	6
Thu/Dec 10	9-12:15	15 min	1:45 – 6	15 min	7
Fri/Dec 11	9-12:15	15 min	1:45 – 6	15 min	7
Sat/Dec 12	9 - Noon	X	1 – 3	X	5
					Total: 40

Continuing Education Contact Hours

- This training program is co-sponsored by The Center for Self Leadership and The Institute for Continuing Education (ICE).
- Continuing education contact hours are offered for the professional disciplines as listed.
- The course offers a total of 80 contact hours. Continuing education credit is offered for the on-

site course (August and December sessions). Continuing education credit is not offered for the two, 2-hour teleconference sessions.

- CE hours are awarded on a session-by-session basis, with full attendance required at sessions attended. Partial session CE credit is not offered.
- Attendees must complete all CE materials, sign in/out daily, and complete a session evaluation.
- Applications for continuing education contact hours will be available from IFS Institute, along with other pertinent continuing education information.
- **If you want CE credit for this training, you must sign up for using materials IFS Institute will give you – you'll need your license information (as applicable) if you want CE credit. No late CE applications can be accepted.**
- CE verification is mailed to participants by ICE following each session within 30 days of receipt of completed CE materials.
- There is no additional fee to make application for CE credit.
- It is the responsibility of attendees to contact their state licensing/certification board to determine if CE credit offered by The Institute for Continuing Education meets the regulations of their state licensing/certification board.
- Learning objectives are available on the FAQ page at www.selfleadership.org.
- If you have questions regarding continuing education credit, please contact The Institute for Continuing Education: [800-557-1950](tel:800-557-1950). Email: instconted@aol.com.

Psychology:

The Institute for Continuing Education is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling:

The Institute for Continuing Education and Internal Family Systems Institute are co-sponsors of this event. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing education provider, No. 5643. The Institute for Continuing Education is solely responsible for this program, including the awarding of NBCC credit. **New York:** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. Provider MHC-0016.

Social Work:

This program has been approved for 40.00 social work continuing education hours per session for relicensure, in accordance with 258 CMR Collaborative of NASW and the Boston College and Simmons Schools of Social Work. Authorization No. D-80806-1 / D-80806-2. **Ohio:** The Institute for Continuing Education is recognized as a provider of continuing education by the Ohio Board of Social Work, Provider RCS 030001. **New York:** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, Provider SW-0025. **New Jersey:** CE credit is not offered for New Jersey social workers.

Marriage/Family Therapy:

The Institute for Continuing Education is recognized as a provider in continuing education by the Illinois Board of Marriage and Family Therapists, Provider 168-000108. **New York** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Marriage-Family Therapy as an approved provider of continuing education for licensed MFTs, Provider MH-0012. **California Professionals:** The Institute for Continuing Education, Provider 56590, is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs. The Institute for Continuing Education maintains responsibility for this program and its content. This Course meets the qualifications for 40.00 hours of continuing education credit, per session, for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. Non-credit workshops will be clearly noted in the CE packet received at the Conference.

Instruction Methodology: May include didactic, lecture, audio-visuals, demonstrations, experiential exercises, case examples, small and large group discussions.

Required Pre-Training Reading and Other Materials

1. **Reading Materials:** All books listed below are available at The Center for Self Leadership's website store (www.selfleadership.org). Bundle pricing may be available. If you need assistance with the Store, please call 708.383.2659 or email info@selfleadership.org.

Required reading before the training begins:

Schwartz, RC (1995), Internal Family Systems Therapy, New York: Guilford Press, ISBN 1-57230-272-0.

Goulding, RA, and Schwartz, RC (2002). The Mosaic Mind: Empowering the Tormented Selves of Child Abuse Survivors, Oak Park IL: Trailheads Publications, The Center for Self Leadership, ISBN 0-9721480-1-9.

Suggested reading before the training begins:

Schwartz, RC (2001), Introduction to the Internal Family Systems Model, Oak Park IL: Trailheads Publications, The Center for Self Leadership, ISBN 0-97211480-0-0. **This book is required reading for those with no prior experience with the IFS model.** Class content is designed on the assumption that the reading is completed.

Other suggested reading:

Anderson, Frank G., Sweezy, Martha, and Schwartz, Richard C. (2017). Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD and Substance Abuse, Eau Claire, WI: PESI Publishing & Media, ISBN-10: 1683730879, ISBN-13: 978-1683730873.

2. **Additional Training Materials:** Each program's trainers may ask participants to purchase up to \$20 in additional training materials. If additional training materials are required, participants will be notified as the starting date of the training approaches.

Financial Assistance

Payment plans: Payment plans are listed on the program application. If you have questions about the plans, please contact the CSL Controller, Mary Mitrovich, at mary@selfleadership.org.

Costs for this training may be tax-deductible. Please consult with your tax advisor.

Employers can be a good source of funding for continuing education. Please check with your supervisor and/or human resources department.

Tuition scholarships: Details and CSL's scholarship application form are on the website Training FAQ page.

Tuition and Fees

Program Deposit: The \$500 deposit is charged when you are accepted into the training, and this is required to secure your place. Payment plans are available for the tuition balance (see program application for details).

Program Tuition: \$3,650 (\$500 of which is the program deposit)

In light of the Covid-19 situation, your tuition payment will reflect a 15% rebate, and this will be done automatically by IFS Institute's Controller. If you have questions, please contact Mary@IFS-Institute.com.

Application Fee: The \$55 non-refundable, non-transferrable application fee is charged when your application is received.

Room and Board are not included in tuition.

Withdrawals and Refunds: Participants who wish to withdraw from the training program must do so in writing. Deposit: The \$500 deposit is refundable if written notice of withdrawal is received by the CSL office 45 or more days before the 1st day of the program. The deposit is transferable to another CSL-organized Level 1, 2, or 3 IFS training program if written notice of withdrawal is received by the CSL office 44-21 days before the 1st day of the program. A transferred deposit must be used within 18 months of withdrawal or else it is forfeited; a transferred deposit may only be used by the participant who is withdrawing. The deposit is forfeited if written notice of withdrawal is received by the CSL office 20 or fewer days before the 1st day of the program, or if withdrawal occurs after the program begins. Tuition Balance: The tuition balance (total tuition less deposit) is refundable if written notice of withdrawal is received by the CSL office 21 or more days before the 1st day of the program. The tuition balance is forfeited if written notice of withdrawal is received by the CSL office 20 or fewer days before the 1st day of the program, or if withdrawal occurs after the program begins. The application fee and payment plan carrying fee are non-refundable. CSL reserves the right to postpone, cancel or otherwise change any training program schedule prior to its beginning. At no time is CSL responsible for training students' travel, lodging, or incidental expenses.

ADA If you have special needs, please contact The Center for Self Leadership.

Contact information for IFS Institute is available at www.IFS-Institute.com.