



Boston, MA, 2011-2012

Internal Family SystemsSM Therapy

Level 1 (202) Training Program

Revised 5.12.10 with new October 2011 date

Internal Family SystemsSM is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFSSM is one of the fastest growing psychotherapeutic models in the field today, offering a clear, non-pathologizing, and empowering view of human cognitive and emotional life. IFS provides a dynamic therapeutic approach that allows both therapist and client to enter a transformational relationship in which healing occurs.

The Internal Family Systems Model

Richard C. Schwartz, PhD, LMFT, has been developing the IFS model over the past 25 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 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;
- effectively heals 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.

The Training Program

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. Participants will:

- understand the conceptual base of the IFS model;
- apply basic IFS techniques to various clinical populations;
- take advantage of the opportunities IFS offers for personal development.

Learning Objectives: For a complete listing of learning objectives for each session, please contact The Institute for Continuing Education at 800-557-1950 or instconted@aol.com.

Format

The Level 1 format includes lecture, discussion, demonstration, video review, experiential exercise, and small group supervision and practice. Six 3-day weekends (sessions) over the course of about a year total 18 training days (108 program hours). **Each 3-day weekend comprises 18 program hours.**

Certificate of Completion

A Certificate of Completion is awarded, and **a participant must complete 90 of the 108 program hours offered in order to be eligible to earn a certificate.** Note that participants are not Certified IFS Therapists or Practitioners unless they successfully complete the IFS Certification process. Information about the criteria and procedures for becoming certified is available by visiting the CSL website certification area or by emailing certification@selfleadership.org.

Trainers

Lead Trainer: Toni Herbine-Blank, MS, RN, CS-P, is a Senior Trainer for The Center for Self Leadership. She has designed and written curriculum for several programs including trainings on using IFS therapy with couples. Toni leads IFS retreats and seminars for couples, a women's retreat and the annual Kripalu retreat with Richard Schwartz. She is an experienced trainer with a reputation for having an approach that is respectful, compassionate and empowering. She is in private practice specializing in relational issues and lives in Durango, Colorado, with her husband Jordan and a menagerie of animals.

Assistant Trainer: Bill Nagahiro, PhD, is a New Hampshire licensed psychologist who has been in private practice for 26 years. He has provided therapy, consultation, and evaluation for children, adolescents, adults, couples, families, schools and businesses. IFS is an integral part of his practice and he is an assistant trainer for CSL. Bill also provides consultation and workshops in nonviolent communication to parents, educators and health care providers. He is a senior Zen student of Sensei Nancy Mujo Baker. He currently leads and is co-founder of the Conway Community Sangha in New Hampshire, which was started in 1992 from his work with Thich Nhat Hanh and The Community of Mindful Living. He also studied in the Ridhwan School (Diamond heart-A.H. Almaas) for 10 years.

To Apply

Who Should Apply: Both therapists and non-therapists are invited to apply. For example:

- Mental and medical health care practitioners in the healing arts and sciences
- Pastoral counselors
- Business and academic professionals
- Masters or doctoral students
- Dance and art therapists
- Bodyworkers
- Those from the professional public seeking personal and spiritual growth
- Anyone seeking a community of like-minded professionals

Application Form: Please use the application form for this training found on our website. Contact CSL if you have any questions about how to submit it.

Dates 2011: May 20-22, July 15-17, Oct. 21-23, Dec. 9-11
2012: Feb. 24-26, April 20-22

Location Watertown Center for Healing Arts
17 Spring Street
Watertown, MA 02472
617.923.2800
www.watertowncenter.net

Daily Schedule

	Morning	AM Break	Afternoon	PM Break
Friday	9:30am-12:30pm	15 min.	2-6pm	15 min.
Saturday	9am-12:30pm	15 min.	2-6pm	15 min.
Sunday	9am-11:30am	None	Noon-2pm	None

Continuing Education Credit

This training program is co-sponsored by The Center for Self Leadership and The Institute for Continuing Education. Continuing education credit is offered as listed. Credit is awarded on a session-by-session basis, with full daily attendance required. The processing fee is \$50.00 and covers all scheduled course sessions. Applications for continuing education credit will be available at the initial Course session, along with other pertinent continuing education information. If you have questions regarding continuing education, or for a listing of learning objectives, please contact The Institute for Continuing Education at 800-557-1950 or instconted@aol.com.

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

Counseling: The Institute for Continuing Education is an NBCC approved continuing education provider and a co-sponsor of this event. The Institute for Continuing Education may award NBCC approved clock/contact hours for programs that meet NBCC requirements. The Institute for Continuing Education maintains responsibility for this program and its content. NBCC Provider No. 5643

Marriage/Family Therapy: This program will be submitted for pre-approval for Massachusetts MFTs. Call the Institute for disposition of application.

Social Work: The Institute for Continuing Education is approved as a provider for continuing education by The Association of Social Work Boards (ASWB), through the Approved Continuing Education Program (ACE). Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for licensure renewal. The Institute for Continuing Education maintains responsibility for the program. ASWB Provider No. 1007.

Texts

You are required to read two textbooks before the training begins:

Schwartz, RC (1995) Internal Family Systems Therapy, New York: Guilford Press, (800) 365-7006, ISBN 1-57230-272-0; Goulding, RA and Schwartz, RC (2002). Available through Amazon.com or other bookstores.

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. Available at The Center for Self Leadership website store (www.selfleadership.org).

Additional Reading: 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. Available at The Center for Self Leadership website store (www.selfleadership.org).

It is **strongly recommended** that all students read Introduction to the Internal Family Systems Model prior to the first class weekend. It is **required** reading for students with no prior experience with the IFS model. Class content is designed around the assumption that the reading is completed. For further reading and study, a selected bibliography is available on our website.

Tuition and Fees

Program tuition is \$3,400. Room and board are not included. A \$500 deposit is charged upon acceptance. Flexible payment plans are available for the balance (see the application for payment plan options or contact CSL).

Costs for this training may be tax deductible; consult your tax advisor.

A non-refundable \$30 Application Fee is charged when your application is received.

Discounts:

- CSL offers tuition discounts for groups as explained on the CSL website at www.selfleadership.org. Please visit the website's Training FAQ section for more information.
- Some scholarship assistance is available; please contact CSL for more information.

Withdrawals and Refunds: A \$500 deposit is charged upon acceptance to the program. The deposit is refundable if withdrawal occurs 45 days or more before the training program begins. The deposit is transferrable to another program if withdrawal occurs 44-15 days before the program begins. A transferred deposit must be used within 18 months of withdrawal. The deposit is forfeited if withdrawal occurs 14 days or fewer prior to the start of the program. Tuition payments (full tuition less deposit) are due as follows upon withdrawal after:

- Session 1: 1/6 remainder of tuition plus any carrying fee.
- Session 2: 2/6 remainder of tuition plus any carrying fee.
- Session 3: Full tuition and carrying fee required.

ADA: If you have special needs, call The Center for Self Leadership.

Directions/Parking

Watertown Center is located on the second floor of 17 Spring Street in the heart of Watertown Square.

From Mass Pike West:

1. Take the Newton/Watertown exit and stay to the right of the ramp.
2. Merge onto Galen St. You'll pass through several lights and over the bridge of the Charles River.
3. After the bridge, bear left. There are two left turn lanes, get in the right-hand left turn lane.
4. Turn left on Main St/Route 20.
5. Make an immediate right on Spring St.
6. Follow the "Parking in the Square and walking to your classroom" directions below.

From Mass Pike East:

1. Take the Newton/Watertown exit. Go straight off the ramp. Get in one of the two left-hand lanes.
2. Bear left at the fork then merge right while crossing back over Pike.
3. Go straight on Galen St. You'll pass several lights and over the bridge of the Charles River.
4. After the bridge, bear left. There are two left turn lanes, get in the right-hand left turn lane.
5. Turn left on Main St/Route 20.
6. Make an immediate right on Spring St.
7. Follow the "Parking in the Square and walking to your classroom" directions below.

From Logan International Airport:

1. Take I-90 West through the Ted Williams Tunnel onto the Mass Pike - still I-90 West.
2. Follow the "Mass Pike West" directions above.

From Newton Center:

1. Take Center St. to the end.
2. Turn right and bear left towards Watertown.
3. Cross over Mass Pike and continue straight on Galen St. You'll pass through several lights and over the bridge of the Charles River.
4. After the bridge, bear left. There are two left turn lanes, get in the right-hand left turn lane.
5. Turn left on Main St/Route 20.
6. Make an immediate right on Spring St.
7. Follow the "Parking in the Square and walking to your classroom" directions below.

From Harvard Square/Cambridge:

1. Follow Mount Auburn St. toward Watertown.
2. Travel the 2 miles to the Square and turn right on Main St.
3. Make another right almost immediately onto Spring St.
4. Follow the "Parking in the Square and walking to your classroom" directions below.

Parking in the Square and walking to your classroom: There are a few parking spaces on Spring Street and a large parking lot one block up on the left side. During the day the meters cost 50 cents an hour. The meters with blue poles are up to 8 hours and the meters with yellow poles are up to 10 hours. To get to the Center, walk back to Spring Street and turn right heading back the direction you drove in. There is an Italian Design Furniture store across from the parking lot, then Verona's Italian Restaurant, and then the entrance to the Center. There is a small sign for the Center on the door, soon to be replaced by something more significant on the facade. Come inside and through the glass paned door on the right, up to the second floor and the teaching space.

Public Transportation: Bus lines from all directions pass through or begin/end in Watertown Square. To find route information please visit www.mbta.com.

Meals

There are numerous restaurants located in the square. Light snacks and water and tea will be provided. You are welcome to bring your lunch and store it in the refrigerator on-site.

Lodging

If you require lodging, here are a few hotels located within three miles of Watertown Center:

Super 8 Watertown/ Cambridge/ Boston

100 N. Beacon St
Watertown, MA 02472
(617) 926-2200
super8.com

Best Western Hotel Tria

220 Alewife Brook Pkwy
Cambridge, MA 02138-1102
(617) 491-8000
bestwesternmassachusetts.com

Sheraton Newton Hotel

320 Washington Street
Newton, MA 02158
(617) 969-3010
starwoodhotels.com

Days Inn-Boston Hotel

1234 Soldiers Field Road
Boston, MA 02135
(617) 254-1234
daysinn.com

THE CENTER FOR SELF LEADERSHIP

Phone: 708.383.2519 or 2659

Fax: 708.383.2399

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