



# **Atlanta, GA, 2010-2011**

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

### **Level 1 (191) Training Program**

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Revised 2.15.10: Assistant Trainer and Certification information added.

**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. Fax: 866-990-1960. 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 IFS certification process (see below).*

## IFS Certification

Participants are not Certified IFS Therapists or Certified IFS Practitioners unless they successfully complete the IFS Certification process subsequent to successful completion of this training program. More information about the criteria and process for becoming certified are available on the CSL website or by emailing [certification@selfleadership.org](mailto:certification@selfleadership.org).

## Trainers

**Paul Ginter, EdD**, is a private practice psychologist in Kalamazoo, Michigan. Paul primarily uses the IFS model in his work with individuals, couples and families. He is particularly interested in incorporating spiritual practices such as meditation into his work with clients.

**Karen Blicher, LCSW, CHT**, is a Certified Hakomi Therapist and Trainer who resides in Asheville, NC. As Director of the Department of Mental Health Education at the Mountain Area Health Education Center, Karen uses the IFS model in her roles as administrator, teacher, clinician and consultant. She has taught IFS trainings nationally from Anchorage to Asheville over the last eight years and is known for her playful and well organized teaching style. An avid outdoor adventurer, Karen spends her leisure time hiking, sea kayaking, and backpacking with friends.

**Assistant Trainer: Nancy Wonder, PhD**, is a licensed psychologist in private practice in Tallahassee, FL. She has been involved with the Internal Family Systems community since 2003 and has been part of Level 1 training staffs from Portland, OR, to Atlanta, GA. She is currently an assistant trainer and offers consultation and supervision services for IFS therapists in training. Her practice includes work with trauma survivors, especially in the area of sexual abuse. She has presented at the national IFS conference on sexuality and parts for the last two years. Her students and clients describe her as open, warm and accepting. She loves spending time with her husband, daughter and two grandchildren.

## 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: August 27-29, November 12-14  
2011: January 14-16, March 11-13, May 13-15, July 15-17

**Location**                The Carter Center  
453 Freedom Parkway  
Atlanta, GA 30307  
(800) 550-3560  
[www.cartercenter.org](http://www.cartercenter.org) (about/facilities)

(The Carter Center is not a sponsor of this event.)

## 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](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.

## 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).

**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](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**

The Carter Center is located just 2 miles from downtown Atlanta (with convenient highway access as well), and parking is free and ample.

### **From North of Atlanta:**

1. Take I-75 or I-85 South to Exit 248C, which says "Freedom Parkway, The Carter Center."
2. Continue on Freedom Parkway about 1.8 miles, following the signs to The Carter Center.
3. As you loop around The Carter Center, follow the signs to entrance #3 (Executive Offices).

### **From South of Atlanta & Hartsfield-Jackson Atlanta International Airport:**

1. Take I-75 or I-85 North to Exit 248C, which says "Freedom Parkway, the Carter Center."
2. Continue on Freedom Parkway about 1.8 miles, following the signs to The Carter Center.
3. As you loop around The Carter Center, follow the signs to entrance #3 (Executive Offices).

### **From West of Atlanta:**

1. Follow the same directions as above.

### **From East of Atlanta:**

1. Take Ponce de Leon towards downtown (west) to N. Highland.
2. Turn left on N. Highland.
3. Continue to the second traffic light at Freedom Parkway and turn right.
4. The Carter Center is on the left. Continue on Freedom Parkway to entrance # 3 (Executive Offices).

## Meals

The following restaurants are within 1 mile of The Carter Center. However, The Carter Center is located close to downtown Atlanta so dining options are unlimited.

### **Babette's Cafe**

573 N Highland Ave NE  
Atlanta, GA 30307  
(404) 523-9121  
[babettescafe.com](http://babettescafe.com)

### **The Albert**

918 Austin Ave.  
Atlanta, GA 30307  
(404) 872-4990  
[thealbertatlanta.com](http://thealbertatlanta.com)

### **Java Vino**

579 N Highland Ave NE  
Atlanta, GA 30307  
(404) 577-8673  
[javavino.com](http://javavino.com)

### **Moe's Southwest Grill**

863 Ponce De Leon Ave NE  
Atlanta, GA 30306  
(404) 607-7892  
[moes.com](http://moes.com)

### **Cafe Di Sol**

640 N Highland Ave NE  
Atlanta, GA 30306  
(404) 724-0711

### **Manuel's Tavern**

602 N Highland Ave NE  
Atlanta, GA 30307  
(404) 525-3447  
[manuelstavern.com](http://manuelstavern.com)  
[cafedisol.com](http://cafedisol.com)

### **Soul Vegetarian No Two**

652 N Highland Ave NE  
Atlanta, GA 30306  
(404) 875-4641  
[soulvegetarian.com](http://soulvegetarian.com)

### **Starbucks**

506 Moreland Ave NE  
Atlanta, GA 30307  
(404) 230-9085  
[starbucks.com](http://starbucks.com)

### **Doc Green's Gourmet Salads**

782 Ponce De Leon Ave NE  
Atlanta, GA 30306  
(404) 446-1750  
[docgreens.com](http://docgreens.com)

### **Sotto Sotto Restaurant**

313 N Highland Ave NE  
Atlanta, GA 30307  
(404) 523-6678

### **Inman Perk Coffee**

240 N Highland Ave NE # H  
Atlanta, GA 30307  
(678) 705-4545  
[inmanperkcoffee.com](http://inmanperkcoffee.com)  
[sottosottorestaurant.com](http://sottosottorestaurant.com)

### **Wisteria Restaurant**

471 N Highland Ave NE  
Atlanta, GA 30307  
(404) 525-3363  
[wisteria-atlanta.com](http://wisteria-atlanta.com)

### **Pacific Kitchen**

913 Bernina Ave NE  
Atlanta, GA 30307  
(404) 223-9292  
[pacific-kitchen.com](http://pacific-kitchen.com)

### **Zaya Mediterranean Restaurant**

240 N Highland Ave NE # 2-I  
Atlanta, GA 30307  
(404) 477-0050  
[zayarestaurant.com](http://zayarestaurant.com)

## Lodging

The following hotels are all located within 2 miles of The Carter Center:

**The Highland Inn**  
644 N. Highland Ave.  
Atlanta, GA 30306  
404-874-5756  
[info@thehighlandinn.com](mailto:info@thehighlandinn.com)

**Hotel Indigo Midtown Atlanta**  
683 Peachtree Street, NE  
Atlanta, GA 30308  
(404) 874-9200  
[midtownatlantahotel.com](http://midtownatlantahotel.com)

**Atlanta Marriott Marquis**  
265 Peachtree Center Avenue  
Atlanta, GA 30303  
(404) 521-0000  
[marriott.com](http://marriott.com)

**Holiday Inn Atlanta Downtown**  
101 International Blvd  
Atlanta, GA 30303  
(404) 524-5555  
[hidowntownatlanta.com](http://hidowntownatlanta.com)

**Inman Park B&B**  
100 Waverly Way, NE  
Atlanta, GA 30307  
404-688-9498  
[inmanparkbandb.com](http://inmanparkbandb.com)

**Hotel Midtown**  
125 10th Street, NE  
Atlanta, GA 30309  
(404) 873-4800  
[hotelmidtownatlanta.com](http://hotelmidtownatlanta.com)

**Hyatt Regency Atlanta**  
265 Peachtree Street NE  
Atlanta, GA 30303-1294  
(404) 577-1234  
[hyatt.com](http://hyatt.com)

**Regency Suites Hotel**  
975 West Peachtree Street  
Atlanta, GA 30309  
(404) 876-5003  
[regencysuites.com](http://regencysuites.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)