



# Chicago, IL 2018-2019

## Internal Family Systems<sup>SM</sup> Therapy

### Level 1 (474) Training Program

## 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.

## Training Location



The Heartwood Center/Osel Ling Mindrolling International in America is located in the beautiful town of Evanston, IL. It's a wonderful, holistic site for IFS trainings in the Chicagoland area. Conveniently located near public transportation and restaurants, it offers pleasant spaces and continues to be a popular IFS training venue. This is a great place to do your Level 1 training!

## 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:** Six, 3-day weekends (sessions) over the course of 7 months, total 18 training days (108 program hours). Each 3-day weekend comprises 18 program hours. The daily schedule is available later in this brochure.

## Trainers



**Lead Trainer: Cece Sykes, LCSW, ACSW**, is an IFS Senior Trainer for both U.S. and international trainings. She has more than 30 years of clinical experience working with individuals, couples, and families, and specializes in working with the effects of trauma and addiction. Cece also has a special interest in how various spiritual practices intersect with therapy, and with the impact of psychotherapy upon the life of the therapist. She frequently offers workshops and consultation on these and other related topics. Cece lives and works in Chicago.



**Assistant Trainer: Gretchen King, LMFT**, sees clients and supervises graduate students at The Family Institute at Northwestern University, and supervision and consultation are a growing part of her practice. Gretchen works with adult individuals, couples, and adult families, and focuses on cultivating harmonious relationships with one's Self and others. She has been involved with IFS since 2001 in a variety of capacities, and is known for her clarity and gently challenging teaching style.

## Training Schedule

2018: Oct 12-14, Nov 30-Dec 2

2019: Jan 11-13, Feb 22-24, Mar 29-31, May 17-19

## 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>

## 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. 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).
- A total of 108 continuing education contact hours are offered.
- Continuing education contact hours are offered for the professional disciplines as listed.
- 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.
- The processing fee is \$75.00 per person and covers all scheduled course sessions.
- Applications for continuing education contact hours will be available at the initial course session, along with other pertinent continuing education information.
- CE verification is mailed to participants by ICE following each session.
- **You must bring a check and your license information (as applicable) to the first session if you want CE credit for this training. No cash or credit cards can be accepted. Your last chance to sign up for CE is at the training's second session, but if you sign up at that time, processing your CE paperwork will likely be delayed.**
- Learning objectives are available on the FAQ page at [www.selfleadership.org](http://www.selfleadership.org).
- 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.
- If you have questions regarding continuing education 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 the program and its content.

**Counseling:** For counselors seeking credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program.

**Marriage/Family Therapy: Marriage/Family Therapy:** The Institute for Continuing Education is recognized as a provider of continuing education by the Illinois Board Marriage-Family Therapy, Provider No. 168-000108.

**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.

**Instruction Methodology:** May include didactic, lecture, audio-visuials, 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 [Sandy@selfleadership.org](mailto:Sandy@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.

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**

**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).

### **Tuition Discounts:**

- CSL offers group discounts for employee groups. Please visit the website Training FAQ page for details and the application form.
- CSL also offers individual scholarships. More information and the application form are available on the website's 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 Tuition:** \$3,650 (\$500 of which is the program deposit)

**Program Deposit:** The \$500 deposit is charged when you are accepted into the training, and this secures 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 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 Site:**       **Heartwood Center / Osel Ling Mindrolling International in America**  
1818 Dempster Street  
Evanston, IL 60202  
847-491-1122  
info@heartwoodcenter.com  
HeartwoodCenter.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:**

#### **O'Hare International Airport**

Airlines served: All major airlines served.

Approximately 35 minutes from site.

For directions from O'Hare International Airport click [HERE](#).

#### **Midway International Airport**

Airlines served: All major airlines served.

Approximately 60 minutes from site.

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

## **DRIVING and PUBLIC TRANSIT:**

For driving or public transit directions from...

- Waukegan click [HERE](#).
- Rockford click [HERE](#).
- Elgin click [HERE](#).
- Aurora click [HERE](#).
- Gary, IN click [HERE](#).

**SITE PARKING:** Small parking lot onsite or street parking.

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

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

## **THE CENTER FOR SELF LEADERSHIP**

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

**Phone:** Level 1, 2, 3 Trainings in the US and Canada: 708.383.2519  
Level 1, 2, 3 International Trainings: 708.845.1664  
IFS Certification: 828.215.6307  
IFS Store, IFS Circle & 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 Store, IFS Circle & Everything Else IFS: [info@selfleadership.org](mailto:info@selfleadership.org)