



# ***Internal Family Systems<sup>SM</sup> Therapy*** **Level 2 Intensive Training Program (578)** ***IFS, Addictions and Eating Disorders*** **Austin TX :: June 2020**

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## **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

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:



*Richard C. Schwartz*

transformational relationship in which healing can occur.

- 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.

## **Internal Family Systems: An Evidence-Based Practice**

Internal Family Systems (IFS) is now posted on NREPP as an evidence-based practice. NREPP is the National Registry for Evidence-Based Programs and Practices, a national repository that is maintained by the U.S. government's Substance Abuse and Mental Health Services Administration (SAMHSA). Interventions listed in NREPP have been subject to independent, rigorous scrutiny, and are deemed to show significant impact on individual outcomes relating to mental health.

As a clinical treatment, IFS has been rated effective for improving general functioning and well-being. In addition, it has been rated promising for improving each of: phobia, panic, and generalized anxiety disorders and symptoms; physical health conditions and symptoms; personal resilience/self-concept; and depression and depressive symptoms.

These scientific findings and the listing of IFS on NREPP affirm the vast potential of IFS therapy for advancing emotional healing and mental well-being. In particular, they indicate promising effects on mind (depression, anxiety), body (physical health conditions), and spirit (personal resilience and self-concept).

## **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



Overlooking Lake Travis, Vintage Villas is a picturesque site for your IFS Level 2 training program. Just 30 minutes from downtown Austin, Vintage Villas offers all the comforts of home along with delicious food and famous Texas hospitality!

## Curriculum

**Overview:** IFS brings an innovative, new perspective to working with people with addictions and eating disorders. The current field is replete with treatment modalities and information that often offer conflicting ideas about how to best treat addictions and eating disorders. IFS can move us into a new dimension of treatment with this challenging population and offers ways to neutralize polarizations that can occur in the traditional treatment milieu. IFS also enables us to access and heal the beliefs, burdens, emotions and energies carried by parts of the client that are masked by addictions and eating disorders.

This training will focus on:

- Viewing addictions and eating disorders through the lens of IFS;
- Practical application of IFS to treatment; and
- The importance of Self-energy in the healing process.

Participants will learn:

- How to define and view addictions and eating disorders from the IFS perspective;
- How to apply basic, key concepts of IFS to addictions and eating disorders;
- To develop an IFS skill set, including techniques such as un-blending, collaboration and negotiation, and direct access with extreme firefighters;
- Steps for healing the shame, fear, trauma and legacy burdens underneath;
- How to identify and address treatment constraints;
- IFS-based family, couples, and group work with addictions and eating disorders; and
- Integration of IFS with other treatment modalities and self-help groups, including the 12 Step programs.

IFS theory and technique are important, but knowledge of the impact our selves and our parts have on clients is essential for a positive outcome. In the safe and nurturing atmosphere of the training, participants will be invited to explore their own parts that may affect their work with clients. In this context, participants will be encouraged to:

- Recognize and acknowledge their personal beliefs and reactions towards addictions and eating disorders (extreme firefighters);
- Explore their cultural/legacy burdens regarding addictions and eating disorders; and
- Experience ways to access and maintain Self-energy when working with clients.

**Format:** The format includes lecture, large and small group discussion, experiential exercises, practice in groups, and live demonstration.

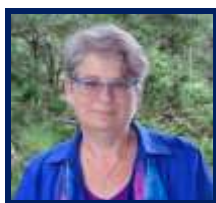
**Learning Objectives:** Please visit [www.selfleadership.org](http://www.selfleadership.org), FAQ page.

**Program Hours:** The training runs for five consecutive days and totals 32 program hours. The daily schedule is available later in this brochure.

## Trainers



**Lead Trainer: Mary Kruger, MS, LMFT, AAMFT Supervisor**, founded Rimmon Pond Counseling, LLC, an IFS-based private practice located in the Greater New Haven area. She has specialized in addictions, eating disorders, trauma and relationships for over 20 years, incorporating IFS with her own penchant for the experience. Mary has developed a variety of creative ways to work with parts and to access Self-energy in individual, relational, and group contexts. She also enjoys sharing her experience in her teaching, in workshops, and through consulting on a national level. Mary is noted for her humor, creativity, passion and love of dancing and people.



**Assistant Trainer: Jory Agate, MA, LMHC, MDiv**, comes to the field of psychotherapy after a 20 year career in Unitarian Universalist ministry that focused on youth, families, sexuality, leadership development, and diversity, equity and inclusion trainings. Her current practice of psychotherapy and spiritual counseling specializes in individuals, families, clergy, couples, and staff teams. Fluent in American Sign Language, Jory provides therapy for those who communicate in ASL. She maintains a private practice in Cambridge, MA.

## Certificate of Completion

A Certificate of Completion (non-CE) 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](mailto: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      **June 1-5, 2020**

### Daily Schedule

	Breakfast	Morning Session	Morning Stretch Break	Lunch	Afternoon Session	Afternoon Snack Break	Dinner	Training/ CE Hours
<b>Overnighter Arrival: May 31 (Sun)</b>	X	X	X	X	X	X	X	0
<b>June 1 (Mon)</b>	7:30	9 – 12:30	15 min.	12:30	2-6	15 min.	6:30	7
<b>June 2 (Tue)</b>	7:30	9 – 12:30	15 min.	12:30	2-6	15 min.	6:30	7
<b>June 3 (Wed)</b>	7:30	9 – 12:30	15 min.	12:30	2-6	15 min.	6:30	7
<b>June 4 (Thu)</b>	7:30	9 – 12:30	15 min.	12:30	2-6	15 min.	6:30	7
<b>June 5 (Fri)</b>	7:30	9 – Noon	X	Noon	1–2	X	X	4
								Total: 32

### Continuing Education Contact Hours

- This training program is co-sponsored by The Center for Self Leadership and The Institute for Continuing Education (ICE).
- Continuing education contact hours are offered for the professional disciplines as listed.
- The training offers 32 contact hours. CE covers all scheduled course sessions.
- CE hours are awarded on a session-by-session basis, with full attendance required at sessions attended. Partial session CE credit is not offered.
- Attendees must complete all CE materials, sign in/out daily, and complete a session evaluation.
- Applications for continuing education contact hours will be available at the training, along with other pertinent continuing education information.
- **If you want CE credit for this training, you need to sign up for it at the training, and you must bring your license information (as applicable) to sign up for CE credit. No late CE applications can be accepted.**

- CE verification is mailed to participants by ICE following each session (within 30 days of receipt of completed CE materials).
- There is no additional fee to make application for CE credit.
- It is the responsibility of attendees to contact their state licensing/certification board to determine if CE credit offered by The Institute for Continuing Education meets the regulations of their state licensing/certification board.
- Learning objectives are available on the FAQ page at [www.selfleadership.org](http://www.selfleadership.org).
- If you have questions regarding continuing education credit, please contact The Institute for Continuing Education: [800-557-1950](tel:800-557-1950). Email: [instconted@aol.com](mailto:instconted@aol.com).

Psychology: The Institute for Continuing Education is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling/MFT: For counselors seeking credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program. This website will be updated regarding accreditation approval.

Marriage/Family Therapy: The Institute for Continuing Education is recognized as a provider of continuing education by the Texas State Board of Examiners of Marriage and Family Therapists, Provider 177.

Social Work: Application for social work continuing education credits has been submitted. This website will be updated regarding approval authorization.

Instruction Methodology: May include didactic, lecture, audio-visuals, demonstrations, experiential exercises, case examples, small and large group discussions.

## **Financial Assistance**

**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 scholarships:** Details and CSL's scholarship application form are on the website Training FAQ page.

## **Tuition and Fees**

**Program Tuition:** \$2100 (\$500 of which is the program deposit)

**Program Deposit:** The \$500 deposit is charged when you are accepted into the training, and this is required to secure your place.

**Application Fee:** A non-refundable, non-transferrable \$55 application fee is charged when your application is received.

**Room and Board** are not included in tuition.

**Withdrawals and Refunds:** Participants who wish to withdraw from the training program must do so in writing. **Deposit:** The \$500 deposit is refundable if written notice of withdrawal is received by the CSL office 45 or more days before the 1<sup>st</sup> day of the program. The deposit is transferable to another CSL-organized Level 1, 2, or 3 IFS training program if written notice of withdrawal is received by the CSL office 44-21 days before the 1<sup>st</sup> 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 20 or fewer days before the 1<sup>st</sup> 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 21 or more days before the 1<sup>st</sup> day of the program. The tuition balance is forfeited if written notice of withdrawal is received by the CSL office 20 or fewer days before the 1<sup>st</sup> 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.

### **Overnighter and Day Commuter Fees**

**Participants are responsible for their own lodging and meal costs.** Your Overnighter or Day Commuter reservations at the site need to be made by CSL's Site Coordinator, and we will use information you provide on a reservation form you will receive via email from CSL's Site Coordinator after you are accepted into the program. While it is not required, we encourage you to lodge at the training site for your convenience, and so you can get to know your fellow participants and enhance your overall training experience.

**Lodging and meals during the training are reserved for training members.** Some participants may wish to bring a spouse or partner, but we don't recommend this. First, the 5-day format is an intensive undertaking. You will have some free time, but it will be limited and you may prefer to spend it on your own or socializing with others in the training. Also, CSL could only prudently make financial commitments to the site for lodging and meals for people in the training. If you wish to stay with someone who is not a member of the training, you are welcome to explore other lodging options, and then the Day Commuter fee would apply.

**If you are considering arriving early or staying late at the training site,** please contact the site directly to find out if they can accommodate you and what your costs would be. CSL cannot make or be responsible for reservations or other arrangements outside of the training dates. Site contact information is at the end of this brochure.

**Pets are not permitted.**

**If you have any questions, please contact CSL's Site Coordinator.**

### **Overnighter Package**

Located atop a bluff overlooking the Arkansas Bend of Lake Travis, Vintage Villas gives guests a lakeside boutique hotel experience. Each guest room has its own unique ambiance and décor. Distinctive lamps and authentic accessories complement each guest room. Antiques are present in many of the rooms and more are added as discovered. All of the guest rooms have complimentary high-speed wireless access, refrigerators, microwaves, wet bars, coffee makers, televisions, king or queen size beds with pillow top mattresses and beautiful lake views.

The Overnighter Package (room and board) is \$1130 per person for single occupancy or \$750 per person for double occupancy. The Overnighter Package includes complimentary breakfast, lunch and dinner starting with breakfast on June 1st, and ending with lunch on June 5th. Most dietary restrictions can be made available with sufficient advanced notice to CSL's Site Coordinator.

### **Day Commuter Package**

This is a pass-through fee that is required of those who do not lodge at the training site. The Day Commuter Package is \$370 per person, which includes complimentary breakfast, lunch and dinner, starting with breakfast on June 1st, and ending with lunch on June 5th. Most dietary restrictions can be made available with sufficient advanced notice to CSL's Site Coordinator.

## **Pre-Training Readings and Other Training Materials**

If you need assistance with The Center for Self Leadership's website store ([www.selfleadership.org](http://www.selfleadership.org)), please call 708.383.2659 or email [info@selfleadership.org](mailto:info@selfleadership.org).

### **1. Pre-training suggested readings:**

Schwartz, RC (2008). You Are The One You've Been Waiting For, Oak Park, IL: Trailheads Publications, The Center for Self Leadership, ISBN 978-0-615-24932-2. Available at The Center for Self Leadership website Store.

M.Sweezy and E. Ziskind (Eds) (2013). Internal Family Systems – New Dimensions, New York, NY: Routledge. Available at The Center for Self Leadership website Store.

Schwartz, RC (1995), Internal Family Systems Therapy, New York: Guilford Press, ISBN 1-57230-272-0. Available at The Center for Self Leadership website Store.

Peltz, L. (2013). The Mindful Path to Addiction Recovery, Boston: Shambhala Publications, ISBN 978-1-59030-918-6. Available at Barnes & Noble.

### **2. Other suggested reading:**

Anderson, Frank G., Sweezy, Martha, and Schwartz, Richard C. (2017). Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD and Substance Abuse, Eau Claire, WI: PESI Publishing & Media, ISBN-10: 1683730879, ISBN-13: 978-1683730873.

### **3. Additional Training Materials:** Each program's trainers may ask participants to purchase up to \$20 in additional training materials. If additional training materials are required, participants will be notified as the starting date of the training approaches.

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

## **TRAVEL INFORMATION**

**Training Site:** Vintage Villas  
4209 Eck Lane  
Austin, TX 78734  
512-266-9333, [VintageVillas.com](http://VintageVillas.com)

If you need additional travel information, please visit websites such as MapQuest or Google Maps.

You may wish to visit [priceline.com](http://priceline.com), [orbitz.com](http://orbitz.com), [kayak.com](http://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.

### **AIRPORTS:**

#### **Austin-Bergstrom International Airport**

Airlines served: All major airlines served

Approximately 45 minutes from site.

For directions from Austin-Bergstrom International Airport click [HERE](#).

### **DRIVING and PUBLIC TRANSIT:**

For driving or public transit directions from...

- (San Antonio) click [HERE](#).
- (Huston) click [HERE](#).
- (Waco) click [HERE](#).
- (San Angelo) click [HERE](#).

**TRAINS (Amtrak):** For Amtrak information please click [HERE](#).

**SITE PARKING:** Onsite parking

## **THE CENTER FOR SELF LEADERSHIP**

[www.selfleadership.org](http://www.selfleadership.org)

**Phone:** Level 1, 2, 3 North American Trainings: 708.383.2519  
Level 1, 2, 3 International Trainings: 708.845.1664  
IFS Certification: 828.215.6307  
IFS Circle/Continuity Webinars: 708.383.2659  
Everything Else IFS, including Store, Workshops, etc.: 708.383.2659

**Fax:** 708.383.2399

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

**Email:** Level 1, 2, 3 North American Trainings:  
[training@selfleadership.org](mailto:training@selfleadership.org) or [Maryanne@selfleadership.org](mailto:Maryanne@selfleadership.org)  
*For best service, please write to only one email address at a time - thanks!*

Level 1, 2, 3 International Trainings: [Karon.Brashares1@gmail.com](mailto:Karon.Brashares1@gmail.com)

IFS Certification: [certification@selfleadership.org](mailto:certification@selfleadership.org)

IFS Circle/Continuity Webinars: [info@selfleadership.org](mailto:info@selfleadership.org)

Everything Else IFS, including Store, Workshops, etc.:  
[info@selfleadership.org](mailto:info@selfleadership.org)