



# **Internal Family Systems<sup>SM</sup> Therapy**

## **Retreat-Style Level 1 Training Program (568)**

### **Chicago, IL Area**

### **2020**

#### **The Internal Family Systems Model**

**Internal Family Systems<sup>SM</sup>** is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFS<sup>SM</sup> 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:

- 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.



*Richard C. Schwartz*

#### **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.

**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 Locations



### **On-site Sessions 1 & 2: Techny Towers, Chicago, IL Area**

Techny Towers is a peaceful oasis conveniently located in Chicago's northern suburbs that IFS training participants have been enjoying for many years. Offering bright meeting rooms and pleasant surroundings, Techny Towers is a delightful setting for your Level 1 training.

## 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](http://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](mailto: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**

On-Site Session 1: August 9-15, 2020

On-Site Session 2: December 6-12, 2020

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

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

### **Teleconference Information:**

- Teleconferences will take place on Zoom, our teleconference service.
- **If you will access Zoom on a smart device or computer, be sure to download and understand the Zoom software well before the teleconference begins.**  
To do this, go to [Zoom.us](https://zoom.us), sign in (or "sign up"), and create an account.
- **If you have questions about downloading or using Zoom, please contact Zoom:** 888.799.9666, or click "support" at the bottom of the [Zoom.us](https://zoom.us) home page.

- **To attend the teleconferences (for training members only):** Follow the instructions that will be provided in the pre-training email that CSL will send to you shortly before the training program's first day. Instructions will include phone numbers (in case you want to call in), Meeting ID number, etc.
- Please do not attempt to join the teleconferences before their scheduled times.

## **Daily Schedules**

### **On-Site Session 1:**

	<b>Breakfast</b>	<b>Morning Session</b>	<b>Morning Stretch</b>	<b>Lunch</b>	<b>Afternoon/ Evening Session</b>	<b>Afternoon Snack</b>	<b>Dinner</b>	<b>Training/ CE Hours</b>
<b>Arrival Day Sun/Aug 9</b>	X	X	X	X	7 - 9	X	6:00	2
<b>Mon/Aug 10</b>	7:30	9-12:15	15 min	12:30	2 – 5:45	15 min	6:30	6.5
<b>Tue/Aug 11</b>	7:30	9-12:15	15 min	12:30	2 – 5:45	15 min	6:30	6.5
<b>Wed/Aug 12</b>	7:30	9 - Noon	X	12:15	1 – 4	X	6:30	6
<b>Thu/Aug 13</b>	7:30	9-12:15	15 min	12:30	1:45 – 6	15 min	6:30	7
<b>Fri/Aug 14</b>	7:30	9-12:15	15 min	12:30	1:45 – 6	15 min	6:30	7
<b>Sat/Aug 15</b>	7:30	9 - Noon	X	12:15	1 – 3	X	X	5
								<b>Total: 40</b>

### **On-Site Session 2:**

	<b>Breakfast</b>	<b>Morning Session</b>	<b>Morning Stretch</b>	<b>Lunch</b>	<b>Afternoon/ Evening Session</b>	<b>Afternoon Snack</b>	<b>Dinner</b>	<b>Training/ CE Hours</b>
<b>Arrival Day Sun/Dec 6</b>	X	X	X	X	7 - 9	X	6:00	2
<b>Mon/Dec 7</b>	7:30	9-12:15	15 min	12:30	2 – 5:45	15 min	6:30	6.5
<b>Tue/Dec 8</b>	7:30	9-12:15	15 min	12:30	2 – 5:45	15 min	6:30	6.5
<b>Wed/Dec 9</b>	7:30	9 - Noon	X	12:15	1 – 4	X	6:30	6
<b>Thu/Dec 10</b>	7:30	9-12:15	15 min	12:30	1:45 – 6	15 min	6:30	7
<b>Fri/Dec 11</b>	7:30	9-12:15	15 min	12:30	1:45 – 6	15 min	6:30	7
<b>Sat/Dec 12</b>	7:30	9 - Noon	X	12:15	1 – 3	X	X	5
								<b>Total: 40</b>

## **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. 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 at the initial course session, along with other pertinent continuing education information.
- **If you want CE credit for this training, you must sign up for it at the first session – you must bring your license information (as applicable) to the first session 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](http://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](mailto: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:** For counselors seeking credit, The Institute for Continuing will submit a co-sponsorship application to NBCC for this program.

**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 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.

**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](http://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](mailto: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](mailto: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)

**Application Fee:** The \$55 non-refundable, non-transferable 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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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.

### **Overnighter and Day Commuter Packages and Fees**

**Participants are responsible for their own lodging and meal costs.** Your Overnighter or Day Commuter reservations at the training sites need to be made by CSL's Site Coordinator, and we will use information you provide on a reservation form you will receive via email from CSL's Site Coordinator after you are accepted into the program. While it is not required, we encourage you to lodge at the training site for your convenience, and so you can get to know your fellow participants and enhance your overall training experience.

**Lodging and meals during the training are reserved for training members.** Some participants may wish to bring a spouse or partner, but we don't recommend this. First, the retreat-style format is an intensive undertaking. You will have some free time during each session, but it will be limited and you may prefer to spend it on your own or socializing with others in the training. Also, CSL could only prudently make financial commitments to the site for lodging and meals for people in the training. If you wish to stay with someone who is not a member of the training, you are welcome to explore other lodging options, and then the Day Commuter fee would apply.

**If you are considering arriving early or staying late at a training site,** please contact the site directly to find out if they can accommodate you and what your costs would be. CSL cannot make or be responsible for reservations or other arrangements outside of the training dates. Site contact information is at the end of this brochure.

**Pets are not permitted.**

**If you have any questions, please contact CSL's Site Coordinator.**

### **Overnighter Package**

Techny Towers is conveniently located on Chicago's North Shore just 30 minutes from downtown Chicago. All rooms have private bathrooms. Linens are provided. Rooms have a clock radio. Guest room telephones have voicemail and inbound direct dial. Outbound calls are limited to 911,

campus extensions and toll-free numbers. Internet access is available in the lobby (no hair dryers, tv, or internet in guest rooms). Most beds are twin size.

### **On-Site Session 1**

The Overnighter Package (which includes "room and board") at this site is \$760 per person for single occupancy, and \$645 per person for double occupancy. The Overnighter Package includes complimentary breakfast, lunch and dinner, starting with dinner on August 9, 2020, and ending with lunch on August 15, 2020. Some dietary restrictions can be accommodated with sufficient advanced notice to CSL's Site Coordinator.

### **On-Site Session 2**

The Overnighter Package (which includes "room and board") at this site is \$760 per person for single occupancy, and \$645 per person for double occupancy. The Overnighter Package includes complimentary breakfast, lunch and dinner, starting with dinner on December 6, 2020, and ending with lunch on December 12, 2020. Some dietary restrictions can be accommodated with sufficient advanced notice to CSL's Site Coordinator.

### **Day Commuter Packages for Both Sessions**

These are pass-through fees required of those who do not lodge at the training site. The Day Commuter Package for Session 1 is \$325 per person, which includes complimentary breakfast, lunch and dinner, starting with dinner on August 9, 2020, and ending with lunch on August 15, 2020. Some dietary restrictions can be accommodated with sufficient advanced notice to CSL's Site Coordinator. The Day Commuter Package for Session 2 is \$325 per person, which includes complimentary breakfast, lunch and dinner, starting with dinner on December 6, 2020, and ending with lunch on December 12, 2020. Some dietary restrictions can be accommodated with sufficient advanced notice to CSL's Site Coordinator.

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

## **TRAVEL INFORMATION**

If you need additional travel information, please visit websites such as MapQuest or GoogleMaps.

You may also wish to visit [priceline.com](http://priceline.com), [orbitz.com](http://orbitz.com), [kayak.com](http://kayak.com), or other websites to find travel deals for airfare, rental cars, etc. CSL is not affiliated with any of these sites, but many people have success with them.

**Techny Towers Conference and Retreat Center**  
2001 Waukegan Road  
Techny, IL 60082  
Phone 847-272-1100  
TechnyTowers.org

## **AIRPORTS:**

### **O'Hare International Airport**

Airlines served: All major airlines served  
Approximately 20 minutes from site.

For directions from O'Hare International Airport click [HERE](#).

### **Midway International Airport**

Airlines served: All major airlines served  
Approximately 40 minutes from site.  
For directions from Midway International Airport click [HERE](#).

## **DRIVING and PUBLIC TRANSIT:**

For driving or public transit directions from...

- Kenosha, WI click [HERE](#).
- Rockford click [HERE](#).
- Bloomington click [HERE](#).
- South Bend, IN click [HERE](#).

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

**SITE PARKING**: On site parking available.

**MEALS**: To see restaurants in the area please click [HERE](#).

## **THE CENTER FOR SELF LEADERSHIP**

[www.selfleadership.org](http://www.selfleadership.org)

**Phone:** Level 1, 2, 3 North American 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  
Everything Else IFS, including Store, Workshops, etc.: 708.383.2659

**Fax:** 708.383.2399

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

**Email:** Level 1, 2, 3 North American Trainings:

[training@selfleadership.org](mailto:training@selfleadership.org) or [Maryanne@selfleadership.org](mailto: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](mailto:Karon.Brashares1@gmail.com)

IFS Certification: [certification@selfleadership.org](mailto:certification@selfleadership.org)

IFS Circle/Continuity Webinars: [info@selfleadership.org](mailto:info@selfleadership.org)

Everything Else IFS, including Store, Workshops, etc.: [info@selfleadership.org](mailto:info@selfleadership.org)