



# Washington DC, 2009-2010

## Internal Family Systems<sup>SM</sup> Therapy

### Level 1 (170) Training Program

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**Internal Family Systems<sup>SM</sup>** therapy is at the forefront of a movement in psychotherapy toward a more collaborative approach that relies on clients' intuitive wisdom. As one of the fastest growing approaches in the field today, it has had a significant impact on the field of psychotherapy. Internal Family Systems (IFS) offers a clear, non-pathologizing, and empowering method of understanding human problems that is becoming widely embraced by the trauma community and by those interested in integrating spirituality with psychotherapy. It offers a philosophy of practice that allows both therapist and client to enter a transformational relationship in which healing occurs.

### The Internal Family Systems<sup>SM</sup> Model

Developed over the past twenty years, Internal Family Systems can be easily integrated within a wide variety of practices. The Model provides a set of original techniques that create a safe environment for clients to become Self-transforming. Internal Family Systems Therapy is a simple yet sophisticated integration of intra-psychic and family systems theory and technique, and of psychology and spirituality that:

- works with couples, families, groups, and children;
- is effective in healing trauma safely, without backlash or overwhelm;
- helps therapists stay centered and open-hearted;
- provides a user-friendly language for therapy that encourages disclosure and empathy;
- brings therapist and client into contact with the beauty and joy that lies beneath protectiveness;
- is respectful of clients' pace/leadership;
- reduces "resistance" by appreciating and respecting the clients' protective parts;
- establishes an enjoyable, collaborative partnership between therapist and client.

### 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 the Model offers for personal development.

**Learning Objectives:** For a complete listing of learning objectives for each session, please contact The Institute for Continuing Education at 251.990.5030; fax 251.990.2665; email [instconted@aol.com](mailto: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).

### 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.*

## Continuing Education Credit

Continuing education credit is available through the continuing education sponsor, The Institute for Continuing Education (details below).

**Location**                    **Virginia Polytechnic Institute and State University  
Falls Church, VA**

**Dates**                        **2009: July 10-12, Sept. 11-13, Nov. 6-8  
2010: Jan. 8-10, March 12-14, May 14-16**

### Lead Trainer

**Pamela Krause, LCSW, ACSW**, is an IFS lead trainer and is also trained in Hakomi therapy. She is in private practice where she works with adults, adolescents, and children. She has a sub-specialty in adapting the IFS model for use in younger children. Pam is known for her lively yet compassionate approach to therapy.

### 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, \$25; 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, \$28. Available on The Center for Self Leadership website ([www.selfleadership.org](http://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, \$18. Available on The Center for Self Leadership website ([www.selfleadership.org](http://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 required upon acceptance. Flexible payment plans are available for the balance (more information arrives upon acceptance, 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:** 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 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.

## To Apply

**Who Should Apply:** The Training Program is open to therapists and non-therapists alike, for example:

- Mental and medical health care practitioners
- Students 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:** June 10, 2009. Enrollment is limited so apply now!

**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.

**ADA Accommodations:** If you have special needs, call The Center for Self Leadership.

### **THE CENTER FOR SELF LEADERSHIP**

Phone: 708.383.2659

Fax: 708.383.2399

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

[training@selfleadership.org](mailto:training@selfleadership.org)

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## ***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: phone: 251.990.5030; fax: 251.990.2665; email: [instconted@aol.com](mailto: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.

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