

"Richard Schwartz's description of the inner world of the psyche is the clearest and most useful I have ever encountered..."

Ron Kurtz, Founder and Author Hakomi Method of Body Centered Psychotherapy

Participants will:

- Understand the conceptual basis of the IFS model.
- Practice the skills of and develop proficiency in the model.
- Learn to avoid common mistakes and to correct them if they occur.
- Take advantage of the opportunities the model offers for personal and spiritual development of the therapist.

"Important and timely...Schwartz shows not only how this model may be applied to individuals and families, but also to understanding and changing broader human systems at the level of culture and society."

**David L. Calof, Editor-in-Chief
Treating Abuse Today**

Location:

All trainings will be held at the beautiful campus of Central Connecticut State University in New Britain, CT. Directions and information regarding accommodations will be made available on acceptance.

Dates and Times:

The program is a 108 hour experience, which takes place for six 3-day weekends during a 1 year period, spaced approximately 2 months apart.

Dates for the next program are:

Weekend #1: September 11—13, 2009
Weekend #2: November 13—15, 2009
Weekend #3: January 15—17, 2010
Weekend #4: February 26—28, 2010
Weekend #5: April 16—18, 2010
Weekend #6: June 25—27, 2010

Times of the sessions are: Fridays, 9:30 am—5:30 pm; Saturdays, 9:30 am—5:30 pm; Sundays, 9:00 am—1:00 pm. Registration/sign-in and continental breakfast begin at 8:30. Lunch on your own. An afternoon snack will be provided on Friday and Saturday.

Format:

The format includes lecture/discussion, video review, experiential exercises, and small group practice. The program is open to professionals in mental health and human service fields.

For further information, contact

**Dr. Ralph Cohen
(860) 832-2122**

**E-mail - cohenr@ccsu.edu or
rcohenifs@aol.com**

**For general information about IFS, go to
www.selfleadership.org**

*"One of the most innovative psychotherapeutic approaches to emerge in recent years...
Stimulating, useful."*

**Froma Walsh, professor and Co-director, Center
for Family Health, University of Chicago**

**Central Connecticut State University
Marriage & Family Therapy
Professional Training Program/
Continuing Education Programs, and The
Center for Self Leadership**

present

An intensive core training in Internal Family Systemssm Therapy Level 1 (2009-2010)

**Ralph S. Cohen, Ph.D., LMFT
Ann L. Sinko, LMFT
Co-Trainers**

Releasing the Self: Paths to Inner Healing

Developed by Richard C. Schwartz, Ph.D. and colleagues over the past 25 years, the IFS model is a sensitive, yet powerful method to enter and bring balance and healing to people's inner worlds. IFS therapists help clients quickly locate and differentiate their Self, releasing a core of valuable leadership qualities that can reorganize and harmonize their internal family of sub-personalities or "parts." In this way, clients form compassionate, trusting relationships with their parts, often resulting in a peace and unity that produces dramatic changes in their symptoms and interactions with others. As therapists learn to trust their clients' innate wisdom and self-healing, they feel a sense of relief and release, and a new joy in the healing partnership.

The Power of the IFS Model

If you are searching for an effective therapeutic approach for difficult clinical situations, one that invigorates your clinical work with a sense of awe and adventure, the IFS training program presents exciting possibilities. The IFS model encourages both therapists and clients to collaborate in inner journeys of self-discovery, healing, and empowerment.

The IFS model will give you tools to be:

Flexible: The model's principles and techniques are equally effective with individuals, couples and families.

Focused and clear: The steps of the therapy are straightforward and intuitively understandable to therapists and to clients.

Respectful: IFS creates a safe, loving environment in which clients lead the work so they never feel pressured; moreover, they learn to trust their own resources.

Creative: Both client and therapist enjoy a sense of partnership that yields opportunities for deep insight and healing.

About the Trainers...

Ralph S. Cohen, Ph.D., is Professor of Counseling and Family Therapy at Central Connecticut State University, serving as Program Director for the Master's program in Marriage and Family Therapy and Coordinator for the Internal Family Systems Continuing Education Program. He is an AAMFT Approved Supervisor. Dr. Cohen is a founding co-editor of the *Journal of Self Leadership*, an IFS-oriented professional publication. He is a Lead Trainer in the IFS Model and has presented on IFS at state, national and international conferences and teaches graduate courses on IFS. As a licensed psychologist and Marriage and Family therapist, Dr. Cohen has a private practice in West Hartford, Connecticut, providing IFS-based therapy for individuals, couples, and families. He has an approachable and warm style of teaching, and is committed to fostering a safe environment in which participants can connect with their core Selves.

Ann L. Sinko, LMFT has over 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 14 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 sand tray therapy in her work. Ann is passionate about teaching and believes that theory is best integrated through experiential learning. She brings a down to earth, concrete style along with a sense of humor to her teaching. Ann is a seasoned world traveler, loves the outdoors and is an avid gardener.

Application/Registration Form 2009-2010 IFS Level 1 Training Program Central Connecticut State University

Name _____
Degree/Field _____
Address _____
City/State/Zip _____
Phone (H) _____ (W) _____
E-Mail _____
Banner ID or SS# _____
(for registration)
Birthdate _____
____ Graduate Student (Enclose photocopy of Student ID)
Amount enclosed \$ _____
Credit card payment
(circle one) VISA MC Discover
Card # _____
Name on credit card _____
Expiration Date _____
Signature _____ Date _____

Registration and Fees: The cost of the IFS training is \$3,400, payable in six installments over the training period.

Please note: Tuition is set for the training as a whole, not by individual days or weekends. Once registered, participants are responsible for full payment for the training program.

Space is limited to 30 participants. A limited number of graduate student slots at a reduced fee of \$2,500 are available with student ID. Applications will be evaluated as they are received. **Slots are filled on a first-come, first served basis.** This training is for professionals in the Human Services fields and is a non-credit continuing education program. **Please enclose your resume or curriculum vita with your application. Application Deadline: 8/1/09.**

CE Credits: Central Connecticut State University, a regionally-accredited institution, provides non-credit Continuing Education programs and courses for professionals. This course, designated as MFTP 610, counts for 108 contact hours. A Certificate of Completion is provided at the end of the program and an official university transcript is on file and available through the university Registrar's office.

A \$200 non-refundable deposit is required to secure your place in the training, which is applied to the tuition. In the event that all spaces are filled, your deposit will be returned to you.

To Register: clip and mail the registration form with your resume and deposit check made out to "CCSU" or credit information.

Mail to: Ralph S. Cohen, Ph.D.
C.C.S.U.— Counseling & Family Therapy
1615 Stanley Street
New Britain, CT 06050-4010
Or fax: 860-832-2145
Phone: 860-832-2122

