



Chicago, IL 2009-2010

Internal Family SystemsSM Therapy

Level 1 (169) 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, 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.

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.*

Trainer

Susan McConnell, MA, teaches Internal Family Systems throughout the US and in Europe as a senior trainer for The Center for Self Leadership. Susan's involvement in IFS trainings since 1995 includes the development of training curriculae as well as training and mentoring the teaching staff. In addition to the Level 1 and 2 trainings, Susan leads Somatic IFS and women's workshops and retreats. In her private practice at the Matrix Center in Chicago, which she founded and directs, Susan assists her clients in recovering the wholeness of body, mind, and spirit drawing from Internal Family Systems Therapy, Hakomi Therapy, her bodywork training, and her Buddhist practice. She brings commitment and passion to her work and her play with her partner and her two dogs along the shore and dunes of Lake Michigan.

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 11, 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 2-4, Nov 20-22

2010: Jan 22-24, Mar 12-14, May 14-16, July 9-11

Location

**Flourish Studios
3020 N. Lincoln
Chicago, IL 60657
Phone: 773.281.8140
www.icanflourish.com**

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: phone: 800-557-1950; fax: 866-990-1960; email: 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: Illinois Board MFT Provider No: 168-000108.

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.
Illinois Dept. Professional Regulation Provider No. 159-000606.

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 a tuition discount when multiple people working at the same organization enroll in the same training. Please visit www.selfleadership.org (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

From O'Hare International Airport

1. Leaving the airport, follow I-190 E
2. Continue on I-90 E
3. Take exit 46A for California Ave toward 2800 W
4. Make a slight right at N California Ave
5. Turn left at W Diversey Ave
6. Turn left at N Ashland Ave
7. Turn right at W Wellington Ave
8. Make a sharp left at N Lincoln Ave
9. Flourish Studios will be on your left

From Midway Airport:

1. Take Cicero Ave/SR 50 North towards I-55
2. Turn right onto the Stevenson Expy/I-55 N ramp
3. Merge onto I-55 N
4. Take exit 292 A for I-94 W/I-90 W/Ryan Expy
5. Merge onto I-90 W/I-94 W
6. Take exit 48A for Armitage Ave toward 2000 N
7. Make a sharp right at W Armitage Ave
8. Turn left at N Ashland Ave
9. Turn right at W Wellington Ave
10. Make a sharp left at N Lincoln Ave
11. Flourish Studios will be on your left

Parking

There are several pay city parking lots within a two block radius of Flourish Studios. Free parking is also available on neighborhood streets, 1-3 blocks from Flourish Studios. Meters also run along Lincoln in front of the store with a 2 hour time limit. Finally, there is some free parking after 3pm and on weekends on Wellington between Greenview and Lincoln.

Meals

Meals will not be provided at Flourish, but there are a variety of restaurants located around the area.

404 Wine Bar
2856 N. Southport Ave

Agave Bar & Grill
3115 N. Lincoln Ave

A La Turka
3134 N. Lincoln Ave

Chicago Pizza & Pasta
3114 N. Lincoln Ave

Flat Top Grill
3200 N. Southport

Golden Apple Restaurant
2971 N. Lincoln Ave

Lucca's Restaurant
2834 N. Southport

One Night in Bangkok
2964 N. Lincoln Ave

Papacito's Mexican Grille
2960 N. Lincoln Ave

S & G Restaurant
3000 N. Lincoln

Vida Lounge
1248 W. George St.

Einstein Bros Bagels
3420 N. Southport Ave

Lodging

Willows Hotel
555 W. Surf St
Chicago, IL 60657
Phone: 773-528-8400
cityinns.com

Days Inn
644 W. Diversey Parkway
Chicago, IL 60614
Phone: 773-525-7010
daysinnchicago.net

City Suites Hotel
933 W. Belmont Ave
Chicago, IL 60657
Phone: 773-404-3400
cityinns.com

Majestic Hotel
528 W. Brompton
Chicago, IL 60657
Phone: 773-404-3499
cityinns.com

Holiday Inn Chicago, North Shore
5300 Touhy Ave.
Skokie, IL 60077
847-679-8900
hiskokie.com
7 miles from Flourish Studios

Old Chicago Inn
3222 N. Sheffield Ave.
Chicago, IL 60657
(773) 472-2278
(773) 816-2465
oldchicagoinn.com

Best Western Hawthorne Terrace
3434 N Broadway
Chicago, IL 60657
(888) 860-3400
hawthorneterrace.com

Inn at Lincoln Park
601 W Diversey Pkwy
Chicago, IL 60614
(773) 348-2810
innlp.com

Bellwood Hotel
409 W Diversey Pkwy
Chicago, IL 60614
(773) 404-6000
tripadvisor.com

Arlington House International Hostel
616 W Arlington Pl
Chicago, IL 60614
(773) 929-5380
arlingtonhouse.com

THE CENTER FOR SELF LEADERSHIP

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