



NY Metro Area (White Plains, NY) 2010 - 2011 Internal Family SystemsSM Therapy Level 1 (178) Training Program

REVISED 2.8.10: Richard C. Schwartz will lead the December 2010 weekend of this training!

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

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 IFS offers for personal development.

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 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). **Each 3-day weekend comprises 18 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 unless they successfully complete the new IFS certification process subsequent to completion of this training.* Please visit www.selfleadership.org for more information about Certification or contact certification@selfleadership.org.

Lead Trainers

Pamela Krause LCSW, ACSW, is an IFS lead trainer and is 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.

Richard Schwartz, PhD, LMFT, is a family therapy clinician, historian, and educator. He developed Internal Family Systems TherapySM in response to clients' descriptions of various parts within themselves. He also founded The Center for Self Leadership in 2000 to train therapists in this model of therapy. In addition to authoring and co-authoring many books and speaking at various professional conferences around the world, Dr. Schwartz also maintains a private psychotherapy practice in Oak Park, Illinois.

Dr. Schwartz will lead the December 2010 weekend of this training.

To Apply

Who Should Apply: Both therapists and non-therapists are invited to apply. For example:

- Mental and medical health care practitioners in the healing arts and sciences
- Pastoral counselors
- Business and academic professionals
- Masters or doctoral students
- Dance and art therapists
- Body workers
- Those from the professional public seeking personal and spiritual growth
- Anyone seeking a community of like-minded professionals

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 **2010: April 9-11, June 25-27, Aug. 6-8, Oct. 15-17, Dec. 3-5**
2011: Jan. 28-30

Location **Divine Compassion Spirituality Center**
52 N. Broadway
White Plains, NY 10603
914.798.1200
www.dcspiritualitycenter.org

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. 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 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.

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; 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. Available at The Center for Self Leadership website store (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. Available at The Center for Self Leadership website store (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 charged upon acceptance. Flexible payment plans are available for the balance (see the application for payment plan options).

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 a variety of tuition discounts for groups as explained on the Training FAQ tab of the CSL website.
- Some scholarship assistance is available as explained on the Training FAQ tab of the CSL website.
- CSL offers a variety of convenient payment plans. Please see the Application form for details.

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: 1/6 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.

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

Directions/Parking

The Divine Compassion Spirituality Center is located close to downtown White Plains.

From the west:

1. Take I-287 (the Cross Westchester Expressway) eastbound.
2. Take Exit 6.
3. Turn right at the light onto North Broadway (Route 22 South).
4. Proceed half a mile to the Good Counsel/Pace University campus and turn left.

From the east:

1. Take I-287 (the Cross Westchester Expressway) westbound.
2. Take Exit 6.
3. Turn left at the bottom of the exit ramp and go up the hill to the North Broadway light.
4. Turn left at the light onto North Broadway (Route 22 South).
5. Proceed half a mile to the Good Counsel/Pace University campus and turn left.

From the south:

1. Take I-87 north.
2. Take Exit 8 for I-287 E.
3. Follow "From the west" directions above.

Public Transportation:

1. Take the Harlem Line of the Metro-North Railroad to White Plains station.
2. The training site is less than a mile from the train station.

Lodging

The Divine Compassion Spirituality Center has 25 single guest rooms with shared baths available for \$32/night (price is as of this writing). If you are interested in finding out more or in making a reservation, please call DCSC directly (see above for their contact information). The rooms are available on a first-come, first-served basis.

Other lodging options in the area include:

Residence Inn by Marriott

5 Barker Ave
White Plains, NY 10601
(914) 761-7700
marriott.com

Crown Plaza Hotel

66 Hale Ave
White Plains, NY 10601-4550
(888) 444-0401
white-plains.com

The Ritz-Carlton

3 Renaissance Square
White Plains, NY 10601
(914) 946-5500
ritzcarlton.com

Meals

The following restaurants are all located within a few miles of the training site:

Reka's Thai Restaurant

2 Westchester Ave
White Plains, NY 10601-3529
(914) 949-1440
rekasthai.com

Prophecy

15 S Broadway
White Plains, NY 10601-3503
(914) 285-0900
francinetesler.com

Zanaro's Italian

1 Mamaroneck Ave
White Plains, NY 10601
(914) 397-9400
zanarosny.com

Antipasti

1 N Broadway
White Plains, NY 10601-2317
(914) 949-3500
antipastiny.com

Panera

1 N Broadway
White Plains, NY 10601-2310
(914) 949-1551
panerabread.com

Atlanta Bread Co.

220 Main St
White Plains, NY 10601-2407
(914) 286-3500
atlantabread.com

42 The Restaurant

1 Renaissance Square
White Plains, NY 10601
(914) 761-4242
42therestaurant.com

PF Chang's

125 Westchester Ave
White Plains, NY 10601-4522
(914) 997-6100
pfchang.com

BLT Steakhouse

221 Main St
White Plains, NY 10601
(914) 467-5500
bltsteak.com

Blue

99 Church St
White Plains, NY 10601-1529
(914) 220-0000
bluewhiteplains.com

La Bella

94 Westchester Ave
White Plains, NY 10601-4514
(914) 686-1900
labellawp.com

The Melting Pot

30 Mamaroneck Ave
White Plains, NY 10601
(914) 993-6358
themeltingpot.com

THE CENTER FOR SELF LEADERSHIP

Phone: 708.383.2519 or 2659

Fax: 708.383.2399

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