

The Training Program

We are excited to present an IFSSM Level 2 (Advanced) Multi-topic curriculum that will include a format, similar to Level 1, of didactic, video, large group experiential, and small group practice elements. Each of the four weekends will focus on different content areas that will expand your knowledge of and facility with IFS and will continue your personal growth. The program will be taught by several of the senior IFS trainers and students will be exposed to their different styles and expertise.

The *first weekend* is designed to: (1) form a new, connected and safe training group, (2) assess where each student is with the model and identify and address common stuck-points with the model, and (3) build new skills and increase ability to hold Self energy.

The *second weekend* is focused on the challenges of treating traumatized clients and will include new content and videos as well as lots of practice time.

The *third weekend* focuses on how to work with multi-person systems, with a particular focus on treating couples, but also extrapolating to families, groups, and organizations. This will also include new content and a new outline for couples treatment with clear steps that will be practiced.

The *fourth weekend* will emphasize the importance of the therapeutic relationship and also explore the spiritual aspects of the model.



Location:

All trainings will be held at online through the Central Connecticut State University Office of Continuing Education.

Dates and Times:

The program is a 72 hour training experience, which takes place for four 3-day weekends, spaced approximately 2 months apart.

Dates:

Weekend #1	December 9 - 11, 2022
Weekend #2	January 13 - 15, 2023
Weekend #3	February 10 - 12, 2023
Weekend #4	April 28 - 30, 2023

Times: Fridays:	9:30 am - 5:30 pm
Saturdays:	9:30 am - 5:30 pm
Sundays:	9:00 am - 1 pm.

Weekend #1 - Advanced Review - Ann Sinko
Weekend #2 - IFS & Trauma—Michael Elkin
Weekend #3 - IFS & Larger Systems—Ralph Cohen
Weekend #4 - Self of the Therapist/Spirituality - Ann Sinko

Format:

The format of Level 2 includes lecture, discussion, demonstration, video review, experiential exercise, and small group supervision and practice. Four three-day weekend retreats over the course of one semester total 12 training days, 72 program hours. A Certificate of Completion is awarded. *Participants are not certified.* This is a *non-credit* course offered through the Office of Continuing Education at Central Connecticut State University.

For further information, contact

Dr. Ralph Cohen
Program Coordinator

E-mail – CohenR@ccsu.edu

For general information about IFS, see
www.ifs-institute.org

Central Connecticut State University
Marriage & Family Therapy
Professional Training Program/in
Collaboration with the CCSU Office of
Continuing Education and the IFS
Institute

presents

An intensive training in
**Internal Family
SystemsSM Therapy**
Level 2
Multi-Topic Format

Advanced Review
IFS and Trauma
IFS and Larger Systems
Self of the Therapist/
Spirituality and IFS

December 2022—April 2023

Central Connecticut
State University

The Power of the IFS Model

If you are searching for an effective therapeutic approach for difficult clinical situations, one that invigorates your clinical work with a sense of awe and adventure, the IFS training program presents exciting possibilities. The IFS model encourages both therapists and clients to collaborate in inner journeys of self-discovery, healing, and empowerment.

The IFS model will give you tools to be:

Flexible: The model's principles and techniques are equally effective with individuals, couples and families.

Focused and clear: The steps of the therapy are straightforward and intuitively understandable to therapists and to clients.

Respectful: IFS creates a safe, loving environment in which clients lead the work so they never feel pressured; moreover, they learn to trust their own resources.

Creative: Both client and therapist enjoy a sense of partnership that yields opportunities for deep insight and healing.

About the Trainers...

(Note: Trainer roster still being finalized; subject to change)



Ralph Cohen, PhD, LMFT is a Professor in the Department of Counseling and Family Therapy at Central Connecticut State University where he is director of the Master's program in Marriage and Family Therapy and coordinates the Internal Family Systems Continuing

Education Program. He is an Approved Supervisor for the American Association for Marriage and Family Therapy. He is a founding co-editor of the Journal of Self Leadership, an IFS-oriented professional publication. As a licensed psychologist and Marriage and Family therapist, Ralph has a private practice in West Hartford, CT, providing IFS-based therapy for individuals, couples, and families. Ralph is an IFS Lead Trainer.



Michael Elkin, M.A. is founder and director of the Center for Collaborative Solutions in Newton and Salem MA. He has been practicing therapy for over thirty years, and has presented training workshops throughout the US and in many other countries. He has

developed innovative ways of understanding and treating addictive and compulsive behavior, and is currently most interested in the building and maintenance of successful relationships. He is the author of *Families Under the Influence*, and several articles. Mike is an IFS Senior Lead Trainer.



Ann L. Sinko, LMFT has over 20 years of clinical experience and is a licensed Marriage and Family Therapist in Connecticut. She is in private practice and has been teaching as an adjunct Professor in the Marriage and Family Therapy Program at Central CT State University for 16

years. She has integrated IFS theory and technique in all facets of her creative work with families, couples, individuals and groups. She establishes a safe environment in which clients experience unconditional acceptance. She has a background in gestalt therapy and psychodrama and uses sand tray therapy in her work. Ann is passionate about teaching and believes that theory is best integrated through experiential learning. She brings a down to earth, concrete style along with a sense of humor to her teaching. Ann is an IFS Senior Lead Trainer.

Application/Registration 2022-23 IFSsm Level 2 Training Program (944)

Registration is online. Visit <https://ce.ccsu.edu/healthcare/>
If you have any questions, please contact Judy Ratcliffe at jratcliffe@ccsu.edu or at 860-832-2276.

Registration and Fees: The cost of the IFS training is **\$3,450**, payable in full at the time of registration.

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

Space is limited to 24 participants. Applications will be evaluated as they are received. **Slots are filled on a first-come, first-served basis.** This training is for professionals in the Human Services fields who have completed IFS Level 1. This program is a non-credit continuing education program.

CE Credits: Central Connecticut State University, a regionally-accredited institution, provides non-credit Continuing Education programs and courses for professionals. This course, designated as MFTP 620, counts for 108 contact hours. A Certificate of Completion is provided at the end of the program and an official university transcript is on file and available through the university Registrar's office.

