



## **NY Metro Area (White Plains, NY) 2010 - 2011 Internal Family Systems<sup>SM</sup> Therapy Level 2 (195) Training Program**

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**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**

We are excited to offer you an IFS<sup>SM</sup> 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](mailto: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.**

Note that participants are not Certified IFS Therapists or Practitioners unless they successfully complete the IFS Certification process. Information about the criteria and procedures for becoming certified is available by visiting the CSL website certification area or by emailing [certification@selfleadership.org](mailto:certification@selfleadership.org).

## 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.

**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.

**Richard Schwartz, PhD, LMFT**, is a family therapy clinician, historian, and educator. He developed Internal Family Systems Therapy<sup>SM</sup> 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.

**Susan McConnell, MA**, teaches IFS throughout the US and in Europe as a senior trainer for The Center for Self Leadership. Susan's involvement in IFS trainings since 1995 includes the development of training curriculae as well as training and mentoring the teaching staff. In addition to the Level 1 and 2 trainings, Susan leads Somatic IFS and women's workshops and retreats. In her private practice at the Matrix Center in Chicago, which she founded and directs, Susan assists her clients in recovering the wholeness of body, mind, and spirit drawing from Internal Family Systems Therapy, Hakomi Therapy, her bodywork training, and her Buddhist practice. She brings commitment and passion to her work and her play with her partner and her two dogs along the shore and dunes of Lake Michigan.

## To Apply

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

**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: June 4-6, 2010  
Session 2: September 24-26, 2010  
Session 3: November 5-7, 2010  
Session 4: January 14-16, 2011

## Location

Divine Compassion Spirituality Center  
52 N. Broadway  
White Plains, NY 10603  
914.798.1200  
[www.dcspiritualitycenter.org](http://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 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](mailto: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:** Illinois Board of Marriage/Family Therapy Provider No. 168-000108. Continuing education credit is not offered for Massachusetts/ Rhode Island MFTs.

**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;** please consult your tax advisor.

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

### Discounts:

- CSL offers tuition discounts for various 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: 1/4 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

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. 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](http://marriott.com)

### Crown Plaza Hotel

66 Hale Ave  
White Plains, NY 10601-4550  
(888) 444-0401  
[white-plains.com](http://white-plains.com)

### The Ritz-Carlton

3 Renaissance Square  
White Plains, NY 10601  
(914) 946-5500  
[ritzcarlton.com](http://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](http://rekasthai.com)

### **Antipasti**

1 N Broadway  
White Plains, NY 10601-2317  
(914) 949-3500  
[antipastiny.com](http://antipastiny.com)

### **42 The Restaurant**

1 Renaissance Square  
White Plains, NY 10601  
(914) 761-4242  
[42therestaurant.com](http://42therestaurant.com)

### **Blue**

99 Church St  
White Plains, NY 10601-1529  
(914) 220-0000  
[bluwhiteplains.com](http://bluwhiteplains.com)

### **Prophecy**

15 S Broadway  
White Plains, NY 10601-3503  
(914) 285-0900  
[francinetesler.com](http://francinetesler.com)

### **Panera**

1 N Broadway  
White Plains, NY 10601-2310  
(914) 949-1551  
[panerabread.com](http://panerabread.com)

### **PF Chang's**

125 Westchester Ave  
White Plains, NY 10601-4522  
(914) 997-6100  
[pfchang.com](http://pfchang.com)

### **La Bella**

94 Westchester Ave  
White Plains, NY 10601-4514  
(914) 686-1900  
[labellawp.com](http://labellawp.com)

### **Zanaro's Italian**

1 Mamaroneck Ave  
White Plains, NY 10601  
(914) 397-9400  
[zanarosny.com](http://zanarosny.com)

### **Atlanta Bread Co.**

220 Main St  
White Plains, NY 10601-2407  
(914) 286-3500  
[atlantabread.com](http://atlantabread.com)

### **BLT Steakhouse**

221 Main St  
White Plains, NY 10601  
(914) 467-5500  
[bltsteak.com](http://bltsteak.com)

### **The Melting Pot**

30 Mamaroneck Ave  
White Plains, NY 10601  
(914) 993-6358  
[themeltingpot.com](http://themeltingpot.com)

## **THE CENTER FOR SELF LEADERSHIP**

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Fax: 708.383.2399

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