



Boston, MA 2009-2010

Internal Family SystemsSM Therapy

Level 2 (174) Training Program

(Revised Trainers 9.09)

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

We are excited to offer you an IFSSM Level 2 curriculum that features a format similar to your Level 1 training that includes didactic, video, large group experiential and small group practice elements. Each of the four sessions will focus on a different content area that will expand your knowledge of and facility with IFS, and will continue your personal growth. The training will be taught by several senior IFS trainers, exposing participants to different styles and expertise. The training will:

- A. Focus on how to work with multi-person systems, with a particular emphasis on treating couples, but also extrapolating to families, groups, and companies. This will also include new content and a new outline for couple's treatment with clear steps that will be practiced.
- B. Focus on the challenges of treating clients who have experienced childhood trauma or have extremely protective systems. It will include new content and videos as well as lots of practice time.
- C. Emphasize the importance of the therapeutic relationship and also explore the spiritual aspects of the IFS model.

Learning Objectives: For a complete listing of learning objectives for each session, please contact The Institute for Continuing Education at 800-557-1950. Fax: 866-990-1960. Email instconted@aol.com.

Format

The Level 2 format includes lecture, discussion, demonstration, video review, experiential exercise, and small group supervision and practice. Four 3-day weekends (sessions) over the course of about 8-12 months total 12 training days (72 program hours). Each 3-day weekend comprises 18 program hours.

Certificate of Completion

A Certificate of Completion is awarded, and a participant must complete 60 of the 72 program hours offered in order to be eligible to earn a certificate. *Participants are not certified.*

Trainers

Michael Elkin, LMFC, is founder and director of the Center for Collaborative Solutions in Newton and Salem, MA. He has been practicing therapy for over 30 years, and has presented training workshops throughout the US and in many other countries. He has developed innovative ways of understanding and treating addictive and compulsive behavior, and is currently most interested in the building and maintenance of successful relationships. He is the author of *Families Under the Influence*, and several articles

Cece Sykes, LCSW is an IFS lead trainer with over twenty five years of clinical experience with individuals, couples and families. Her practice includes working with the effects of trauma and addiction as well as a special interest in how various spiritual practices intersect with therapy. Cece has taught IFS around the country and has lectured frequently on these and other related topics. She is currently in private practice in the Chicago area.

Toni Herbine-Blank, MS, RN, CS-P is an IFS therapist trainer for The Center for Self Leadership, facilitating both basic and advanced trainings. She designs and writes curriculum for several programs, leads IFS retreats, including seminars for couples, a women's retreat, and the Kripalu retreat with Richard Schwartz. She is an experienced trainer with a reputation for having an approach that is respectful, compassionate, and empowering. She is in private practice specializing in relational issues and lives in Durango, Colorado, with her husband Jordan and a menagerie of animals.

Barbara Cargill, MA, ADTR has been in private practice for over 25 years. She is an IFS therapist with a background in several styles of body centered psychotherapy including Hakomi Therapy and Dance Movement Therapy. She has trained therapists in M.A. programs in three universities for 20 years. She co-leads the annual retreat in Mexico with Richard Schwartz. Barbara works with adolescents and adults in Boulder County, Colorado. She does on-site therapy and therapy on the phone with clients at a distance. She is a registered Yoga teacher and is the choreographer for the Rocky Mountain Silk Road Dance.

To Apply

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

Application Deadline: November 9, 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.

Dates
Session 1: December 11-13, 2009
Session 2: February 19-21, 2010
Session 3: April 30 – May 2, 2010
Session 4: June 25-27, 2010

Location
Watertown Center for Healing Arts
17 Spring Street
Watertown, MA 02472
617.923.2800

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 below. 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 offer 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: Application will be made for approval of continuing education credit for Massachusetts MFTs for this training. Contact The Institute for Continuing Education, 800-557-1950, for application status.

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.

Tuition and Fees

Program tuition is \$2,500. Room and board are not included. A \$500 deposit is charged upon acceptance. Flexible payment plans are available for the balance (see the application form 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 CSL website at www.selfleadership.org. Please visit the website's Training FAQ section for more information.
- 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 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: 1/4 remainder of tuition plus any carrying fee.
- Session 2: 1/2 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/Parking

Located on the second floor of 17 Spring Street in the heart of Watertown Square, Watertown Center for Healing Arts is close to major roads, public transportation, restaurants, and parking.

From Mass Pike West:

1. Take the Newton/Watertown exit and stay to the right of the ramp.
2. Merge onto Galen St. You'll pass through several lights and over the bridge of the Charles River.
3. After the bridge, bear left. There are two left turn lanes, get in the right-hand left turn lane.
4. Turn left on Main St/Route 20.
5. Make an immediate right on Spring St.
6. Follow the "Parking in the Square and walking to your classroom" directions below.

From Mass Pike East:

1. Take the Newton/Watertown exit and go straight off the ramp and get in one of the two left-hand lanes.
2. Bear left at the fork then merge right while crossing back over Pike.
3. Go straight on Galen St. You'll pass through several lights and over the bridge of the Charles River.
4. After the bridge, bear left. There are two left turn lanes, get in the right-hand left turn lane.
5. Turn left on Main St/Route 20.
6. Make an immediate right on Spring St.
7. Follow the "Parking in the Square and walking to your classroom" directions below.

From Logan International Airport:

1. Take I-90 West through the Ted Williams Tunnel onto the Mass Pike - still I-90 West.
2. Follow the "Mass Pike West" directions above.

From Newton Center:

1. Take Center St. to the end.
2. Turn right and bear left towards Watertown.
3. Cross over Mass Pike and continue straight on Galen St. You'll pass through several lights and over the bridge of the Charles River.
4. After the bridge, bear left. There are two left turn lanes, get in the right-hand left turn lane.
5. Turn left on Main St/Route 20.
6. Make an immediate right on Spring St.
7. Follow the "Parking in the Square and walking to your classroom" directions below.

From Harvard Square/Cambridge:

1. Follow Mount Auburn St. toward Watertown.
2. Travel the 2 miles to the Square and turn right on Main St.
3. Make another right almost immediately onto Spring St.
4. Follow the "Parking in the Square and walking to your classroom" directions below.

Parking in the Square and walking to your classroom:

There are a few parking spaces on Spring Street and a large parking lot one block up on the left side. During the day the meters cost 50 cents an hour. The meters with blue poles are up to 8 hours and the meters with yellow poles are up to 10 hours. To get to the Center, walk back to Spring Street and turn right heading back the direction you drove in. There is an Italian Design Furniture store across from the parking lot, then Verona's Italian Restaurant, and then the entrance to the Center. There is a small sign for the Center on the door, soon to be replaced by something more significant on the facade. Come inside and through the glass paned door on the right, up to the second floor and the teaching space.

Public Transportation:

Bus lines from all directions pass through or begin/end in Watertown Square. To find route information please visit www.mbta.com.

Meals

There are numerous restaurants located in the square. The site liaison will work to put together a list prior to the first training weekend. Light snacks and water and tea will be provided. You are welcome to bring your lunch and store it in the refrigerator on-site.

Lodging

If you require lodging, here are a few hotels located within three miles of Watertown Center:

Super 8 Watertown/ Cambridge/ Boston

100 N. Beacon St
Watertown, MA 02472
(617) 926-2200
super8.com

Day's Inn of Boston

1800 Soldiers Field Road
Boston, MA 2135
(617) 254-0377
daysinn.com

Sheraton Newton Hotel

320 Washington Street
Newton, MA 02158
(617) 969-3010
starwoodhotels.com

Days Inn-Boston Hotel

1234 Soldiers Field Road
Boston, MA 2135
(617) 254-1234
daysinn.com

Best Western Hotel Tria

220 Alewife Brook Pkwy
Cambridge, MA 02138-1102
(617) 491-8000
bestwesternmassachusetts.com

THE CENTER FOR SELF LEADERSHIP

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