



# **Boston, MA, 2010-2011**

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

### **Level 1 (#182) Training Program**

---

**Internal Family Systems<sup>SM</sup>** is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFS<sup>SM</sup> 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. 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). 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 (more information will be available about this in early 2010).*

## 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.

**Ann L. Sinko, LMFT**, has 20 years of clinical experience and is a licensed marriage and family therapist in Connecticut. She is in private practice and has been teaching as an adjunct professor in the Marriage and Family Therapy program at Central CT State University for 10 years. She has integrated IFS theory and technique in all facets of her creative work with families, couples, individuals and groups. She establishes a safe environment in which clients experience unconditional acceptance. She has a background in Gestalt therapy and psychodrama and uses stand tray therapy in her work. Ann is passionate about teaching and believes that theory is best integrated through experiential learning. She has a down to earth, concrete style, along with a sense of humor in her teaching. Ann is a seasoned world traveler, loves the outdoors and is an avid gardener.

## 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
- Bodyworkers
- 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: October 8-10, December 17-19

2011: February 11-13, April 15-17, June 24-26, September 23-25

## Location

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

## Daily Schedule

	<b>Morning</b>	<b>AM Break</b>	<b>Afternoon</b>	<b>PM Break</b>
<b>Friday</b>	9:30am-12:30pm	15 min.	2-6pm	15 min.
<b>Saturday</b>	9am-12:30pm	15 min.	2-6pm	15 min.
<b>Sunday</b>	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:** This program will be submitted for pre-approval for Massachusetts MFTs. Call The Institute for disposition of application.

**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](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. Available at The Center for Self Leadership website store ([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 charged upon acceptance. Flexible payment plans are available for the balance (see the application for payment plan options or contact CSL).

**A non-refundable \$30 Application Fee** is charged when your application is received.

**Costs for this training may be tax deductible;** consult your tax advisor.

## Discounts:

- CSL offers tuition discounts for groups as explained on the CSL website at [www.selfleadership.org](http://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: 1/6 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, 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](http://www.mbta.com).

**Meals**

There are numerous restaurants located in the square. 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 a few miles of Watertown Center:

**Sheraton Newton Hotel**

320 Washington Street  
Newton, MA 02158  
(617) 969-3010  
[starwoodhotels.com](http://starwoodhotels.com)

**Best Western Hotel Tria**

220 Alewife Brook Pkwy  
Cambridge, MA 02138-1102  
(617) 491-8000  
[bestwesternmassachusetts.com](http://bestwesternmassachusetts.com)

**Day's Inn of Boston**

1800 Soldiers Field Road  
Boston, MA 02135  
(617) 254-0377  
[daysinn.com](http://daysinn.com)

**Days Inn-Boston Hotel**

1234 Soldiers Field Road  
Boston, MA 02135  
(617) 254-1234  
[daysinn.com](http://daysinn.com)

**THE CENTER FOR SELF LEADERSHIP**

Phone: 708.383.2519 or 2659

Fax: 708.383.2399

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

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