



Cape Cod, MA, 2010

Internal Family SystemsSM Therapy

Level 3 (196) Training Program

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

Don't miss this rare opportunity to learn directly from the founder and developer of IFS. People who have completed both Level 1 and Level 2 IFS trainings are invited to take their experience to the next level by getting in-depth training with Richard C. Schwartz, PhD, LMFT. In the Level 3 training, you will work intensively with a group of advanced practitioners who have learned the theory and technique of IFS and are now interested in expanding the depth of their knowledge. The format will include demonstrations, experiential group exercises, large and small group discussions, extended meditations, and intensive personal work.

You are a good fit for this program if your goal is not only to become a better therapist or consultant, but also to:

- Learn about and unburden your personal triggers and blind spots;
- Hold Self-energy in daily life and when provoked;
- Clarify your visions for your career and your life path in general;
- Practice giving and receiving Self-led feedback;
- Discover some key trailheads;
- Explore your spirituality;
- Create a small Self-led community.

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

Format

Level 3 trainings meet for one 5-day period and are led solely by Dick Schwartz.

Certificate of Completion

A Certificate of Completion is awarded and a participant must complete 16 of the 20 instructional/contact hours offered in order to be eligible to earn a certificate (Level 3 trainings include 10 personal growth hours and 20 instructional/contact hours). *Participants are not certified.*

To Apply

Who Should Apply: Anyone who has completed a Level 1 and Level 2 IFS training program is invited to participate in the Level 3 training.

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.

Training Dates Tuesday - Saturday, July 20 - 24, 2010

Location Briarwood Conference and Marine Science Center
586 Shore Rd.
Monument Beach, MA 02553
Phone: 508.759.3476 www.briarwoodmarine.org

Daily Schedule

The first 4 days of the training meet from 9am – 5pm and the 5th day meets from 9am – Noon.

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 for the disciplines listed below. The program offers a total of 20.00 contact hours, 5.00 hours per day for the first 4 days. Full attendance is required. No partial credit is available. The processing fee is \$25.00 per person. Applications for continuing education credit will be available on site. 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 or 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 training is not pre-approved for Massachusetts/ RI 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.

California Board Behavioral Sciences Provider No. PCE 636.

Required Reading

You are required to read the following text before the training begins: [Journal Articles](#). This is available at The Center for Self Leadership website store (www.selfleadership.org).

Tuition and Fees

Program Tuition: \$1,500.

Lodging at the Briarwood (optional): If you would like to stay at the Briarwood Conference Center, the cost per person per night is \$95-100, which includes complimentary meals each day.

Commuter Fee: For those not staying at the Briarwood, there is a \$55 commuter fee/person/day, which includes complimentary breakfast and lunch each day.

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. Please visit the website's Training FAQ section for more information.
- Some scholarship assistance is available; please contact CSL for more information.

Payments: A \$500 deposit is charged upon acceptance. The tuition balance will be charged shortly before the training begins.

Withdrawals and Refunds: The \$500 deposit is refundable if withdrawal occurs 45 days or more before the training program begins. The \$500 deposit is transferable to another program (if used within 18 months of the withdrawal date) if withdrawal occurs 44-15 days before the program begins. The \$500 deposit is forfeited if withdrawal occurs 14 or fewer days before the program begins.

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

Directions/Parking

From Boston: Take the Southeast Expressway out of Boston. At the fork in the road, bear right towards Dedham on Route 128/95. Go approximately 2 miles, get in left lanes, and bear left onto Route 24. Stay on Route 24 South until you come to Route 495 towards Cape Cod. Route 495 becomes Route 25 with no change for you. Continue on Route 25/495 to the Bourne Bridge. Follow Directions from Bourne Bridge below.

From Providence: Take Route 95 North from Greene Airport or any place south of that. In Providence, exit to the right onto Route 195 East towards Cape Cod. Drive to the end of Route 195 in Wareham. At the end of Route 195, bear right onto Route 25 towards Cape Cod. Follow Route 25 to Bourne Bridge.

From Bourne Bridge: Cross the Bourne Bridge and enter the rotary staying in the right hand lane. Take the first exit out of the rotary on the right. You are on Trowbridge Road with the Gulf gas station and motel on your left and the State Police Station on your right. In a straight line, Trowbridge Road

turns (0.6 miles) into Shore Road. Shore Road winds for 2 miles when you will pass through an “S” turn, keeping the Gulf gas station/Cumberland Farms store on the left, and the train station on your right. This remains Shore Road. Approximately 0.6 of a mile past the railroad station you will go up a slight grade and Shore Road becomes wider. **Do not** turn into the road marked Briarwood Lane. At the top of the grade, see the Briarwood entrance sign on your right. Follow the dirt road across the railroad tracks (they are active) to the Main House. You may drop off your luggage before parking in the main parking lot located just above the railroad tracks.

Should you cross the Sagamore Bridge from Route 3, take the first exit over the bridge off Route 6, and turn left at the lights at the bottom of the ramp on Sandwich Road. Follow Sandwich Road to the Bourne Rotary, and then follow above directions.

By Bus from Boston Logan or Providence Airports: If you wish to travel from the airport to Briarwood without renting a car, Peter Pan bus line operates a service from Logan International Airport and Providence Airport to Cape Cod, MA, and drops people off about 5 miles from the Briarwood, in the town of Bourne. It does not, however, transport you directly to the Briarwood. For more information on the bus service, including schedules and prices, visit www.peterpanbus.com.

Taxi Services from Peter Pan bus stop to Briarwood:
Please call ahead for prices and more information.

Green Shuttle of Cape Cod
Phone: 508.360.3163

Bourne Taxi
Phone: 508.759.4004

Lodging

The Briarwood offers overnight accommodations for all training participants for \$95/night (plus a \$5/night surcharge for a single room if one is desired and available) which includes complimentary meals each day.

Once you are accepted into the training, The Center for Self Leadership will send you a reservation form to fill out and return to CSL confirming your lodging choices, and all billing will go through CSL. You may, however, investigate other lodging options on your own. There are Bed and Breakfast Inns located near the Conference Center, including:

No. 9 Bed and Breakfast
9 Scraggy Neck Rd.
Cataumet, MA 02534
508.563.9199
www.no9bedandbreakfast.com

The Beach Rose Inn
17 Chase Road
West Falmouth, MA 02574
508.540.5706
www.thebeachroseinn.com

Meals

Complimentary breakfast, lunch, and dinner are provided for those staying overnight at the Briarwood. Complimentary breakfast and lunch are provided for commuters, with optional dinners available for \$10 each. See the “Overnighter and Commuter Reservation Form” that you will receive for details.

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