

**Sheffield 2018/19 (CSL ref 518)**  
**Internal Family Systems Therapy**  
**LEVEL 1 TRAINING PROGRAMME**



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

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.

**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 Programme 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.

**The fastest growing psychotherapeutic model in the field today, offering a clear, non-pathologising, and empowering view of human cognitive and emotional life.**

### 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 Lead Trainer for the past 10 years, leading trainings throughout the U.S. and in Europe and Australia. Known for his compassionate approach, Paul is particularly interested in incorporating spiritual practices such as meditation into his teaching and work with clients.

**Chris Burris**, is a Senior IFS Trainer who has taught Level 1 and 2 programmes 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 Counselling 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.

#### 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 Lester or Nicola Hollings.

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

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

Tel 0114 2678 143

Mobile 07715 423 660

Mobile 07842 849 285

### L1 Dates

15th - 19th  
November  
2018

20th - 24th  
February  
2019

24th - 28th  
June  
2019

### Location

Tapton Hall, Shore Lane, Sheffield, S10 3BU

Tapton Hall is located in a leafy and picturesque area of Sheffield close to parks and amenities. The city centre is easily accessible and is about 3 miles from the venue.

### Tuition and Fees

Earlybird discount price £2300 if fully paid by 30th June 2018

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Full cost £2400 if fully paid on or after 1st July 2018. Final full payment date September 15th 2018

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A non refundable deposit of £600 will secure your place

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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**

**[ifstuk@gmail.com](mailto:ifstuk@gmail.com)**

**Mobile 07715 423 660**

### Accommodation and Meals

Accommodation and meals are not included in the price of tuition. Light snacks and drinks are provided throughout the day. Lunch can be purchased at the venue for £7 per day (payable at the venue during training). Special dietary requirements are well catered for at the venue. A list of local accommodation will be provided on request.

### 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/booking/](http://www.internalfamilysystems/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)).

**IFS therapy has now been accepted as an evidence based practice in the US and is listed on the NREPP (National Registry for Evidence Based Programs and Practices) website.**