Internal Family Systems<sup>SM</sup> Therapy
Level 2 Intensive Training Program (379)
IFS, Trauma and Neuroscience
Washington DC  2016

The Internal Family Systems Model

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> offers a clear, non-pathologizing, and empowering view of human cognitive and emotional life and provides a dynamic therapeutic approach that allows both therapist and client to enter into a transformational relationship in which healing can occur.

Richard C. Schwartz, PhD, has been developing the IFS model for more than 30 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 can 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;
- Can effectively treat 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.

IFS & Training Information Sources

This brochure contains many details about this program, including continuing education credit, certificate of completion attendance requirements, trainer biographies, finances, session and daily schedules, required readings, site information, and more.

For more information about IFS, please visit other tabs of our website.

The Center for Self Leadership’s contact information is at the end of this brochure and on the website. We invite you to contact us with any questions.

Training Location

Rockwood Manor offers a unique and naturally beautiful setting for your IFS training. This preserved manor home was built in the 1920s, and is easily accessible from Washington, DC and other areas. Potomac is considered one of the country’s most desirable locations – a true gem – and we are glad to be returning for another IFS program. For those wishing to stay overnight, Rockwood Manor has a limited number of affordable lodging options.
Curriculum

Overview: The growth of IFS is a testament to the power of its healing capacity. With IFS, individuals are able to rapidly unload traumatically held beliefs, sensations and emotions that burden their lives, allowing for Self-led transformation. The last decade has shown a similar expanse in neuroscience knowledge. We now have a greater explanation for what is happening in the brain during psychotherapy and how this leads to changes in functioning.

Each day of this training will have a different theme that will help participants to master the skills required to treat trauma and dissociation as it relates to the IFS model of therapy. Participants will learn about:

- Identifying and working with traumatized parts using meditation, bodywork, un-blending, and direct access;
- Using their Self and the Self of the client with Dissociative Identity Disorder (DID) and Attachment trauma's;
- Working with extreme parts that are hyper- as well as hypo-aroused, including suicidal, self-harming, substance abusing, dissociative, and shame-based parts;
- Unburdening exiles, updating the system, and re-establishing trust in Self; and
- Integrating other therapies with IFS.

In addition to reinforcing the learning of IFS theory and technique, the training invites participants to explore parts of themselves that get activated when working with trauma, in the safe, nurturing environment of the training itself. Participants will be helped to:

- Understand the particular components of the IFS model that are relevant to the treatment of trauma;
- Apply IFS techniques when working with Dissociative clients; and
- Take advantage of experiential learning to foster personal growth and development.

Learning Objectives: For a complete list of learning objectives, please contact The Institute for Continuing Education at 800-557-1950 or instconted@aol.com.

Format: The training includes lectures, large and small group discussions, live and video demonstrations, and experiential practice groups.

Program Hours: The training runs for five consecutive days and has a total of 32 program hours. The daily schedule is available later in this brochure.
Trainers

Lead Trainer: Richard Schwartz, PhD, began his career as a systemic family therapist and an academic at the University of Illinois and Northwestern University. Grounded in systems thinking, Dr. Schwartz developed the Internal Family Systems model in response to clients’ descriptions of various parts within themselves. In 2000, he founded The Center for Self Leadership. A featured speaker for national and international professional organizations, Dr. Schwartz has published five books and over 50 articles about IFS.

Guest Trainer: Frank Guastella Anderson, MD, is a psychiatrist who has spoken extensively on the Neurobiology of Post-Traumatic Stress Disorder and Dissociation. After discovering IFS, his passion evolved into the integration of neuroscience, trauma and IFS. He is Chair of the Foundation for Self Leadership and has served on the Research Advisory Committee and Speakers Bureau for The Center for Self Leadership. He wrote a chapter in Internal Family Systems Therapy: New Dimensions, “Who’s Taking What?” Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma. He is a supervisor at The Trauma Center in Brookline, MA, and maintains a private practice.

Assistant Trainer: Carol Graybeal, MSW, LCSW, is an experienced IFS assistant trainer and therapist who is also a certified Imago therapist, and an approved EMDR consultant. Carol earned a Masters of Science degree in exercise and sport science, and has been in private practice for more than 23 years. Carol uses exercise psychology and psychotherapy in her work with individuals, families, and small groups, and also consults with people interested in becoming certified in IFS.

Certificate of Completion

A Certificate of Completion is awarded by The Center for Self Leadership, and a participant must complete 27 of the 32 program hours offered in order to be eligible to earn this certificate. Participants are responsible for ensuring that they attend sufficient training hours to earn the Certificate of Completion. The daily schedule is available later in this brochure.

IFS Certification

Participants are not Certified IFS Therapists or Practitioners until they successfully complete the IFS Certification process. Information about the criteria and procedures for becoming IFS Certified is available on the CSL website certification page or by emailing certification@selfleadership.org.

Eligibility for Future Trainings

By earning The Center for Self Leadership’s certificate of completion for this training, a participant is eligible to apply for a Level 3 IFS training program. Participants are not required to be Certified IFS Therapists or Certified IFS Practitioners to enroll in IFS trainings.
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.

Session Schedule  September 27 – October 1, 2016

Daily Schedule

<table>
<thead>
<tr>
<th></th>
<th>Morning Session</th>
<th>Morning Break</th>
<th>Afternoon Session</th>
<th>Afternoon Break</th>
<th>Training/CE Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 27</td>
<td>9 – 12:30</td>
<td>15 min.</td>
<td>2-6</td>
<td>15 min.</td>
<td>7</td>
</tr>
<tr>
<td>September 28</td>
<td>9 – 12:30</td>
<td>15 min.</td>
<td>2-6</td>
<td>15 min.</td>
<td>7</td>
</tr>
<tr>
<td>September 29</td>
<td>9 – 12:30</td>
<td>15 min.</td>
<td>2-6</td>
<td>15 min.</td>
<td>7</td>
</tr>
<tr>
<td>September 30</td>
<td>9 – 12:30</td>
<td>15 min.</td>
<td>2-6</td>
<td>15 min.</td>
<td>7</td>
</tr>
<tr>
<td>October 1</td>
<td>9 – Noon</td>
<td>X</td>
<td>1–2</td>
<td>X</td>
<td>4</td>
</tr>
</tbody>
</table>

Total: 32

Continuing Education Contact Hours

- This training program is co-sponsored by The Center for Self Leadership and The Institute for Continuing Education.
- Continuing education contact hours are offered for the professional disciplines as listed.
- The training offers a total of 32.00 contact hours, with full daily attendance required.
- The CE processing fee is $50.00 per person.
- Applications for continuing education contact hours will only be available at the training, along with other pertinent continuing education information.
- **IMPORTANT:** You must bring a check and your license information (as applicable) to the first session if you want CE credit. No cash, credit cards, or late applications can be accepted.
- If you have questions regarding continuing education, or for a listing of learning objectives, please contact The Institute for Continuing Education: 800-557-1950. 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 and The Center for Self Leadership are co-sponsors of this event. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing education provider, No. 5643. The Institute
for Continuing Education is solely responsible for this program, including the awarding of NBCC credit.

**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.

NY SED: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, Provider #0025. This program has been reviewed and approved by the New York Board of Social Work for continuing education hours.

**Marriage/Family Therapy:** Illinois Board Marriage/Family Therapy, Provider No. 168-000108. Note: This Course has not been pre-approved for MA / RI MFTs.

**Financial Assistance**

**Tuition Discounts:**

- CSL offers group discounts for employee groups and student groups. Please visit the website Training FAQ page for details and application forms. The more people in your group, the larger the discount!

- CSL also offers an individual scholarship program. More information and the application form are available on the website Training FAQ page.

**Costs for this training may be tax-deductible:** Please consult with your tax advisor.

**Employers can also be a good source of funding for continuing education.** Please check with your supervisor and/or human resources department.

**Tuition and Fees**

**Program Deposit and Tuition** is $2,200. The $500 tuition deposit is charged when you are accepted into the training, and this secures your place. The $1,700 tuition balance is charged shortly before the training begins (see program application for details).

**Application Fee:** A non-refundable $45 application fee is charged when your application is received.

**Room and Board** are not included in tuition. Participants make their own lodging and meal arrangements. Please see the end of this brochure for a list of some hotels and restaurants.

**Withdrawals and Refunds:** Participants who wish to withdraw from the training program must do so in writing. Participants are responsible for paying for sessions attended or missed prior to withdrawal. Deposit: The $500 deposit is refundable if written notice of withdrawal is received by the CSL office 45 or more days before the 1st day of the program. The deposit is transferable to another CSL-organized Level 1, 2, or 3 training program if written notice of withdrawal is received by the CSL office 44-15 days before the 1st day of the program. A transferred deposit must be used within 18 months of withdrawal or else it is forfeited; a transferred deposit may only be used by the participant who is withdrawing. The deposit is forfeited if written notice of withdrawal is received by the CSL office 14 or fewer days before the 1st day of the program, or if withdrawal occurs after the program begins. **Tuition Balance:** The tuition balance (total
tuition less deposit) is refundable if written notice of withdrawal is received by the CSL office 15 or more days before the 1st day of the program. The tuition balance is forfeited if written notice of withdrawal is received by the CSL office 14 or fewer days before the 1st day of the program, or if withdrawal occurs after the program begins. The application fee is non-refundable. CSL reserves the right to postpone, cancel or otherwise change any training program schedule prior to its beginning. At no time is CSL responsible for training students’ travel, lodging, or incidental expenses.

**Pre-Training Reading**

All books listed below are available at The Center for Self Leadership’s website store. If you need assistance with the Store, please call 708.383.2659 or email Sandy@selfleadership.org.

We strongly recommend that you read the following texts before the training begins, even if you’ve read them before:


**ADA** If you have special needs, please contact The Center for Self Leadership.

**TRAVEL INFORMATION**

**Site Address**  
**Rockwood Manor**  
11001 MacArthur Blvd.  
Potomac, MD 20854  
301-563-7510  
[www.montgomeryparks.org/event_centers/rockwood.shtm](http://www.montgomeryparks.org/event_centers/rockwood.shtm)

**Directions**

If you need further directions, we suggest you visit MapQuest or Google Maps to plan your route.

You may also wish to visit priceline.com, orbitz.com, kayak.com, or other websites to find travel deals for airfare, hotels, rental cars, etc. While CSL is not affiliated with any of these sites, many people have success with them.

Dulles Airport and Reagan National ([www.metwashairports.com](http://www.metwashairports.com)) are the two major airports near Washington DC. Please refer to their website for rental car and shuttle information.
From Dulles Airport: Dulles Access Road to I-495 North. Then use the “From Virginia” directions from below.

From National Airport: George Washington Pkwy North to I-495 North. Then use the From Virginia directions below.

Driving from other areas:

From Maryland I-495: Exit 41 Carderock/Great Falls. Continue on Clara Barton Pkwy to dead end. Left on MacArthur Blvd. After 1.5 miles, turn right into entrance.

From Virginia I-495: Exit 41 Carderock/Great Falls/Glen Echo (off the right side of the American Legion bridge) Bare immediately left until you merge into the Clara Barton Pkwy. Stay on this until dead end. Left on MacArthur Blvd. After 1.5 miles, turn right into entrance.

From I-270: Exit 5 Falls Road South, Route 189. Follow Falls Road about 7 miles until it ends. Turn left onto MacArthur Blvd. After 1.5 miles, turn right into entrance.

Trains: Amtrak (www.amtrak.com) services Washington DC area with several stops.

Public transportation: For more information on public transportation, please refer to: www.montgomerycountymd.gov/dot-transit/

Parking at Rockwood Manor: There is onsite parking for approximately 80 vehicles.

Tourism Website: Potomac, Maryland is one of the country’s most exciting areas. Please refer to their county website at www.visitmontgomery.com for more tourist information.

Meals

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

Old Angler’s Inn
10801 MacArthur Blvd
Potomac, MD 20854
oldanglersinn.com
(301) 365-2425

Potomac Pizza
9812 Falls Rd
Potomac, MD 20854
potomacpizza.com
(301) 299-7700

Tavern At River Falls
10128 River Rd
Potomac, MD 20854
thetavernatriverfalls.com
(301) 299-0481

Mix Bar and Grille
9812 Falls Rd
Potomac, MD 20854
mixbarandgrille.com
(301) 299-3000

Lodging

Rockwood Manor has a limited number of overnight lodging rooms. Please refer to their website at www.montgomeryparks.org/event_centers/rockwood.shtml for lodging information, and make your reservations directly with Rockwood Manor’s Reservation Office: 301-299-5026.

Other major hotels chains are located in the Montgomery County area and are listed at the Montgomery
County tourism website at www.visitmontgomery.com.

THE CENTER FOR SELF LEADERSHIP
www.selfleadership.org

Phone: Level 1, 2, 3 Trainings in the US/Canada: 708.383.2519
       IFS Certification: 828.215.6307
       IFS Store & Everything Else IFS: 708.383.2659

Fax: 708.383.2399

Mailing Address: P.O. Box 3969, Oak Park, IL 60303

Email: Level 1, 2, 3 Trainings in the US/Canada:
       training@selfleadership.org or Maryanne@selfleadership.org
       Please write to only one address at a time – thanks!

       IFS Certification: certification@selfleadership.org

       IFS Store & Everything Else IFS: info@selfleadership.org