The Internal Family Systems Model

Internal Family SystemsSM is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients’ intuitive wisdom. IFS® offers a clear, non-pathologizing, and empowering view of human cognitive and emotional life and provides a dynamic therapeutic approach that allows both therapist and client to enter into a transformational relationship in which healing can occur.

Richard C. Schwartz, PhD, has been developing the IFS model for more than 30 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 can 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;
- Can effectively treat 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.

Internal Family Systems: An Evidence-Based Practice

Internal Family Systems (IFS) is now posted on NREPP as an evidence-based practice. NREPP is the National Registry for Evidence-Based Programs and Practices, a national repository that is maintained by the U.S. government’s Substance Abuse and Mental Health Services Administration (SAMHSA). Interventions listed in NREPP have been subject to independent, rigorous scrutiny, and are deemed to show significant impact on individual outcomes relating to mental health.

As a clinical treatment, IFS has been rated effective for improving general functioning and well-being. In addition, it has been rated promising for improving each of: phobia, panic, and generalized anxiety disorders and symptoms; physical health conditions and symptoms; personal resilience/self-concept; and depression and depressive symptoms.

These scientific findings and the listing of IFS on NREPP affirm the vast potential of IFS therapy for advancing emotional healing and mental well-being. In particular, they indicate promising effects on mind (depression, anxiety), body (physical health conditions), and spirit (personal resilience and self-concept).

IFS & Training Information Sources

This brochure contains many details about this program, including continuing education credit, certificate of completion attendance requirements, trainer biographies, finances, session and daily schedules, required readings, site information, and more.

For more information about IFS, please visit other tabs of our website.

The Center for Self Leadership’s contact information is at the end of this brochure and on the website. We invite you to contact us with any questions.
Training Location

Techny Towers is a peaceful, welcoming oasis conveniently located in Chicago’s northern suburbs. We are pleased to be returning to this venue that offers bright meeting rooms and pleasant surroundings. Techny Towers is a great setting for your Level 2 training!

Curriculum

Overview: The growth of IFS is a testament to the power of its healing capacity. With IFS, individuals are able to rapidly unload traumatically held beliefs, sensations and emotions that burden their lives, allowing for Self-led transformation. The last decade has shown a similar expanse in neuroscience knowledge. We now have a greater explanation for what is happening in the brain during psychotherapy and how this leads to changes in functioning.

Each day of this training will have a different theme that will help participants to master the skills required to treat trauma and dissociation as it relates to the IFS model of therapy. Participants will learn about:

- Identifying and working with traumatized parts using meditation, bodywork, un-blending, and direct access;
- Using their Self and the Self of the client with Dissociative Identity Disorder (DID) and Attachment trauma’s;
- Working with extreme parts that are hyper- as well as hypo-aroused, including suicidal, self-harming, substance abusing, dissociative, and shame-based parts;
- Unburdening exiles, updating the system, and re-establishing trust in Self; and
- Integrating other therapies with IFS.

In addition to reinforcing the learning of IFS theory and technique, the training invites participants to explore parts of themselves that get activated when working with trauma, in the safe, nurturing environment of the training itself. Participants will be helped to:

- Understand the particular components of the IFS model that are relevant to the treatment of trauma;
- Apply IFS techniques when working with Dissociative clients; and
- Take advantage of experiential learning to foster personal growth and development.

Learning Objectives: For a complete list of learning objectives, please contact The Institute for Continuing Education at 800-557-1950 or instconted@aol.com.

Format: The training includes lectures, large and small group discussions, live and video demonstrations, and experiential practice groups.

Program Hours: The training runs for five consecutive days and has a total of 32 program hours. The daily schedule is available later in this brochure.
Trainers

**Lead Trainer: Richard Schwartz, PhD**, began his career as a systemic family therapist and an academic at the University of Illinois and Northwestern University. Grounded in systems thinking, Dr. Schwartz developed the Internal Family Systems model in response to clients’ descriptions of various parts within themselves. In 2000, he founded The Center for Self Leadership. A featured speaker for national and international professional organizations, Dr. Schwartz has published five books and over 50 articles about IFS.

**Guest Trainer: Frank Guastella Anderson, MD**, is a psychiatrist who has spoken extensively on the Neurobiology of Post-Traumatic Stress Disorder and Dissociation. After discovering Internal Family Systems, his passion has evolved into the integration of neuroscience, trauma and IFS. He is Chair of the Foundation for Self Leadership and has served on the Research Advisory Committee and Speakers Bureau for The Center for Self Leadership. He wrote a chapter in *Internal Family Systems Therapy: New Dimensions*, “Who’s Taking What?” Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma. He is a supervisor at The Trauma Center in Brookline, MA, and maintains a private practice.

**Assistant Trainer: Rina Dubin, EdD**, is a licensed psychologist in private practice in Massachusetts working with individuals and couples, and offering supervision and consultation. She has been involved with the IFS community for more than 10 years, and has a broad background in trauma. Rina loves being involved in the process of healing, and IFS has become a centerpiece in this work. She has been involved with IFSNE since its beginning, and as a member of its Steering Committee, is thrilled with the growth of IFS in New England.

Certificate of Completion

A Certificate of Completion is awarded by The Center for Self Leadership, and **a participant must complete 27 of the 32 program hours offered in order to be eligible to earn this certificate**. Participants are responsible for ensuring that they attend sufficient training hours to earn the Certificate of Completion. The daily schedule is available later in this brochure.

IFS Certification

Participants are not Certified IFS Therapists or Practitioners until they successfully complete the IFS Certification process. Information about the criteria and procedures for becoming IFS Certified is available on the CSL website certification page or by emailing certification@selfleadership.org.

Eligibility for Future Trainings

By earning The Center for Self Leadership’s certificate of completion for this training, a participant is eligible to apply for a Level 3 IFS training program. Participants are not required to be Certified IFS Therapists or Certified IFS Practitioners to enroll in IFS trainings.
To Apply

Who Should Apply: Anyone who has completed a Level 1 IFS training program is invited to apply.

Application Form: Please use the application form for this training found on our website.

Session Dates

May 8 – 12, 2017

Daily Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Morning Session</th>
<th>Morning Break</th>
<th>Lunch</th>
<th>Afternoon Session</th>
<th>Afternoon Break</th>
<th>Dinner</th>
<th>Training/CE Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 7 (Sun)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>6:30</td>
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</tr>
<tr>
<td>May 8 (Mon)</td>
<td>7:30-8:15</td>
<td>9 – 12:30</td>
<td>15 min.</td>
<td>12:30</td>
<td>2-6</td>
<td>15 min.</td>
<td>6:30</td>
<td>7</td>
</tr>
<tr>
<td>May 9 (Tues)</td>
<td>7:30-8:15</td>
<td>9 – 12:30</td>
<td>15 min.</td>
<td>12:30</td>
<td>2-6</td>
<td>15 min.</td>
<td>6:30</td>
<td>7</td>
</tr>
<tr>
<td>May 10 (Wed)</td>
<td>7:30-8:15</td>
<td>9 – 12:30</td>
<td>15 min.</td>
<td>12:30</td>
<td>2-6</td>
<td>15 min.</td>
<td>6:30</td>
<td>7</td>
</tr>
<tr>
<td>May 11 (Thurs)</td>
<td>7:30-8:15</td>
<td>9 – 12:30</td>
<td>15 min.</td>
<td>12:30</td>
<td>2-6</td>
<td>15 min.</td>
<td>6:30</td>
<td>7</td>
</tr>
<tr>
<td>May 12 (Fri)</td>
<td>7:30-8:15</td>
<td>9 – Noon</td>
<td>X</td>
<td>Noon</td>
<td>1–2</td>
<td>X</td>
<td>X</td>
<td>4</td>
</tr>
</tbody>
</table>

Total: 32

Continuing Education Contact Hours

- This training program is co-sponsored by The Center for Self Leadership and The Institute for Continuing Education. Continuing education contact hours are offered for the professional disciplines as listed.

- The event offers a total of 32.00 contact hours, with full daily attendance required.

- The CE processing fee is $75.00 per person.

- Applications for continuing education contact hours will only be available at the training, along with other pertinent continuing education information.

- IMPORTANT: You must bring a check (payable to “The Center for Self Leadership”) and your license information (as applicable) to the first session if you want CE credit. No cash, credit cards, or late applications can be accepted.

- If you have questions regarding continuing education, or for a listing of learning objectives, please contact The Institute for Continuing Education: 800-557-1950. 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 and The Center for Self Leadership are co-sponsors of this program. This co-sponsorship has been approved by NBCC. The Institute for
Continuing Education is an NBCC approved continuing education provider, No. 5643. The Institute for Continuing Education is solely responsible for this program, including the awarding of NBCC credit.

**Marriage/Family Therapy:** The Institute for Continuing Education is an approved provider of continuing education by the Illinois Board Marriage/Family Therapy, Provider No.168-100108.

**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 maintains responsibility for the program. ASWB Provider No. 1007.

### Pre-Training Reading and Other Training Materials

1. **Reading Materials:** All books listed below are available at The Center for Self Leadership’s website store. If you need assistance with the Store, please call 708.383.2659 or email Sandy@selfleadership.org.

   We strongly recommend that you read the following texts before the training begins, even if you’ve read them before:


2. **Additional Training Materials:** Each program’s trainers may ask participants to purchase up to $20 in additional training materials. If additional training materials are required, participants will be notified as the starting date of the training approaches.

### Financial Assistance

**Tuition Discounts:**

- CSL offers group discounts for employee groups and student groups. Please visit the website Training FAQ page for details and application forms. The more people in your group, the larger the discount!

- CSL also offers an individual scholarship program. More information and the application form are available on the website Training FAQ page.

**Costs for this training may be tax-deductible:** Please consult with your tax advisor.

**Employers can also be a good source of funding for continuing education.** Please check with
Tuition and Fees

Program Tuition: $2,300 ($500 of which is the program deposit)

Program Deposit: The $500 deposit is charged when you are accepted into the training, and this secures your place.

Application Fee: A non-refundable $45 application fee is charged when your application is received.

Room and Board are not included in tuition.

Withdrawals and Refunds: Participants who wish to withdraw from the training program must do so in writing. Participants are responsible for paying for sessions attended or missed prior to withdrawal. Deposit: The $500 deposit is refundable if written notice of withdrawal is received by the CSL office 45 or more days before the 1st day of the program. The deposit is transferable to another CSL-organized Level 1, 2, or 3 training program if written notice of withdrawal is received by the CSL office 44-15 days before the 1st day of the program. A transferred deposit must be used within 18 months of withdrawal or else it is forfeited; a transferred deposit may only be used by the participant who is withdrawing. The deposit is forfeited if written notice of withdrawal is received by the CSL office 14 or fewer days before the 1st day of the program, or if withdrawal occurs after the program begins. Tuition Balance: The tuition balance (total tuition less deposit) is refundable if written notice of withdrawal is received by the CSL office 15 or more days before the 1st day of the program, or if withdrawal occurs after the program begins. The application fee is non-refundable. CSL reserves the right to postpone, cancel or otherwise change any training program schedule prior to its beginning. At no time is CSL responsible for training students' travel, lodging, or incidental expenses.

Overnighter and Day Commuter Fees

Participants are responsible for their own lodging and meal costs. Your Overnighter or Day Commuter reservations at the site needs to be made by CSL, and we will do that using information that you provide on a reservation form you will receive via email from CSL after you are accepted into the program. While it is not required, we encourage you to lodge at the training site for your convenience, and so you can get to know your fellow participants and enhance your overall training experience.

Lodging and meals are reserved for members of the training program. Some participants may wish to bring a spouse or partner, but we recommend against this for a variety of reasons. First, the retreat-style format is an intensive undertaking. You will have some free time during the session, but it will be limited and you may prefer to spend it on your own or socializing with others in the training. Also, CSL could only prudently make financial commitments to the site for lodging and meals for people in the training, during the training session. No pets are allowed. If you have any questions, please contact us.

Overnighter Package

Techny Towers is conveniently located on Chicago's North Shore just 30 minutes from downtown Chicago. All rooms have private bathrooms. Linens are provided and rooms have a clock radio. Guest room telephones have voicemail and inbound direct dial. Internet access is available in the lobby.
The Overnighter Package (room and board) is $580 per person for single occupancy or $490 per person for double occupancy. The Overnighter Package includes complimentary breakfast, lunch and dinner, starting with dinner on May 7, 2017, and ending with lunch on May 12, 2017. There will be a vegetarian option for all meals. Most other special meal requirements can be handled with advanced notice.

Day Commuter Package

This is a pass-through fee required of those who do not lodge at the training site. The Commuter Package is $240 per person, which includes complimentary breakfast, lunch and dinner, starting with dinner on May 7, 2017 and ending with lunch on May 12, 2017. There will be a vegetarian option for all meals. Most other special meal requirements can be handled with advanced notice.

ADA If you have special needs, please contact The Center for Self Leadership.

TRAVEL INFORMATION

If you need additional travel information, please visit websites such as MapQuest or GoogleMaps.

You may also wish to visit priceline.com, orbitz.com, kayak.com or other websites to find travel deals for airfare, rental cars, etc. CSL is not affiliated with any of these sites, but many people have success with them.

Site Information

Techny Towers Conference and Retreat Center
2001 Waukegan Road
Techny, IL 60082
Phone (847) 272-1100
www.technytowers.org

Airport:

O’Hare International Airport (ORD), Chicago, IL
Approximately 20 minutes from Techny Towers. Served by all major airlines

   Ground Transportation from O’Hare International Airport:
   For rental cars and taxi service information, please visit O’Hare’s ground transportation website page: www.flychicago.com/PassengerInformation/GroundTransportation/OHare/Default.aspx

Directions:

   From the North: Follow I-94 E. Take the IL-42 Waukegan Rd exit. Merge onto IL-43 S/S Waukegan Rd. Techny Towers will be on the left.

   From the South: Take I-294 N to the exit for Willow Rd. Turn right onto Willow Rd. Turn left on S Waukegan Rd. Techny Towers will be on the right.

   From Chicago: Follow I-94 W toward Milwaukee. Take exit 33A for W Willow Rd. Merge onto Willow Rd. Turn right onto S Waukegan Rd. Techny Towers will be on the right.
From O’Hare International Airport: Follow I-190 E. Take exit 1C for I-294 N toward Milwaukee. Follow I-294 N to the exit for Willow Rd. Turn right onto Willow Rd. Turn left on S Waukegan Rd. Techny Towers will be on the right.

Meals:

Meals are provided as specified in the “Tuition and Fees” section of this brochure (above).

Site Parking:

There is onsite parking.

THE CENTER FOR SELF LEADERSHIP
www.selfleadership.org

Phone: Level 1, 2, 3 Trainings in the US and Canada: 708.383.2519
       Level 1, 2, 3 International Trainings: 708.845.1664
       IFS Certification: 828.215.6307
       IFS Store & Everything Else IFS: 708.383.2659

Fax: 708.383.2399

Mailing Address: P.O. Box 3969, Oak Park, IL 60303

Email: Level 1, 2, 3 Trainings in the US and Canada:
       training@selfleadership.org or Maryanne@selfleadership.org
       Please write to only one email address at a time - thanks!

       Level 1, 2, 3 International Trainings: Karon.Brashares1@gmail.com

       IFS Certification: certification@selfleadership.org

       IFS Store & Everything Else IFS: info@selfleadership.org