



# **Boston, MA 2009-2010**

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

### **Level 1 (168) Training Program**

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(Revised Location as of 9.09)

**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> 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. Fax: 866-990-1960. Email: [instconted@aol.com](mailto: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. *Participants are not certified.*

## Trainers

**Michael Elkin, LMFC**, is founder and director of the Center for Collaborative Solutions in Newton and Salem, MA. He has been practicing therapy for over 30 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.

**Ann L. Sinko, LMFT**, has 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 10 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 stand tray therapy in her work. Ann is passionate about teaching and believes that theory is best integrated through experiential learning. She has a down to earth, concrete style, along with a sense of humor in her teaching. Ann is a seasoned world traveler, loves the outdoors, and is an avid gardener.

## 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 Deadline:** September 9, 2009. Enrollment is limited, so apply now!

**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

2009: Oct. 9-11, Dec. 4-6

2010: Jan. 29-31, March 26-28, May 21-23, July 16-18

## NEW Location

Public Conversations Project  
51 Kondazian Street  
Watertown, MA 02472  
617.923.1216  
[www.publicconversations.org](http://www.publicconversations.org)

**\*\*\* Please note that the main address for Public Conversations is 46 Kondazian Street. The IFS training is located across the street at 51 Kondazian Street. \*\*\***

## Daily Schedule

	Morning	AM Break	Afternoon	PM Break
<b>Friday</b>	9:30am-12:30pm	15 min.	2-6pm	15 min.
<b>Saturday</b>	9am-12:30pm	15 min.	2-6pm	15 min.
<b>Sunday</b>	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. Fax: 866-990-1960. Email: [instconted@aol.com](mailto: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 prior approval for Massachusetts MFTs. Contact The Institute for Continuing Education for application approval disposition.

**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](http://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](http://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](http://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**

The Public Conversations Project Training Center is centrally located in Watertown, MA at 51 Kondazian St., 1.5 miles from Watertown Square and 2 miles from Harvard Square.

**From the Mass Pike (I-90):** Take Exit 17. If traveling from Boston, bear right at the top of the ramp onto Galen St. If traveling east, bear left over the Pike, and go straight onto Galen St. Proceed 3/4 of a mile to Watertown Square. At Watertown Square, cross the intersection, bearing left onto Mt. Auburn St. (Rt. 16 East). Continue on Mt. Auburn St. for 1.5 miles. Turn right at Arlington St. at the Mobil and Premier stations. Immediately bear left at the fork onto Grove St. and go straight for 0.2 miles. Take the second right onto Kondazian.

**From the North via Rts. 128/95 & Rt. 2:** Take Rt. 2 East to Alewife Brook Pkwy. (Rt. 16 West). Follow signs for Rt. 16. Turn right at Huron Ave., left at Aberdeen Ave. and right again at Mt. Auburn St. At the intersection just past Star Market on your right, bear left to stay on Mt. Auburn St. Then turn left on Arlington St. at the Mobil and Premier stations. Immediately bear left at the fork onto Grove St. and go straight for 0.2 miles. Take the second right onto Kondazian.

**From the South via Rt. 128/95:** Take exit 26 onto Rt. 20 East. Follow Rt. 20 through Waltham to Watertown Square. Turn left onto Mt. Auburn St. (Rt. 16 East). Continue on Mt. Auburn St. for 1.5 miles. Turn right at Arlington St. Immediately bear left at the fork onto Grove St. and go straight for 0.2 miles. Take the second right onto Kondazian.

**From Harvard Square:** Take Mt. Auburn St. East, bear left at the intersection just past the Star Market and continue on Mt. Auburn St. Turn left on Arlington St. at the Mobil and Premier stations. Immediately bear left at the fork onto Grove St. and go straight for 0.2 miles. Take the second right onto Kondazian.

**From the East via Memorial Drive:** Go West on Memorial Drive towards Watertown/Newton. At the end of Memorial Drive there is a skating rink building in front of you, bear left. Get in the right lane (following

sign to Watertown). Stay in the right lane and take a right at the apartment buildings with the white balconies. This is Grove Street—the road winds up the hill. Go straight through the four-way stop for 0.3 miles Take second left onto Kondazian.

**By MBTA:** Buses stop on Mt. Auburn Street between Arlington Street and Kimball Road. Take Bus #71 from the Red Line T stop at Harvard Square. For MBTA info call 617-722-3200. PCP & FIC are a 10-15 minute walk from the bus stop.

**Parking:** Parking is permitted on the Training Center side of Kondazian (the odd-numbered side), along Grove Street. There is very limited parking in the lot next to 46 Kondazian on weekends only. Parking is not permitted in the small lot next to 51 Kondazian, by brown house.

## Meals

There are many restaurants located within a short walk of Public Conversations.

### Matilda's

1 Crawford St # A  
Watertown, MA 02472  
(617) 926-0700  
[matildasmenu.com](http://matildasmenu.com)

### Starbucks

183 Grove Street  
Brookline, MA 02446  
(617) 325-6261  
[starbucks.com](http://starbucks.com)

### Uncommon Grounds Inc

575 Mount Auburn St  
Watertown, MA 02472  
(617) 924-9625  
[myuncommongrounds.com](http://myuncommongrounds.com)

### Shiraz Cuisine

72 Bigelow Ave  
Watertown, MA 02472  
(617) 923-2222  
[theshirazcuisine.com](http://theshirazcuisine.com)

### L'Espresso USA

44 Berkeley St  
Watertown, MA 02472  
(617) 612-0090  
[lespressousa.com](http://lespressousa.com)

### Fordee's Falafel & Deli Inc

555 Mount Auburn St  
Watertown, MA 02472  
(617) 923-3673  
[fordeesgrill.com](http://fordeesgrill.com)

### 21 Nichels Grill & Tap

21 Nichols Ave  
Watertown, MA 02472  
(617) 923-7021  
[buckfive.com](http://buckfive.com)

### Green Peapod

557 Mount Auburn St  
Watertown, MA 02472  
(617) 926-8881  
[greenpeapod.com](http://greenpeapod.com)

### Stella's Pizza

605 Mount Auburn St  
Watertown, MA 02472  
(617) 924-5692  
[stellaspizza.com](http://stellaspizza.com)

## Lodging

If you require lodging, here are a few hotels located within a few miles of Public Conversations:

### Sheraton Commander

16 Garden St  
Cambridge, MA 02138  
617-547-4800  
[www.sheraton.com/commander](http://www.sheraton.com/commander)

### Irving House

24 Irving Street  
Cambridge, MA 02138  
617-547-4600  
[www.irvinghouse.com](http://www.irvinghouse.com)

### Harvard Square Hotel

110 Mount Auburn Street  
Cambridge, MA 02138-5774  
617-864-5200  
[www.hotelsinharvardsquare.com](http://www.hotelsinharvardsquare.com)

### The Hotel Marlowe

25 Edwin H. Land Blvd.  
Cambridge, Ma  
617-868-8000  
[www.hotelmarlowe.com](http://www.hotelmarlowe.com)

### Charles Hotel at Harvard Square

1 Bennett St  
Cambridge, MA 02138  
617-864-1200  
[www.boston-charles-hotel.com](http://www.boston-charles-hotel.com)

### Best Western Homestead Inn

220 Alewife Brook Parkway  
Cambridge, MA  
617-491-8000  
[www.bestwesternmassachusetts.com](http://www.bestwesternmassachusetts.com)

**Super 8 Motel**

100 No. Beacon Street  
Watertown, MA  
888-254-0637  
[www.super8.com](http://www.super8.com)

**The Inn at Harvard**

1201 Massachusetts Avenue  
Cambridge, MA  
800-458-5886  
[www.theinnatharvard.com](http://www.theinnatharvard.com)

**Cambridge Gateway Inn**

Route 2 East  
Cambridge, MA  
866-427-6660  
[www.cambridgegatewayinn.com](http://www.cambridgegatewayinn.com)

**Hotel @ MIT**

20 Sidney St.  
Cambridge, MA  
617-577-0200  
[www.hotelatmit.com](http://www.hotelatmit.com)

**THE CENTER FOR SELF LEADERSHIP**

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