

*Central Connecticut State University
MFT Program/Continuing Education
in Collaboration with
The Center for Self Leadership
presents*

The Internal Family SystemsSM Therapy Level 2 (Advanced) Training Program New Britain, Connecticut 2007

The Training Program

We are excited to present an IFSSM Level 2 (Advanced) curriculum that will include a format, similar to Level 1 (Basic), of didactic, video, large group experiential, and small group practice elements. Each of the four weekends will focus on different content areas that will expand your knowledge of and facility with IFS and will continue your personal growth. The program will be taught by several of the senior IFS trainers and students will be exposed to their different styles and expertise.

The **first weekend** is designed to: (1) form a new, connected and safe training group, (2) assess where each student is with the model and identify and address common stuck-points with the model, and (3) build new skills and increase ability to hold Self energy.

The **second weekend** will emphasize the importance of the therapeutic relationship and also explore the spiritual aspects of the model.

The **third weekend** is focused on the challenges of treating traumatized clients and will include new content and videos as well as lots of practice time.

The **fourth weekend** is geared towards working with multi-person systems, with a particular focus on treating couples, but also extrapolating to families, groups, and companies. This will also include new content and a new outline for couples treatment with clear steps that will be practiced. We will also have our closing ritual this weekend.

Format

Format includes lecture, discussion, demonstration, video review, experiential exercise, and small group supervision and practice. Four three-day weekend retreats over the course of one year total 12 training days, 72 program hours. The schedule is Friday: 2pm - 8:30pm, Saturday: 9:30am - 6pm, Sunday 9am - 2pm. A Certificate of Completion is awarded. *Completion of the program does not constitute a "certification" in the IFSSM model. **CEUs are being applied for.***

Location

All trainings will be held at on the campus of Central Connecticut State University in New Britain, CT. Directions and information regarding accommodations will be made available on acceptance. A special rate with the Farmington Marriott Hotel has been arranged.

Dates

Weekend 1: April 13 – 15, 2007 – Pamela Krause

Weekend 2: June 1-3, 2007 – Barbara Cargill

Weekend 3: July 27 – 29, 2007 – Michael Elkin

Weekend 4: Date to be determined by group – Ralph Cohen

Senior Training Staff

Barb Cargill, MA, ADTR has been in private practice for over 25 years. She is an IFS therapist with background in several styles of body-centered psychotherapy including Hakomi Therapy and Dance Movement Therapy. She has trained therapists in M.A. programs in three universities for 20 years. She co-leads the annual retreat in Mexico with Richard Schwartz. Barbara works with adolescents and adults in Boulder County, Colorado. She does on-site therapy and therapy on the phone with clients at a distance. She is a registered Yoga teacher and is the choreographer for the Rocky Mountain Silk Road Dance.

Ralph Cohen, PhD, LMFT is a Professor in the Department of Counseling and Family Therapy at Central Connecticut State University where he is director of the Master's program in Marriage and Family Therapy and coordinates the Internal Family Systems Continuing Education Program. He is an Approved Supervisor for the American Association for Marriage and Family Therapy. He is a founding co-editor of the Journal of Self Leadership, and IFS-oriented professional publication. As a licensed psychologist and Marriage and Family therapist, Dr. Cohen has a private practice in Newington, Connecticut, providing IFS-based therapy for individuals, couples, and families.

Michael Elkin, M.A. is founder and director of the Center for Collaborative Solutions in Newton and Salem MA. He has been practicing therapy for over thirty years, and has presented training workshops throughout the US and in many other countries. He has developed innovative ways of understanding and treating addictive and compulsive behavior, and is currently most interested in the building and maintenance of successful relationships. His is the author of *Families Under the Influence*, and several articles.

Pamela Krause, LCSW, ACSW, BCD is an IFS lead trainer and is also trained in Hakomi therapy. She is in private practice where she works with adults, adolescents, and children. She has a sub-specialty in adapting the IFS model for use in younger children. Pam is known for her lively yet compassionate approach to therapy.

Tuition/Fees

Program tuition is \$2,500. Room/board not included. A **\$100** deposit is required upon acceptance. The balance will be divided up into four payments, payable in installments one month prior to each training weekend.

To Apply

The Training Program is open to anyone who has completed the Level 1 (Basic) IFS Training program. **The application deadline is March 15, 2007.** Enrollment is limited to 24 students. Applications will be evaluated as they are received. Slots are filled on a first-come, first served basis. Please send the following:

1. Application form (see below)
2. Cover letter/statement
 - a. Reasons for applying to the program
 - b. Previous experience/training in IFS
 - c. List graduation date, location, and trainers of Level 1 (Basic) Training completed
3. Current resume/curriculum vitae
4. \$100.00 Deposit, made out to "CCSU". Checks or credit cards accepted (see application form, below).

Mail application package to:
Ralph Cohen, Ph.D., Program Coordinator
C.C.S.U.-HB230,
1615 Stanley Street
New Britain, CT 06050-4010
Fax: 860-832-2145

**Application Form
2007 IFS
Level 2 Training Program**

Name _____

Degree/Field _____

Address _____

City/State/Zip _____

Phone (H) _____ (W) _____

E-Mail _____

Soc. Security # _____
(for university registration purposes)

Birth Date _____
(for university registration purposes)

Amount enclosed \$ _____

Credit card payment (circle one)

VISA MC Discover

Card # _____

Name on credit card _____

Expiration Date _____

Signature _____

CE Credits: Continuing education credits are being applied for.

To register, clip and mail the registration form with your resume and deposit check made out to "CCSU" or credit information. A **\$100 non-refundable deposit** is required to secure your place in the training, which is applied to the tuition. In the event that all spaces are filled, your deposit will be returned to you. **Registration deadline is March 15, 2007.**

Mail to:

Ralph Cohen, Ph.D.
C.C.S.U. Dept. of Counseling & Family Therapy
1615 Stanley Street
New Britain, CT 06050-4010
Phone: 860-832-2122
Fax: 860-832-2145
e-Mail: rcohenIFS@aol.com