



White Plains, NY, 2012

Internal Family SystemsSM Therapy

Level 3 (251) Training Program

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, has been developing the IFS model for more than 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 Location



Divine Compassion Spirituality Center is located less than 20 miles from New York City and is easily accessible by all forms of transportation. The Center is an urban oasis, offering a warm and welcoming environment for a successful training.

The Training Program

Don't miss this rare opportunity to learn directly from the founder and developer of IFS. People who have completed both Level 1 and Level 2 IFS trainings are invited to take their experience to the next level by getting in-depth training with Richard C. Schwartz, PhD. In the Level 3 training, you will work intensively with a group of advanced practitioners who have learned the theory and technique of IFS and are now interested in expanding the depth of their knowledge. The format will include demonstrations, experiential group exercises, large and small group discussions, extended mediations and intensive personal work. You are a good fit for this program if your goal is not only to become a better therapist or consultant, but also to:

- Learn about and unburden your personal triggers and blind spots;
- Hold Self-energy in daily life and when provoked;
- Clarify your visions for your career and your life path in general;
- Practice giving and receiving Self-led feedback;
- Discover some key trailheads;
- Explore your spirituality;
- Create a small Self-led community.

Learning Objectives: For a complete listing of learning objectives, please contact The Institute for Continuing Education at 800-557-1950. Fax 866-990-1960. Email: instconted@aol.com.

Format

Level 3 trainings meet for one 5-day period and are led solely by Dick Schwartz.

Certificate of Completion

A Certificate of Completion is awarded and a **participant must complete 16 of the 20 instructional/contact hours offered in order to be eligible to earn a certificate** (Level 3 trainings include 10 personal growth hours and 20 instructional/contact hours). Participants are responsible for ensuring that they attend sufficient training hours to earn the Certificate of Completion.

Note that participants are not Certified IFS Therapists or Practitioners until 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.

To Apply

Who Should Apply: Anyone who has completed a Level 1 and Level 2 IFS training program or who has completed the Seattle Modular Training (166) is invited to participate in the Level 3 training.

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

Schedule **Monday, November 12 – Friday, November 16, 2012**

Location Divine Compassion Spirituality Center
52 N. Broadway
White Plains, NY 10603
914.798.1200
www.dcspiritualitycenter.org

Daily Schedule

The first 4 days of the training meet from 9am – 5pm and the 5th day meets from 9am – Noon.

Continuing Education Contact Hours

This training program is co-sponsored by The Center for Self Leadership and The Institute for Continuing Education. Continuing education contact hours are offered for the disciplines listed below. The program offers a total of 20.00 contact hours, 5.00 hours per day for the first 4 days. Full attendance is required. No partial credit is available. The processing fee is \$25.00 per person. **Applications for continuing education contact hours will be available on site, along with other pertinent continuing education information. Please bring a check with you if you would like CE hours.** 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. Fax 866-990-1960. Email: instctoned@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.

California Board Behavioral Sciences Provider No. PCE 636.

Marriage/Family Therapy: California Board of Behavioral Sciences Provider No. PCE 636.

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.

California Board Behavioral Sciences Provider No. PCE 636.

Required Reading

You are required to read the following text before the training begins: Journal Articles. This is available at The Center for Self Leadership website store (www.selfleadership.org). When you order, please be sure to leave enough time to receive the articles in the mail before the program begins.

Tuition and Fees

Program Tuition: \$1,500.

Room and Board: Not included.

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

Costs for this training may be tax deductible; please be sure to consult with your tax advisor.

Employers can be a good source of funding for continuing education. Please talk with your supervisor or human resources department.

Discounts:

- CSL offers tuition discounts for groups as explained on the Training FAQ page of the CSL website at www.selfleadership.org.
- Some scholarship assistance is available as explained on the Training FAQ page of the CSL website at www.selfleadership.org.
- If you need additional information, please contact CSL.

Payments: A \$500 deposit is charged upon acceptance. The tuition balance will be charged shortly before the training begins.

Withdrawal/Refund Policy: Participants who wish to withdraw from the training program must do so in writing. The \$500 Deposit is refundable if written notice of withdrawal is received by the CSL office 45 or more days before the program begins. The Deposit is transferable to another CSL-organized training program if written notice of withdrawal is received by the CSL office 44-15 days before the program begins. A transferred Deposit must be used within 18 months of withdrawal or else it is forfeited. The Deposit and Tuition balance are forfeited if written notice of withdrawal is received by the CSL office 14 days or fewer prior to the start of the program or if withdrawal occurs after the program begins. CSL reserves the right to postpone, cancel or otherwise change a training program schedule prior to the beginning of the training and at no time is CSL responsible for participants' travel, lodging or incidental expenses.

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

Directions/Parking

The Divine Compassion Spirituality Center is located close to downtown White Plains. If you need further directions, please visit MapQuest or Google Maps to plan your route.

From the west:

1. Take I-287 (the Cross Westchester Expressway) eastbound.
2. Take Exit 6.
3. Turn right at the light onto North Broadway (Route 22 South).
4. Proceed half a mile to the Good Counsel/Pace University campus and turn left.

From the east:

1. Take I-287 (the Cross Westchester Expressway) westbound.
2. Take Exit 6.
3. Turn left at the bottom of the exit ramp and go up the hill to the North Broadway light.
4. Turn left at the light onto North Broadway (Route 22 South).
5. Proceed half a mile to the Good Counsel/Pace University campus and turn left.

From the south:

1. Take I-87 north.
2. Take Exit 8 for I-287 E.
3. Follow "From the west" directions above.

Public Transportation:

1. Take the Harlem Line of the Metro-North Railroad to White Plains station.
2. The training site is less than a mile from the train station.

Lodging

Divine Compassion Spirituality Center has 25 single guest rooms with shared baths available. If you are interested in finding out more or in making a reservation, please call DCSC directly at (914) 798-1200. The rooms are available on a first-come, first-served basis. Other lodging options in the area include:

Residence Inn by Marriott

5 Barker Ave
White Plains, NY 10601
(914) 761-7700
Marriott.com

Crown Plaza Hotel

66 Hale Ave
White Plains, NY 10601-4550
(888) 444-0401
White-plains.com

The Ritz-Carlton

3 Renaissance Square
White Plains, NY 10601
(914) 946-5500
Ritzcarlton.com

Meals

The following restaurants are located within a few miles of the training site:

Reka's Thai

2 Westchester Ave
White Plains, NY
(914) 949-1440
Rekasthai.com

Blue

99 Church St
White Plains, NY
(914) 220-0000
Bluewhiteplains.com

PF Chang's

125 Westchester
White Plains, NY
(914) 997-6100
Pfchangs.com

Atlanta Bread Co.

220 Main St
White Plains, NY
(914) 286-3500
Atlantabread.com

Antipasti

1 N Broadway
White Plains, NY
(914) 949-3500
Antipastiny.com

Prophecy

15 S Broadway
White Plains, NY
(914) 285-0900
Francinetesler.com

La Bella

94 Westchester Ave
White Plains, NY
(914) 686-1900
Labellawp.com

BLT Steakhouse

221 Main St
White Plains, NY
(914) 467-5500
Bltsteak.com

42 The Restaurant

1 Renaissance
White Plains, NY
(914) 761-4242
42therestaurant.com

Panera

1 N Broadway
White Plains, NY
(914) 949-1551
Panerabread.com

Zanaro's Italian

1 Mamaroneck Ave
White Plains, NY
(914) 397-9400
Zanarosny.com

The Melting Pot

30 Mamaroneck Ave
White Plains, NY
(914) 993-6358
Themeltingpot.com

Travel Discounts

You may also wish to visit priceline.com, orbitz.com, or other discount travel 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.

THE CENTER FOR SELF LEADERSHIP

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