



Internal Family SystemsSM Therapy Retreat-Style Level 1 Training Program (545) Silver Spring, MD 2019

12.21.18 trainer update

The Internal Family Systems Model

Internal Family SystemsSM is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFSSM 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:



Richard C. Schwartz

- 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 and 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

On-Site Sessions 1 & 2:

Silver Spring Civic Center
8525 Fenton St.
Silver Spring, MD 20910

Please see the Travel Information section at the end of this brochure for more information.

Curriculum

Overview: In addition to thoroughly learning IFS theory and techniques, the Internal Family Systems Level 1 training program invites participants to explore their own inner worlds in a safe, nurturing context. The training will help participants:

- Understand the conceptual basis of the IFS model;
- Apply basic IFS techniques to various clinical populations; and
- Take advantage of the opportunities IFS offers for personal development.

Learning Objectives: Please visit www.selfleadership.org, FAQ page.

Format: The training includes lecture, discussion, demonstration, experiential exercise, video review, and small group supervision and practice. Teleconferences occur between the on-site sessions and enable participants to have contact with their trainers, and each other, in order to ask questions and further integrate material already presented.

Program Hours: This retreat-style Level 1 training will meet for two on-site sessions, and two teleconference sessions over the course of several months, totaling 84 program hours. Each on-site session comprises 40 program hours, and each teleconference session comprises two program hours. The full schedule is available later in this brochure.

Trainers



Lead Trainer, Session 1: Nancy Sowell, MSW, LICSW, believes in the power of Self-leadership for promoting health and well-being. Specializing in the use of IFS to foster health and healing, Nancy provides clinical supervision and training in IFS for Harvard Medical School at Cambridge Health Alliance, and co-created an IFS treatment protocol and program for rheumatoid arthritis patients in a research study at Brigham and Women's Hospital in Boston. Nancy maintains a private psychotherapy and clinical consultation practice on Cape Cod and in Newton, MA.



Lead Trainer, Session 2: Chris Burris, LMFT, LPC, is a senior IFS trainer who has taught Level 1 and 2 programs in the US and Europe. Chris uses mind/body therapeutic approaches to alleviate traumatic stress, depression, and anxiety related issues, working extensively with individuals and couples. Chris is an AAMFT Approved Supervisor, is on the advisory board for The Joshua Project, and has been active with men's groups and rites of passage ceremonies since 1990. As former Director of Counseling at The North Carolina School of the Arts, Chris has considerable experience with performance enhancement for artists of all types, and has a private practice in Asheville, NC.



Assistant Trainer, Session 1: Kathy Cox, LICSW, has been a psychotherapist since 1996 and a student and practitioner of IFS since 2003. She has a private psychotherapy practice in Olympia, WA, where she works with adults, adolescents, couples and groups, and provides supervision and consultation to new therapists and those learning IFSI. Kathy is grateful for the wisdom and healing IFS has brought to her life and to the lives of her clients. She has a special interest in trauma, grief and loss, and spirituality. Kathy is known for her humor, warmth, wisdom and playfulness.



Assistant Trainer, Session 2: Jory Agate, MDiv., MA, 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 is awarded by The Center for Self Leadership, and **a participant must complete 70 of the 84 total 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 for this training is located 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 2 IFS training program. Participants are not required to be Certified IFS Therapists or Certified IFS Practitioners to enroll in IFS trainings.

Enrollment

This training will most likely have 33 participants, most of whom may be affiliated with Black Therapists Rock. For more information about Black Therapists Rock, please visit www.BlackTherapistsRock.com.

To Apply

Who Should Apply: Both therapists and non-therapists are invited to apply for the remaining spaces in this training, and we welcome applications from:

- Mental and medical health care practitioners
- Pastoral counselors
- Business and academic professionals
- Masters or doctoral students

- Dance, art, and music therapists
- Body workers
- 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.

Training Schedule

On-Site Session 1: February 2-8, 2019

On-Site Session 2: May 18-24, 2019

Teleconference 1: March 20, 2019, 7-9 pm, Eastern Time (USA, Canada)

Teleconference 2: April 30, 2019, 7-9 pm Eastern Time (USA, Canada)

Teleconference Information:

- **If you will use Zoom on a smart device or computer, *please download and understand the Zoom software well before the teleconference begins.***
To do this, go to [Zoom.us](https://zoom.us), sign in (or “sign up”), and create an account.
- **If you have questions about downloading or using Zoom, please contact Zoom:** 888.799.9666, or click “support” at the bottom of the [Zoom.us](https://zoom.us) home page.
- **If you will call in to the teleconferences rather than use Zoom,** please use the phone numbers provided below.
- **Please don’t join the call before the scheduled time.**
- **Teleconferences are for members of the training only.**

To attend the teleconferences:

Teleconference #1: March 20 (see above)

Join Zoom Meeting

<https://zoom.us/j/448093667>

One tap mobile

+16465588656,,448093667# US (New York)

+16699006833,,448093667# US (San Jose)

Dial by your location

+1 646 558 8656 US (New York)

+1 669 900 6833 US (San Jose)

Meeting ID: 448 093 667

Teleconference #2: April 30 (see above)

Join Zoom Meeting
<https://zoom.us/j/920419865>

One tap mobile
+1 646 558 8656 US (New York)
+1 669 900 6833 US (San Jose)

Dial by your location
+1 646 558 8656 US (New York)
+1 669 900 6833 US (San Jose)

Meeting ID: 920 419 865

Daily Schedule

On-Site Session 1: February 2-8, 2019

	Morning Session	Morning Stretch	Lunch	Afternoon/ Evening Session	Afternoon Snack	Training/ CE Hours
Arrival Day Feb 2	X	X	X	7 - 9	X	2
Feb 3	9-12:15	15 min	12:15	2 – 5:45	15 min	6.5
Feb 4	9-12:15	15 min	12:15	2 – 5:45	15 min	6.5
Feb 5	9 - Noon	X	Noon	1 – 4	X	6
Feb 6	9-12:15	15 min	12:15	1:45 – 6	15 min	7
Feb 7	9-12:15	15 min	12:15	1:45 – 6	15 min	7
Feb 8	9 - Noon	X	Noon	1 – 3	X	5
						Total: 40

On-Site Session 2: May 18-24, 2019

	Morning Session	Morning Stretch	Lunch	Afternoon/ Evening Session	Afternoon Snack	Training/ CE Hours
Arrival Day May 18	X	X	X	7 - 9	X	2
May 19	9-12:15	15 min	12:15	2 – 5:45	15 min	6.5
May 20	9-12:15	15 min	12:15	2 – 5:45	15 min	6.5
May 21	9 - Noon	X	Noon	1 – 4	X	6
May 22	9-12:15	15 min	12:15	1:45 – 6	15 min	7
May 23	9-12:15	15 min	12:15	1:45 – 6	15 min	7
May 24	9 - Noon	X	Noon	1 – 3	X	5
						Total: 40

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 a total of 80 contact hours. CE covers all scheduled course sessions except the two, 2-hour teleconferences.
- CE hours are awarded on a session-by-session basis, with full attendance required at sessions attended. Attendees must attend each scheduled session in full, sign in/out daily, and complete a session evaluation.
- Applications for continuing education contact hours will be available at the initial course session, along with other pertinent continuing education information.
- **If you want CE credit for this training, you must sign up for it at the first session – you must bring your license information (as applicable) to the first session if you want CE credit. No late CE applications can be accepted.**
- CE verification is mailed to participants by ICE following each session.
- There is no charge for CE.
- It is the responsibility of attendees to check with their state licensing/certification board to determine if CE credit offered by The Institute for Continuing Education meets the regulations of their state board.
- Learning objectives are available on the FAQ page at 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.

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 CE credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program.

Social Work: The Institute for Continuing Education, Provider 1007, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org, through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Approval Period: 04-13-2018 - 04-13-2021. Social workers should contact their regulatory board to determine course approval.

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

Required Pre-Training Reading and Other Materials

1. **Reading Materials:** All books listed below are available at The Center for Self Leadership's website store (www.selfleadership.org). Bundle pricing may be available. If you need assistance with the Store, please call 708.383.2659 or email info@selfleadership.org.

Required reading before the training begins:

Schwartz, RC (1995), Internal Family Systems Therapy, New York: Guilford Press, ISBN 1-57230-272-0.

Goulding, RA, and Schwartz, RC (2002). 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.

Suggested reading before the training begins:

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. **This book is required reading for those with no prior experience with the IFS model.** Class content is designed on the assumption that the reading is completed.

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.

2. **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.

Financial Assistance

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

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

Program Tuition: \$3,650 (\$500 of which is the program deposit)

Application Fee: The \$45 non-refundable, non-transferrable application fee is charged when your application is received.

Room and Board are not included in tuition, and are not provided by The Center for Self Leadership.

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 and payment plan carrying fee are 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.

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

TRAVEL INFORMATION

On-Site Sessions #1 and #2:

Silver Spring Civic Center
8525 Fenton St
Silver Spring, MD 20910
240-777-5350
[Silver Spring Civic Center website](#)

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

You may 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.

AIRPORTS:

Ronald Reagan Washington National Airport

Airlines served: Air Canada, Alaska, American Airlines, Delta, Frontier, JetBlue, Southwest, United
Approximately 35 minutes from site.

For directions from Ronald Reagan Washington National Airport click [HERE](#).

Dulles International Airport

Airlines served: All major airlines
Approximately 50 minutes from site.

For directions from Dulles International Airport click [HERE](#).

Baltimore/Washington International Airport

Airlines served:
Approximately 40 minutes from site.

For directions from Baltimore/Washington International Airport click [HERE](#).

DRIVING and PUBLIC TRANSIT:

For driving or public transit directions from...

- Washington click [HERE](#).
- Baltimore click [HERE](#).
- Reston click [HERE](#).
- Gaithersburg click [HERE](#).

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

MEALS: Meals are not provided. To see restaurants in the area please click [HERE](#).

LODGING: Lodging is not provided, except as noted below. For lodging near the site please click [HERE](#)

Black Therapists Rock has negotiated a discounted rate of \$139 per night, at the hotel below, ONLY for members of this training. Please contact the hotel directly by January 10, 2019, if you would like to make your reservation at (301) 589-4899. (The Center for Self Leadership isn't involved in these arrangements.)

This is the name and location of the hotel:

Courtyard Silver Spring Downtown
8506 Fenton Street
Silver Spring MD 20910

THE CENTER FOR SELF LEADERSHIP

www.selfleadership.org

Phone: Level 1, 2, 3 US and Canada 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
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 US and Canada Trainings:
training@selfleadership.org or 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

IFS Certification: certification@selfleadership.org

IFS Circle/Continuity Webinars: info@selfleadership.org

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