Watertown, MA :: 2019-2020
Internal Family Systems[SM] Therapy
Level 1 Training Program (481)

The Internal Family Systems Model

Internal Family Systems[SM] is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFS[SM] 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

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:

- 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 & 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.

The Center for Self Leadership's contact information is at the end of this brochure and on the website. We invite you to contact us with any questions.

Training Location

Watertown is a quaint New England suburb located just 20 minutes from downtown Boston. Watertown Center for Healing Arts has been welcoming IFS trainings for many years, and is easily accessible from major highways and public transit. Located in the heart of Watertown Square and an easy walk to charming shops and restaurants, Watertown Center is a great venue for your IFS training!

Curriculum

Overview: In addition to thoroughly learning IFS theory and technique, 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 base of the IFS model;
- Apply basic IFS techniques to various clinical populations; and
- Take advantage of the opportunities IFS offers for personal development.

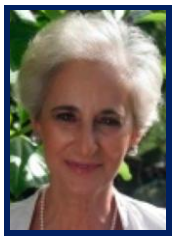
Learning Objectives: Please visit www.selfleadership.org, FAQ page.

Format: The training includes lecture, discussion, demonstration, video review, experiential exercise, and small group practice.

Program Hours: This training comprises six, 3-day sessions over the course of about 8 months, and totals 18 training days (108 program hours). Each 3-day session comprises 18 program hours. The daily schedule is listed later in this brochure.

Trainers

Lead Trainer: Nancy Sowell, MSW, LICSW, believes in the power of Self-leadership for promoting health and well-being. Specializing in the use of IFS to foster health and healing, Nancy provides clinical supervision and training in IFS for Harvard Medical School at Cambridge Health Alliance, and co-created an IFS treatment protocol and program for rheumatoid arthritis patients in a research study at Brigham and Women's Hospital in Boston. Nancy maintains a private psychotherapy and clinical consultation practice on Cape Cod and in Newton, MA.



Assistant Trainer: Mona Barbera, PhD, is a psychologist in private practice in Rhode Island. She offers IFS couples therapy, IFS couples workshops, and is the author of the award-winning IFS relationship book, *Bring Yourself to Love: How Couples Can Turn Disconnection into Intimacy*. She is a former board member of the New Society for the Treatment of Trauma and Dissociation, and is trained in EMDR and Imago Relationship Therapy. Mona is also an Assistant Director and Shambhala Guide for Shambhala Buddhist meditation.

Training Schedule

2019: May 3-5, July 26-28, September 20-22, October 25-27, December 13-15
2020: Jan 24-26

Daily Schedule

	Morning Session	AM Break	Afternoon Session	PM Break	Training/ CE Hours
Friday	9:30 - 12:30	15 min.	2 – 6	15 min.	6.5 hours
Saturday	9 - 12:30	15 min.	2 – 6	15 min.	7.0 hours
Sunday	9 – 11:30	X	Noon – 2	X	4.5 hours
					18 Total

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by The Center for Self Leadership and **a participant must complete 90 of the 108 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 and track their own attendance. The daily schedule is available 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 in allied fields

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

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 training offers a total of 108 contact hours. CE covers all scheduled course sessions.
- CE hours are awarded on a session-by-session basis, with full attendance required at sessions attended. Attendees must attend each scheduled session in full, sign in/out daily, and complete a session evaluation.
- Applications for continuing education contact hours will be available at the initial course session, along with other pertinent continuing education information.
- **If you want CE credit for this training, you can sign up for it at the first session – you must bring your license information (as applicable) if you want CE credit. Your last chance to sign up for CE is at the training's second session, but if you sign up at that time, processing of your CE paperwork will be delayed. No CE applications can be accepted after the second session.**
- CE verification is mailed to participants by ICE following each session (within 30 days of receipt of completed CE materials).
- There is no charge for CE.
- It is the responsibility of attendees to check with their state licensing/certification board to determine if CE credit offered by The Institute for Continuing Education meets the regulations of their state board.
- Learning objectives are available on the FAQ page at www.selfleadership.org.
- If you have questions regarding the program, agenda, learning objectives, speakers, grievance issues, please contact The Institute for Continuing Education: 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 The Center for Self Leadership are cosponsors of this program. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing education provider, ACEP Provider No. 5643. The Institute for Continuing Education solely is responsible for this program, including the awarding of NBCC credit.

Social Work: **Session 1**: The Institute for Continuing Education, Provider 1007, is approved to offer social work continuing education by the Association of social work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Institute for Continuing Education maintains responsibility for this course. ACE provider approval period: 4-13-2018 – 4-13-2021. Social workers completing this Course will receive 18.00 clinical continuing education credits. **Sessions 2-6:** This program has been approved for 18.00 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 numbers: D-80807-2 –D- 80807-6.

Marriage/Family Therapy: This activity has been certified by NEAFAST on behalf of Massachusetts Board of Registration of Allied Health and Human Services Professionals, for LMFT professional continuing education. Certification No. PC-040076; PC-040081-PC-040085.

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 by the trainers as the starting date of the training approaches.

Financial Assistance

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

Costs for the 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's Training FAQ page.

Tuition and Fees

Program Tuition: $3,800 ($500 of which is the program deposit)

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 balance (see program application for details).

Room and Board are not included in tuition.

Application Fee: A $45 non-refundable, non-transferrable application fee is charged when your application is received.

Withdrawal/Refund Policy: Participants who wish to withdraw from the training program must do so in writing. Participants are responsible for paying for sessions attended or missed prior to withdrawal. 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 training program if written notice of withdrawal is received by the CSL office 44-15 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 14 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 8 or more days before the 1st day of the program. One-sixth (1/6) of the tuition balance is forfeited if written notice of withdrawal is received by the CSL office 7 or fewer days before the 1st day of Session 1, and 8 or more days before the 1st day of Session 2. The full tuition balance is forfeited if written notice of withdrawal is received by the CSL office 7 or fewer days before the 1st day of Session 2. 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 the beginning of Session 1. At no time is CSL responsible for training students' travel, lodging, or incidental expenses.

ADA This training's site is not fully ADA accessible. If you have special needs, please contact The Center for Self Leadership.

TRAVEL INFORMATION

Training Site: Watertown Center for Healing Arts
17 Spring St.
Watertown, MA 02472
617-794-0487
WatertownCenter.net

If you need additional travel information, please visit websites such as MapQuest or Google Maps. You may wish to visit priceline.com, orbitz.com, kayak.com, or other websites to find travel deals for airfare, hotels, rental cars, etc. While CSL is not affiliated with any of these sites, many people have success with them.

AIRPORTS:

Logan International Airport
Airlines served: All major airlines served.
Approximately 20 minutes from site.
For directions from Logan International Airport click **HERE**.

DRIVING and PUBLIC TRANSIT:

For driving or public transit directions from…

- (Boston) click **HERE**.
- (Lowell) click **HERE**.
- (Worchester) click **HERE**.
- (Brockton) click **HERE**.

TRAINS (Amtrak): For Amtrak information please click **HERE**.

SITE PARKING: Metered parking is available on Mt. Auburn St, Baptiste Walk and in large lot off of Spring Street. Meters are free with no time limit after 6pm and on Sunday. Meters cost $.50 per hour 10am - 6pm on weekdays. Meters with blue poles (some have red paint showing through) are up to 8 hours. Meters with yellow poles are up to 10 hours. Please make sure that you check all posted signage for the most up-to-date information.

MEALS: To see restaurants in the area please click **HERE**.

LODGING: For lodging near the site please click **HERE.**

THE CENTER FOR SELF LEADERSHIP

www.selfleadership.org

Phone: Level 1, 2, 3 US or Canada Trainings: 708.383.2519
Level 1, 2, 3 International Trainings: 708.845.1664
IFS Certification: 828.215.6307
IFS Circle/Continuity Webinars: 708.383.2659
IFS Store & Everything Else IFS: 708.383.2659

Fax: 708.383.2399

Mailing Address: P.O. Box 3969, Oak Park, IL 60303

Email: Level 1, 2, 3 Trainings in the US and Canada:
training@selfleadership.org or Maryanne@selfleadership.org
For best service, please write to only one email address at a time - thanks!

Level 1, 2, 3 International Trainings: Karon.Brashares1@gmail.com

IFS Certification: certification@selfleadership.org

IFS Circle/Continuity Webinars: info@selfleadership.org

IFS Store & Everything Else IFS: info@selfleadership.org

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