



San Francisco, CA 2010-2011

Internal Family SystemsSM Therapy

Level 1 (180) Training Program

(Revised Training Schedule as of 9.11.09)

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.*

Lead Trainer

Cece Sykes, LCSW, is one of CSL's most experienced Internal Family Systems lead trainers and she has over 25 years of clinical experience with individuals, couples and families. Her practice includes working with the effects of trauma and addiction as well as a special interest in how various spiritual practices intersect with therapy. Cece has taught IFS around the country and has lectured frequently on these and other related topics. She is currently in private practice in the Chicago area.

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: February 19, 2010. Enrollment is limited, so apply early to reserve your space!

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.

Revised Schedule

Dates **2010: April 9-11, June 4-6, Sept 24-26, Nov 19-21**
2011: Jan 14-16, March 11-13

Location Mercy Center
2300 Adeline Dr.
Burlingame, CA, 94010
650-340-7474
www.mercy-center.org

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 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 offer 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 PCE 636.

Marriage/Family Therapy: California Board Behavioral Sciences, Provider 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 PCE 636.

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 excluded, see below). 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).

Overnight Lodging (Room and Board) will be available at Mercy Center for about \$115/night. All Mercy Center Room and Board arrangements need to be made through CSL, and you will receive the necessary forms after you are accepted into the training program.

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 variety of group tuition discounts as explained on the Training FAQ page of the CSL website (www.selfleadership.org). The necessary application forms are in that section as well.
- 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 San Francisco International Airport:

1. Start out going EAST on S MCDONNELL RD toward BAYSHORE
2. Turn RIGHT onto E MILLBRAE AVE,
3. Turn LEFT onto S EL CAMINO REAL / CA-82.,
4. Turn RIGHT onto ADELINE DR.
5. End at 2300 Adeline Dr. Burlingame, CA 94010-5540, US

Guest Information from Mercy Center

Location: Mercy Center is located 16 miles south of San Francisco and 10 minutes from San Francisco International Airport. Sponsored by the Sisters of Mercy and located on 40 acres, our conference center provides a quiet and peaceful environment for your training.

Bedrooms: All of our 90 bedrooms are single occupancy. We provide towels and linens for overnight guests. Dormitory bathrooms are located on each guest floor. Guests may check in to their rooms at 3:00 pm; check-out time is 10:00 am. Mercy Center doors are opened from 8:30 am to 9:00 pm. If you are not able to arrive within these hours please let us know so that special arrangements can be made.

Computer/Internet: Mercy Center provides 3 computers for guest use in the computer room located on the second floor. High-speed Wi-Fi is available in our conference rooms and public meeting space.

Meals: Our kitchen prepares three meals per day served buffet style. Meal times are breakfast 8:00-9:00am, lunch 12-1:00pm and dinner 6:00-7:00pm. Our regular meals provide a varied menu. Unfortunately, we are unable to provide special dietary meals. We do have kitchenettes on each floor and individuals with special dietary needs are welcome to bring and prepare their own meals.

(NOTE FROM CSL: If you do not stay overnight at Mercy, meals are not provided.)

Chapel: Located on the 2nd floor, our Chapel is a place for guests to worship or meditate while on campus.

Labyrinth and Trails: There are numerous walking paths throughout the property. Maps are available at the front desk.

Bookstore: Open daily from 10am to 5pm, our bookstore offers gift items and a wide selection of books on spiritual development, practice and traditions.

Phones: To ensure the peaceful atmosphere of our grounds for guests and residents, cell phone use is not permitted in bedroom areas and there are no phones in guest bedrooms. Messages are placed on the guest bulletin board located on the second floor near the computer room.

Handicapped Accessible: Mercy Center Burlingame campus is handicapped accessible. There are four handicapped-equipped guest bedrooms.

Other Info: Individuals requiring any medication should make certain that they bring them. Mercy Center is not longer able to provide any medication, even aspirin.

Meals

Mercy cannot guarantee that the meals provided will meet any particular dietary needs. Therefore, we have compiling the following list of restaurants in the area (eg., in Burlingame and Millbrae) so that everyone can make individual choices based on their own preferences and needs.

American Bull Bar & Grill

1819 El Camino Real
Burlingame, CA 94010
(650) 652-4908
theamericanbull.com

Rocca Restaurant

1205 Broadway
Burlingame, CA 94010
(650) 344-3900
ristoranterocca.com

Elephant Bar Restaurant

1600 Bayshore Hwy
Burlingame, CA 94010
(650) 259-9585
elephantbar.com

Little Lucca III

1809 El Camino Real
Burlingame, CA 94010
(650) 697-8389
littlenucca.com

Juban Yakiniku House

1204 Broadway
Burlingame, CA 94010
(650) 347-2300
jubanrestaurant.com

O Sole Mio Restaurant

352 Broadway
Millbrae, CA 94030
(650) 692-7905
osolemiorestaurant.com

Mayflower Seafood

51 Millbrae Ave
Millbrae, CA 94030
(650) 692-6666
flowerlounge.net

Panera Bread

320 Adrian Rd
Millbrae, CA 94030
(650) 692-3100
panerabread.com

Fook Yuen Sea Food

195 El Camino Real
Millbrae, CA 94030
(650) 692-8600
igougo.com

Neal's Coffee Shop

1845 El Camino Real
Burlingame, CA 94010
(650) 692-4281
nealscoffeeshop.com

L & L Hawaiian Barbecue

340 Adrian Rd
Millbrae, CA 94030
(650) 259-8063
hawaiianbarbecue.com

Broadway Bistro

349 Broadway
Millbrae, CA 94030
(650) 692-3378
broadwaybistro.com

Broadway Grill Inc

1400 Broadway
Burlingame, CA 94010
(650) 343-9333
broadwaygrill.biz

Restorante Brio

1190 California Dr
Burlingame, CA 94010
(650) 348-6615
ristorantebrio.com

El Torito Mexican

1590 Bayshore Hwy
Burlingame, CA 94010
(650) 692-3113
eltorito.com

Starbucks

El Camino Real
Burlingame, CA 94010
(650) 652-3929
starbucks.com

Kuleto's Trattoria

1095 Rollins Rd
Burlingame, CA 94010
(650) 342-4922
kuletostrattoria.com

Round Table Pizza

414 Broadway
Millbrae, CA 94030
(650) 697-5520
roundtablepizza.com

Lodging

Mercy Center provides an excellent value and convenience for lodging and meals, and most past training participants have chosen to stay there. However, it is not required, and below is a list of other possibilities:

Clarion Hotel San Francisco Airport

401 E. Millbrae Ave
Millbrae, CA 94030
(650) 692-6363
clarionhotel.com

The Westin San Francisco Airport

1 Old Bayshore Highway
Millbrae, CA 94030
(650) 692-3500
starwoodhotels.com

Bay Landing Hotel

1550 Bayshore Hwy
Burlingame, CA 94010
(650) 259-9000
baylandinghotel.com

Hyatt Hotels & Resorts: Hyatt Regency San Francisco

1333 Bayshore Highway
Burlingame, CA 94010
(650) 696-2600
hyatt.com

Holiday Inn Express San Francisco-Airport South

1250 Bayshore Hwy
Burlingame, CA 94010
(877) 863-4780
hiexpress.com

Crowne Plaza SFO

1177 Airport Blvd
San Francisco, CA 94010
(650) 342-9200
sfocp.com

THE CENTER FOR SELF LEADERSHIP

Phone: 708.383.2519 or 2659

Fax: 708.383.2399

P.O. Box 3969, Oak Park, IL 60303

training@selfleadership.org