

# Central CT 2020-2021 Level 1 (#766)

**Location:** Central Connecticut State University (CCSU), New Britain, CT. Due to the COVID-19 pandemic, all sessions will be conducted online via the WebEx platform.

## Program Description:

The CCSU MFT program, in collaboration with the Internal Family Systems Institute (IFS-I) will once again offer the intensive Level 1 Training Program in Internal Family Systems<sub>sm</sub> (IFS) Therapy.

**The evidence-based IFS model** was developed by Dr. Richard Schwartz over the past thirty years and is rapidly gaining recognition as a powerful modality for working with individuals, couples, families, and larger systems using a combination of family systems and intra-psychic concepts. The model was developed out of work with trauma and abuse survivors, and offers a rapid and gentle alternative to many of the current treatments for these presenting issues. The training program offers new knowledge, experiential practice of new techniques, videos and live demonstrations of actual sessions, and supervision. Emphasis in the training is placed on the “Self leadership” of the therapist to be able to bring out the Self of clients as a healing agent for their own “internal systems.”

The **IFS Level 1** training program at CCSU has been run continuously since 1997, initially brought to the university by Dr. Schwartz as the lead trainer. The training consists of six (6) 3-day weekends, comprised of lectures, demonstrations, experiential exercises and practice of IFS therapy skills. To facilitate the training, a staff of trained IFS therapists serve as program assistants to work with participants in small groups to practice skills and process the training experience.

## Lead Trainer:

Ralph S. Cohen, PhD, LMFT, IFS Lead Trainer, CCSU IFS Training Coordinator

## Trainer Biography



**Ralph S. Cohen, Ph.D.**, is Professor of Counseling and Family Therapy at Central Connecticut State University, Director for the Masters program in Marriage and Family Therapy, Coordinator for the Internal Family Systems Continuing Education Program, and an AAMFT Approved Supervisor. He is a Lead Trainer in the IFS Model and has presented on IFS at state, national and international conferences. Ralph also teaches graduate courses on IFS. Ralph has a private practice in West Hartford, Connecticut, providing IFS-based therapy for individuals, couples, and families. He has an approachable and warm style of teaching and is committed to fostering a safe environment in which participants can connect with their core Selves.

## Dates and Times:

<b>Schedule:</b>	<b>Dates</b>	<b>Topic</b>
Weekend #1:	January 8 - 10, 2021	Overview and The Self
Weekend #2:	February 26 - 28, 2021	Protectors
Weekend #3:	April 9 - 11, 2021	Exiles
Weekend #4:	May 7 - 9, 2021	Flow of Model
Weekend #5:	June 11 - 13, 2021	Integration
Weekend #6:	July 9 - 11, 2021	Closure

Fridays and Saturdays: 9:30 a.m. to 6:00 p.m.

Sundays: 9:00 a.m. – 1:00 p.m.

**Registration and Fees:** The cost of the IFS training is \$3,450. Payment plans are available to pay in installments over the training period. A limited number of graduate student and alumni slots at a reduced fee of \$2,500 are available with student ID. Discounts of 15% are also available (3 or more). Contact CE Coordinator, Judy Ratcliffe at 860-832-2276 for more information.

**Please note:** Tuition is set for the training program as a whole, not for individual days or weekends. Once registered, participants are responsible for **full payment** for the training program.

**Space is limited to 36 participants.** Applications will be evaluated as they are received. **Slots are filled on a first-come, first served basis.** After the slots are filled, names will be placed on a waiting list in the order that their application was received. Once the program has started, those on the waiting list will be refunded their deposits. **The program reserves the right to hold a limited number of slots for faculty and other special cases.** This training is for professionals in the Human Services fields and is a non-credit continuing education program.

**To Apply:** Click on the link to the CCSU Continuing Education registration website for the IFS Level 1 program or copy and paste it into your internet browser:

<https://registration.xenegrade.com/ccsu/courseDisplay.cfm?schID=1337>

Once on the website, scroll down to the bottom and click on the button to set up a registration account and follow the instructions. You will be asked to create a Username and a password. You will be able to apply to the program and pay the \$200 deposit via credit card. In addition, **you will need to submit a resume via e-mail to the IFS Program Coordinator, Dr. Ralph Cohen at [cohenr@ccsu.edu](mailto:cohenr@ccsu.edu).** Once you are approved, then we'll add the balance of the fee to your account and set up a payment plan if you wish.

**Payment Plans and Discounts:** You may request to set up a payment plan, up to 6 installments. Those who qualify for student or alumni discounts will have a special registration code under "Membership" on the online registration process. Please contact the Continuing Education coordinator, Judy Ratcliffe at [jratcliffe@ccsu.edu](mailto:jratcliffe@ccsu.edu) or call at 860-832-2276 for information regarding payment options.

Once you are accepted you will receive an information packet with details about the program.

**Submit application by 12/20/2020.**

**Training Coordinator:**

This training is administered by Ralph Cohen at Central Connecticut State University, 860-832-2122, [cohenr@ccsu.edu](mailto:cohenr@ccsu.edu).

**CSL Additional Information:**

Please note that the Internal Family Therapy Institute (IFS-I) is not administrating this training and, in some cases, the FAQs on this website may not apply. The Central Connecticut State University (CCSU) IFS Training Program works closely with IFS-I to ensure consistency in policies. If you have any questions about this training, please contact Ralph Cohen (see above).

**Continuing Education:** The IFS Level 1 program at CCSU is a non-credit course (MFTP 610) through the Continuing Education department. CCSU is a regionally-accredited institution of higher education. CE credits with NASW are being applied for, which is recognized by most professional disciplines and licensing boards.