

**Bristol 2018**  
(CSL ref 470)  
**Internal Family Systems Therapy**  
LEVEL 1 TRAINING PROGRAMME

[www.internalfamilysystemstraining.co.uk](http://www.internalfamilysystemstraining.co.uk)



**Internal Family Systems** is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFS is one of the fastest growing psychotherapeutic models in the field today, offering a clear, non-pathologising, and empowering view of human cognitive and emotional life. IFS provides a dynamic therapeutic approach that allows both therapist and client to enter a transformational relationship in which healing occurs.

### **The Internal Family Systems Model**

Richard C. Schwartz, PhD, LMFT, has been developing the IFS model over the past 25 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 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;
- effectively heals 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 centred and open-hearted.

### **The Training Programme**

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.

#### **Participants will:**

- understand the conceptual base of the IFS model;
- apply basic IFS techniques to various clinical populations;
- take advantage of the opportunities IFS offers for personal development.

#### **Format**

The Level 1 format includes lecture, discussion, demonstration, video review, experiential exercise, and small group supervision and practice. Three 5-day blocks of training, making a total of 15 training days.

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### Certificate of Completion

A certificate of completion is awarded if the participant has completed a total of 90 hours out of the 108 total course hours. If a participant misses a further 7 hours making a total of 25 missed hours the participant can petition to make up those hours with assignments from the trainer. If this criteria is not met the participant will need to enrol and complete a new training to receive a certificate of completion. Participants are not certified until they successfully complete the IFS certification process. Details of this can be found on the CSL website [www.selfleadership.org](http://www.selfleadership.org)



#### Trainers



**Paul Ginter, EdD**, Senior IFS Trainer, is a private practice psychologist at the Center for Psychotherapy and Wellness in Kalamazoo, MI, where he works with individuals, couples, and families. Paul has been an IFS therapist for more than 20 years and has served as a senior trainer for the past 10 years, leading trainings throughout the U.S. and Europe. Known for his compassionate approach, Paul is particularly interested in incorporating spiritual practices such as meditation into his teaching and work with clients.

**Cece Sykes, LCSW**, is an Internal Family Systems (IFS) Lead Trainer with over twenty five years of clinical experience with individuals, couples and families. Her practices includes working with the effects of trauma and addiction as well as a special interest in how various spiritual practices intersect with therapy. Cece has taught IFS throughout the US and in Sheffield. She has lectured frequently on these and other related topics. She is currently in private practice.

#### Who should apply

Both therapists and non-therapists are invited to apply. For example:

- ✓ Mental /medical health care practitioners in the healing arts and sciences ✓ Counsellors
- ✓ Business and academic professionals ✓ Masters or doctoral students ✓ Dance and art therapists
- ✓ Those from the professional public seeking personal and spiritual growth ✓ Hakomi Practitioners
- ✓ Bodyworkers ✓ Anyone seeking a community of like-minded professionals

#### To apply

Application Form: Please use the application form for this training found on [www.internalfamilysystemstraining.co.uk/booking/](http://www.internalfamilysystemstraining.co.uk/booking/)  
Alternatively contact Olivia or Nicola.

Email [olivialester06@gmail.com](mailto:olivialester06@gmail.com)

Tel 0114 2678 143

mobile 07842 849 285

Email [IFSTUK@gmail.com](mailto:IFSTUK@gmail.com)

Tel 0114 2683 911

mobile 07715 423 660

**L1 Dates  
in 2018**

10th - 14th  
May

21st - 25th  
June

13th - 17th  
September

### **Location**

The Penny Brohn Centre, Chapel Pill Lane, Pill, Bristol BS20 0HH

The centre is situated in 4 acres of tranquil gardens just 5 minutes from junction 19 of the M5 and 20 minutes from Bristol Temple Meads railway station and the city. It is also close to Bristol airport. Parking is plentiful and free. There are nearby cycle routes and bikes can be stored safely in bike sheds on site.

For more information about The Penny Brohn Centre please see [www.pennybrohn.org.uk](http://www.pennybrohn.org.uk)

### **Tuition and Fees**

Early bird discount £2300 if fully paid by 31st December 2017 (£2380 if paid by PayPal)

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Full cost £2400 if fully paid on or after 1st January 2018 (£2490 if paid by PayPal). Final full payment date 1st March 2018

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A non refundable deposit of £550 will secure your place (£570 if paid by PayPal)

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### **To Apply/Book/Pay**

To apply for training please use the booking form found at [www.internalfamilysystemstraining.co.uk/booking/](http://www.internalfamilysystemstraining.co.uk/booking/) Once your application has been accepted you will then be sent a confirmation email and payment information.

If you live abroad and prefer to pay by paypal or International Bank transfer please make contact for details.

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### **Contact:**

**Olivia Lester [olivialester06@gmail.com](mailto:olivialester06@gmail.com)**

**Tel 0114 2678 143 mobile 07842 849 285 or**

**Nicola Hollings [nicolahollings@hotmail.co.uk](mailto:nicolahollings@hotmail.co.uk)**

**Tel 0114 2683 911 mobile 07715 423 660**

### **Accommodation and Meals**

A light lunch (soup and salad) and 4 servings of tea/coffee/water per day is included in the price of tuition. Please let us know if you have any particular dietary requirements.

Accommodation is available at the venue on a first come first served basis. All rooms have a double bed and are en-suite. The cost of accommodation is £50 per person per night + vat. If a room is shared the cost is £35 per person per night + vat. The price includes breakfast.

An evening meal is available for residents and non residents at the venue for £8 + vat per person per evening.

Accommodation and evening meals need to be booked in advance by contacting the venue directly. Contact Carol Ashmore (National Centre Manager), [carol.ashmore@pennybrohn.org.uk](mailto:carol.ashmore@pennybrohn.org.uk). Tel: 01275 370168

### **Cancellation Policy**

In the unlikely event that the training is cancelled by IFS UK tuition fees will be refunded. Participants purchasing air fares and other travel costs should check that the training has reached a viable number beforehand and are advised to purchase suitable insurance for their travel costs.

Please see our full terms and conditions at [www.internalfamilysystems.com/booking/](http://www.internalfamilysystems.com/booking/) (bottom of the web page).

### **Special Needs/Assistance**

Please let us know if you have any special needs.

### **Reading**

You are required to read two textbooks before the training begins:

**Schwartz, RC** (1995) Internal Family Systems Therapy, New York: Guilford Press, (800) 365-7006, ISBN 1-57230-272-0; Goulding, RA and Schwartz, RC (2002). Available through Amazon.com or other bookstores.

**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. Available at The Center for Self Leadership website store ([www.selfleadership.org](http://www.selfleadership.org)).

A photograph of two women sitting together, smiling warmly. The woman on the left has short dark hair and is wearing a yellow top. The woman on the right has long dark hair and is wearing a white top and a necklace. The background is a soft, warm orange color. The text is overlaid on the bottom right of the image.

**IFS provides a dynamic  
therapeutic approach  
that allows both therapist  
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IFST (UK) Ltd trading as Internal Family Systems Training UK is a company that provides educational training courses throughout the UK and beyond. Primarily providing trainings in the Internal Family Systems Method developed in America by Dr Richard Schwartz (PhD) and the Centre for Self Leadership (CSL). We are official certified international partners of CSL. In addition we provide related trainings and workshops in the field of psychotherapy and personal development.