



# Menlo Park, CA :: 2019 Internal Family Systems<sup>SM</sup> Therapy Level 1 Training Program (471)

## 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:



*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 & 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.

## Curriculum

**Overview:** In addition to thoroughly learning IFS theory and technique, 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 base 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](http://www.selfleadership.org), FAQ page.

**Format:** The training includes lecture, discussion, demonstration, video review, experiential exercise, and small group supervision and practice.

**Program Hours:** This training comprises six, 3-day sessions over the course of 10 months, and totals 18 training days (108 program hours). Each 3-day session comprises 18 program hours. The daily schedule is listed later in this brochure.

## Trainers



**Lead Trainer: Mariel Pastor, MA, LMFT**, is an IFS lead trainer and telecourse leader who has been using IFS since 1998. She is an adjunct faculty member at Portland State University, Oregon, with a special interest in Integral Psychology. Known for her clarity, warmth, and humor, Mariel also incorporates somatic psychotherapies and spirituality into her work. Mariel has created an advanced workshop designed around the Unburdened Internal System mandala, and works with actors, writers, and directors on developing characters and stories from a multisystemic approach. In her private practice, Mariel works primarily with individual adults and supervises interns.



**Assistant Trainer: Mona Barbera, PhD**, is a psychologist in private practice in Rhode Island. She offers IFS couples therapy, IFS couples workshops, and is the author of the award-winning IFS relationship book, *Bring Yourself to Love: How Couples Can Turn Disconnection into Intimacy*. She is a former board member of the New Society for the Treatment of Trauma and Dissociation, and is trained in EMDR and Imago Relationship Therapy. Mona is also an Assistant Director and Shambhala Guide for Shambhala Buddhist meditation.

**Training Schedule**      2019: Jan 18-20, Mar 29-31, May 17-19, July 12-14, Sep 6-8, Nov 1-3

## Daily Schedule

	<b>Morning Session</b>	<b>AM Break</b>	<b>Afternoon Session</b>	<b>PM Break</b>	<b>Training/ CE Hours</b>
<b>Friday</b>	9:30 - 12:30	15 min.	2 – 6	15 min.	6.5 hours
<b>Saturday</b>	9 - 12:30	15 min.	2 – 6	15 min.	7.0 hours
<b>Sunday</b>	9 – 11:30	X	Noon – 2	X	4.5 hours
					<b>18 Total</b>

## **Training Site**

**LifeMoves Offices**  
181 Constitution Drive  
Menlo Park, CA 94025

## **Certificate of Completion**

A Certificate of Completion is awarded by The Center for Self Leadership and **a participant must complete 90 of the 108 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 and track their own attendance. 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 2 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:** Both therapists and non-therapists are invited to apply, 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.

## **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 108 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. 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 can sign up for it at the first session – you must bring your license information (as applicable) if you want CE credit. Your last chance to sign up for CE is at the training’s second session, but if you sign up at that time, processing of your CE paperwork will be delayed. No CE applications can be accepted after the second session.**
- 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](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 an organization 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:** 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](http://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 for continuing education credits. Social workers participating in this course will receive 32.00 clinical continuing education hours.

**California Professionals:** The Institute for Continuing Education, Provider 56590, is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs. The Institute for Continuing Education maintains responsibility for this program and its content. This Course meets the qualifications for 108.00 hours of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. CE credit is issued on a session-by-session basis (18.00 hrs. per session).

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](http://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](mailto: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 by the trainers as the starting date of the training approaches.

## **Financial Assistance**

**Payment plans:** Extended payment plans are available as listed on the program application. If you have questions about the plans, please contact CSL Controller, Mary Mitrovich, at [mary@selfleadership.org](mailto:mary@selfleadership.org).

**Costs for the 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's Training FAQ page.

## **Tuition and Fees**

**Program Tuition:** \$3,800 (\$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. Flexible payment plans are available for the balance (see program application for details).

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

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

**Withdrawal/Refund Policy:** 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 1<sup>st</sup> 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 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 14 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 8 or more days before the 1<sup>st</sup> day of the program. One-sixth (1/6) of the tuition balance is forfeited if written notice of withdrawal is received by the CSL office 7 or fewer days before the 1<sup>st</sup> day of Session 1, and 8 or more days before the 1<sup>st</sup> day of Session 2. The full tuition balance is forfeited if written notice of withdrawal is received by the CSL office 7 or fewer days before the 1<sup>st</sup> day of Session 2. 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 the beginning of Session 1. 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**

**Training Venue: LifeMoves Offices**  
181 Constitution Drive  
Menlo Park, CA 94025  
650-685-5880  
LifeMoves.org

Our training program will be meeting in the new-construction offices of LifeMoves. LifeMoves mission is to provide services for homeless families and individuals with the goal of helping people return to long-term self-sufficiency.

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:**

#### **Norman Mineta San Jose International Airport**

Airlines served:

Approximately 50 minutes from site.

For directions from Norman Mineta San Jose International Airport click [HERE](#).

#### **San Francisco International Airport**

Airlines served: All major airlines served

Approximately 45 minutes from site.

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

### **TRAINS (Amtrak):**

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

## **DRIVING and PUBLIC TRANSIT:**

For driving or public transit directions from...

- San Francisco click [HERE](#).
- San Jose click [HERE](#).

## **PARKING:**

**On Fridays** there is some parking available on-site (10 spaces), but mostly parking will either be street parking (which can fill early) or garage parking. There is a garage at the Hotel NIA, 200 Independence Dr. (Menlo Park, CA 94025) that allows non-guests to park. At the time of this writing, the Hotel NIA garage charges \$25/day. **On Saturdays and Sundays** there is ample parking on-site.

**MEALS:** To see restaurants in the area please click [HERE](#).

**LODGING:** For lodging near the training site please click [HERE](#)

## **THE CENTER FOR SELF LEADERSHIP**

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

**Phone:** Level 1, 2, 3 US or 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 Trainings in the US and Canada:  
[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)

IFS Store & Everything Else IFS: [info@selfleadership.org](mailto:info@selfleadership.org)