



St. Louis, MO 2009-2010

Internal Family SystemsSM Therapy

Level 1 (186) Training Program

Revised Training Location as of 2.3.10

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 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.**

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.

Lead Trainer

Paul Ginter, EdD, is a private practice psychologist in Kalamazoo, Michigan. Paul primarily uses the Internal Family Systems Model in his work with individuals, couples and families. He is particularly interested in incorporating spiritual practices such as meditation into his work with clients.

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.

Dates

Weekend 1: December 11-13, 2009

Weekend 2: February 19-21, 2010 (at Masterpeace Studios)

Weekend 3: May 21-23, 2010 (Fri. at Masterpeace, Sat. & Sun. at Castlewood)

Weekend 4: July 23-25, 2010 (at Masterpeace Studios)

Weekend 5: October 1-3, 2010 (at Masterpeace Studios)

Weekend 6: November 19-21, 2010 (at Masterpeace Studios)

LOCATIONS

Revised February 3, 2010 (see also "Dates" above and "Directions" below)

Masterpeace Studios (located just 1.5 miles from Castlwood I.O.P.)
176 Crestwood Plaza
Crestwood, MO 63126
(314) 918-7747
www.masterpeacestudios.org

Castlewood I.O.P. (Intensive Outpatient) Office
10733 Sunset Office Dr., Suite 259
Sunset Hills, MO 63127
(636) 386-6611 – main Castlewood number
www.castlewoodtc.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 for Continuing Education at 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: 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.

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 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.

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:

Masterpiece Studios

Masterpeace Studios has joined with several other non-profit cultural institutions in offering educational and creative programs in the Crestwood Shopping Mall. The Studio is located at 176 Crestwood Plaza which is on the East end of the Mall next to Top Nail. The space is on the outside of the Mall. Please enter directly from the parking lot.

From St. Louis Airport:

1. Take I-70 W.
2. Take exit 232B-A, merge on to I-270 S toward Memphis.
3. Take exit 5A to merge onto I-44 E/US-50 E toward St Louis.
4. Keep right at the fork. Follow signs for MO-366 E/Watson Rd.
5. Keep left at the fork. Follow signs for I-44/I-270 and merge onto MO-366 E/Watson Rd.
6. Turn left at Sappington Rd.
7. Turn right at Crestwood Plaza
8. Masterpiece Studios will be on the left, next to Top Nail.

From the East via I-64 and I-44:

1. Follow I-64 toward St. Louis.
2. Take exit 40C to merge onto I-44 W/I-55 S.
3. Continue on I-44 W.
4. Take exit 279 for Berry Rd.
5. Turn left at S. Berry Rd.
6. Turn left at Big Bend Blvd.
7. Take the 1st right onto Grand Blvd.
8. Turn right at Watson Rd.
9. Turn right at Sappington Rd.
10. Turn right at Crestwood Plaza
11. Masterpiece Studios will be on the left, next to Top Nail.

From the West via I-44:

1. Follow I-44 E/US-50 E.
2. Take exit 277A for Watson Rd.
3. Follow signs for I-44/I-270 and merge onto MO-366 E/Watson Rd.
4. Turn left at Sappington Rd.
5. Turn right at Crestwood Plaza
6. Masterpiece Studios will be on the left, next to Top Nail.

Castlewood I.O.P. (Intensive Outpatient) Office

Castlewood I.O.P. Office is conveniently located off of South Kirkwood Rd. (US Route 61/50/67), between I-44 and Watson Rd.

From St. Louis Airport:

9. Take I-70 W.
10. Take exit 232B-A, merge on to I-270 S toward Memphis.
11. Take exit 5A to merge onto I-44 E/US-50 E toward St Louis.
12. Take exit 277B to merge onto S Kirkwood Rd/US-50/US-61/US-67.
13. Turn right at Sunset Office Dr.

From the East via I-64:

1. Take I-64 W toward St. Louis.
2. Take exit 96 on the left to merge onto I-64 W toward St Louis.
3. Take exit 40C to merge onto I-55 S toward I-44.
4. Take exit 277B for US-67 toward US-50.
5. Turn left at S Kirkwood Rd/US-61/US-67.
6. Turn right at Sunset Office Dr.

From the West via I-44:

1. Take I-44 E toward St. Louis.
2. Take exit 277B to merge onto S Kirkwood Rd/US-50/US-61/US-67.
3. Turn right at Sunset Office Dr.

Meals

There are numerous restaurants near both training locations.

Steak N Shake

1523 South Kirkwood Rd.
St. Louis, MO 63127
(314) 821-0277
steaknshake.com

Ruby Tuesday

10797 Sunset Hills Plaza
St. Louis, MO 63127
(314) 909-1025
rubytuesday.com

IHOP Restaurant

10893 Sunset Hills Plaza
St. Louis, MO 63127
(314) 965-6662
ihop.com

Fuddrucker's

10752 Sunset Hills Plaza
St. Louis, MO 63127
(314) 966-3833
fuddruckers.com

Chili's

1130 South Kirkwood Rd.
Kirkwood, MO 63122
(314) 984-8176
chilis.com

Subway

10754 Sunset Hills Plaza
St. Louis, MO 63127
(314) 822-3969
subway.com

Helen Fitzgerald's

3650 S Lindbergh Blvd
St Louis, MO 63127
(314) 984-0026
helenfitzgeralds.net

St. Louis Bread Company

10740 Sunset Hills Plaza
St. Louis, MO 63127
(314) 966-1070
panerabread.com

Crazy Bowls and Wraps

10758 Sunset Hills Plaza
St. Louis, MO 63127
(314) 966-2695
crazybowlsandwraps.com

Longhorn Steakhouse

3642 South Lindbergh Rd.
St. Louis, MO 63127
(314) 821-7797
longhornsteakhouse.com

O'Charley's

1242 S Kirkwood Rd
Kirkwood, MO 63122
(314) 822-1066
ocharleys.com

Rich & Charlie's Italian Restaurant

9942 Watson Rd
Saint Louis, MO 63126
(314) 822-4909
richandcharlies.com

Lodging

Best Western Kirkwood Inn

1200 South Kirkwood Road
St. Louis, MO 63122
(314) 821-3950
bestwestern.com

Hampton Inn St. Louis/Sunset Hills

1580 South Kirkwood Rd.
St. Louis, MO 63127
(314) 948-8181
hamptoninn.com

The Holiday Inn Viking Hotel

10709 Watson Rd.
Sunset Hills, MO 63127
(314) 821-6600
holidayinn.com

Days Inn Southwest

3660 South Lindbergh Blvd.
St. Louis, MO 63127
(314) 965-9733
daysinn.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

Phone: 708.383.2519 or 2659

Fax: 708.383.2399

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

training@selfleadership.org