

NONPROFIT ORG
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ASHEVILLE NC
PERMIT NO. 33



Level 1 Training Program

Friday through Sunday

September 18-20, 2009

November 13-15, 2009

January 29-31, 2010

March 12-14, 2010

May 7-9, 2010

and June 11-13, 2010

Sponsored by:



Mental Health Education

"Part of the North Carolina AHEC Program"

In collaboration with:

The Center for Self Leadership

Faculty

Karen C. Blicher, LCSW, CHT is a Lead Trainer for the Center for Self Leadership and a Certified Hakomi Therapist and Trainer. Devoted to the study and practice of body centered psychotherapy, Karen also is the Director of Mental Health Education at MAHEC in Asheville, NC. She enjoys teaching the principles and techniques of IFSSM to a variety of audiences and utilizes IFSSM in her role as teacher, administrator, clinician and consultant. Known for her well organized and playful teaching style, she is committed to creating a safe and inspiring training environment. An avid outdoor enthusiast, Karen spends her leisure time hiking, backpacking and kayaking.

Chris Burris, MEd, LPC, LMFT, has been an IFS Therapist since 1999 and is trained as a Marriage and Family Therapist. He utilizes mind/body approaches of therapy in alleviating traumatic stress, depression, and anxiety disorders. He works extensively with couples, families, teenagers, and children and is an AAMFT Approved Supervisor. Since 1990, he has been very active with men's groups, rites of passage ceremonies and is on the advisory board for The Joshua Project. As the former Director of Counseling at The North Carolina School of the Arts, Chris has considerable experience with performance enhancement for artists, actors, filmmakers, musicians, writers, and dancers. He is currently in private practice with offices in Winton-Salem and Charlotte, NC.

Credit

MAHEC is a Provider approved by NAADAC Approved Education Provider Program. Provider #647. Full attendance is required. Partial credit will not be issued for partial attendance. **108.0 hours**

Application has been made for **108.0** hours of "General Skill Building" credit from the North Carolina Substance Abuse Professional Practice Board.

MAHEC designates this continuing education activity as meeting the criteria for **10.8 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

MAHEC is recognized by the National Board of Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (Provider #5514). **108.0 hours**

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. **108.0 hours**

Mountain Area Health Education Center
Regional Education
501 Biltmore Avenue
Asheville, NC 28801-4601
www.mahec.net

Date: Friday through Sunday
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Time: Registration: 9:00 am - 9:30 am (Friday)

Program: 9:30 am - 6:00 pm (Friday)
9:00 am - 5:30 pm (Saturday)
9:00 am - 2:00 pm (Sunday)

Place: MAHEC, Classroom # 5

Fee: \$2,800 (flexible payment plan available)

Audience

Health and human service professionals including psychiatrists, social workers, psychologists, substance abuse counselors, marriage and family therapists, massage therapists, counselors, and other interested healthcare professionals.

Description

Developed over the last twenty years, the Internal Family Systemssm (IFS) model represents a new synthesis of two paradigms: the multiplicity of the mind and systems thinking. By viewing intrapsychic process as a system, the IFSsm model allows therapists to relate to every level of the human system – intrapsychic, familial, community, cultural and societal – with the same concepts and methods. The IFSsm model offers a form of healing that is collaborative, nonpathologizing, empowering and enjoyable.

IFSsm is particularly effective in healing trauma safely and is becoming widely embraced by the trauma community and by those interested in integrating spirituality with psychotherapy. It provides a user-friendly language for therapy that encourages disclosure and empathy and is extremely respectful of the client's pace and leadership. This training program provides an excellent opportunity to study the IFSsm model in depth with seasoned IFSsm Lead Trainers and IFSsm therapists.

Objectives

Upon completion of this activity, the participant should be able to:

- Understand the conceptual base of the IFSsm model
- Apply basic IFSsm techniques to various client populations
- Benefit from the opportunities the model offers for personal and spiritual development

A special application is required for participation in the IFSsm Level 1 Training Program. To be considered for the program, applicants should send a letter of application including degree type and subject, licenses and professional accreditations and prior IFSsm training and/or clinical experience, and two letters of recommendation to: Karen Blicher, LCSW, CHT, MAHEC Mental Health Education, 501 Biltmore Avenue, Asheville, NC 28801. Application deadline is August 15, 2009. Please contact the MAHEC Department of Mental Health Education at 828-257-4481 or email karen.blicher@mahec.net for more information. Additional information on Internal Family Systems can be found at the Center for Self Leadership web site at www.selfleadership.org

Application Deadline: August 15, 2009

Early registration fee is \$2,800.00 and includes administrative costs, educational materials, and refreshments. Flexible payment plans are available. A deposit of \$300.00 is required with your application to hold your place in the training. If application is received after August 15, 2009, the registration fee will be \$2,950.00

Refund requests will be honored if received in writing in our office 30 days in advance of the first program date. If you do not cancel within the allowed time and you do not attend the class, you will be invoiced for the entire workshop fee.

Course Director

William Barthel, MSW

Associate Director, Mental Health Education
MAHEC

In collaboration with
The Center for Self Leadership
www.selfleadership.org

Have a question?

Registration Information: 828-257-4475

Special Services: 828-257-4481



Want to register?

Fax Registration: 828-257-4768

Online Registration: www.mahec.net

Mail: MAHEC Registration
501 Biltmore Ave., Asheville, NC 28801

Internal Family Systemssm Level 1 Training Program

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Application Process Checklist

Cover letter including:

- Name, degree type & subject, licenses and professional accreditations
- Address
- Phone Number
- Social Security Number (last four digits only)
- Indicate prior IFS training/experience
- State why you are interested in IFS training

Two professional letters of recommendation referencing your clinical experience

Deposit Fee: \$300.00

(Make deposit check payable to MAHEC and include with cover letter.)

Application deadline: August 15, 2009

Send to:

Karen Blicher, LCSW, CHT
MAHEC, Mental Health Education
501 Biltmore Avenue
Asheville, NC 28801-4686

Or email:

karen.blicher@mahec.net

Program #10MH017/27268