An intensive core training in Internal Family Systems™ Therapy
Level 1
(2016—2017)
Ralph S. Cohen, Ph.D., LMFT
Ann L. Sinko, LMFT
Lead Trainers
Joy Shivas, M.S.W.

Participants will:

- Understand the conceptual basis of the IFS model.
- Practice the skills of and develop proficiency in the model.
- Learn to avoid common mistakes and to correct them if they occur.
- Take advantage of the opportunities the model offers for personal and spiritual development of the therapist.

“Important and timely...Schwartz shows not only how this model may be applied to individuals and families, but also to understanding and changing broader human systems at the level of culture and society.”

David L. Calof, Editor-in-Chief
Treating Abuse Today

Location:
All trainings will be held at the beautiful campus of Central Connecticut State University in New Britain, CT. Directions and information regarding accommodations will be made available on acceptance.

Dates and Times:
The program is a 108 hour experience, which takes place for six 3-day weekends during a 1 year period, spaced approximately 2 months apart.

Dates for the next program are:

Weekend 1: May 13 - 15, 2016
Weekend 2: July 15 - 17, 2016
Weekend 3: September 30 - October 2, 2016
Weekend 4: December 2 - 4, 2016
Weekend 5: January 20 - 22, 2017
Weekend 6: March 10 - 12, 2017

Times of the sessions are: Fridays, 9:30 am—6:00 pm; Saturdays, 9:30 am—6:00 pm; Sundays, 9:00 am—1:00 pm. Registration/sign-in and continental breakfast begin at 8:30. Lunch on your own. An afternoon snack will be provided on Friday and Saturday.

Format:
The format includes lecture/discussion, video review, experiential exercises, and small group practice. The program is open to professionals in mental health and human service fields.

For further information, contact
Dr. Ralph Cohen
(860) 832-2122
E-mail - cohenr@ccsu.edu or rcohenIFS@aol.com

For general information about IFS, go to www.selfleadership.org

Releasing the Self:
Paths to Inner Healing

Developed by Richard C. Schwartz, Ph.D. over the past 30 years, the IFS model is a sensitive, yet powerful method to enter and bring balance and healing to people’s inner worlds. IFS therapists help clients quickly locate and differentiate their Self, releasing a core of valuable leadership qualities that can reorganize and harmonize their internal family of sub-personalities or “parts.” In this way, clients form compassionate, trusting relationships with their parts, often resulting in a peace and unity that produces dramatic changes in their symptoms and interactions with others. As therapists learn to trust their clients’ innate wisdom and self-healing, they feel a sense of relief and release, and a new joy in the healing partnership.

“Richard Schwartz’s description of the inner world of the psyche is the clearest and most useful I have ever encountered...”

Ron Kurtz, Founder and Author Hakomi Method of Body Centered Psychotherapy
The Power of the IFS Model

If you are searching for an effective therapeutic approach for difficult clinical situations, one that invigorates your clinical work with a sense of awe and adventure, the IFS training program presents exciting possibilities. The IFS model encourages both therapists and clients to collaborate in inner journeys of self-discovery, healing, and empowerment.

The IFS model will give you tools to be:

Flexible: The model’s principles and techniques are equally effective with individuals, couples and families.

Focused and clear: The steps of the therapy are straightforward and intuitively understandable to therapists and to clients.

Respectful: IFS creates a safe, loving environment in which clients lead the work so they never feel pressured; moreover, they learn to trust their own resources.

Creative: Both client and therapist enjoy a sense of partnership that yields opportunities for deep insight and healing.

About the Trainers...

Ralph S. Cohen, Ph.D., Lead Trainer is Professor of Counseling and Family Therapy at Central Connecticut State University, serving as Program Director for the Master’s program in Marriage and Family Therapy and Coordinator for the Internal Family Systems Continuing Education Program. He is an AAMFT Approved Supervisor. He is a Lead Trainer in the IFS Model and has presented on IFS at state, national and international conferences and teaches graduate courses on IFS. As a licensed psychologist and Marriage and Family therapist, Ralph has a private practice in West Hartford, Connecticut, providing IFS-based therapy for individuals, couples, and families. He has an approachable and warm style of teaching, and is committed to fostering a safe environment in which participants can connect with their core Selves.

Ann L. Sinko, LMFT, Senior Trainer has over 20 years of clinical experience and is a licensed Marriage and Family Therapist in Connecticut. She is in private practice and has been teaching as an adjunct Professor in the Marriage and Family Therapy Program at Central CT State University for over 15 years. She has integrated IFS theory and technique in all facets of her creative work with families, couples, individuals and groups. She establishes a safe environment in which clients experience unconditional acceptance. She has a background in gestalt therapy and psychodrama and uses sand tray therapy in her work. Ann is passionate about teaching and believes that theory is best integrated though experiential learning. She brings a down to earth, concrete style along with a sense of humor to her teaching. Ann is a seasoned world traveler, loves the outdoors and is an avid gardener.

Joy Shivas, M.S.W., Assistant Trainer is a licensed Clinical Social Worker private practice in Lewisburg, Pennsylvania who works with individuals and couples, and specializes in Dissociative Identity Disorder (DID). Joy is a Clinical Member of Imago Relationship Therapy. She has been involved with the IFS community since 2004 and has served as a program assistant and Assistant Trainer for various IFS training groups. Joy is very knowledgeable in the IFS model and her warm, caring style provides a sense of safety to the training process.

Application/Registration Form

2016-2017 IFS Level 1 Training Program
Central Connecticut State University

Name ____________________________
Degree/Field________________________
Address ____________________________
City/State/Zip________________________
Phone (H)___________________________(W)____________
E-Mail______________________________
Banner ID (If applicable)______________

___ Graduate Student (Enclose photocopy of Student ID)
Amount enclosed $__________________

To pay online by MasterCard, Discover or ECheck, email Christa Sterling, Continuing Education at csterling@ccsu.edu; 860-832-2277.

Registration and Fees: The cost of the IFS training is $3,500, payable in six installments over the training period. A limited number of graduate student slots at a reduced fee of $2,500 are available with student ID.

Please note: Tuition is set for the training as a whole, not by individual days or weekends. Once registered, participants are responsible for full payment for the training program.

Space is limited to 30 participants. Applications will be evaluated as they are received. Slots are filled on a first-come, first served basis. This training is for professionals in the Human Services fields and is a non-credit continuing education program. Please enclose your resume or curriculum vitae with your application.

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Application Deadline: 4/15/16.

CE Credits: Central Connecticut State University, a regionally-accredited institution, provides non-credit Continuing Education programs and courses for professionals. This course, designated as MFTP 610, counts for 108 contact hours. A Certificate of Completion is provided at the end of the program and an official university transcript is on file and available through the university Registrar’s office.

A $200 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.

To Register: clip and mail the registration form with your resume and deposit check made out to “CCSU CE” (write “MFTP 610” on memo line)

Mail To: Ralph S. Cohen, Ph.D.
C.C.S.U.—Counseling & Family Therapy
1615 Stanley Street
New Britain, CT 06050-4010

Or Fax: 860-832-2145

Phone: 860-832-2122 e-mail: rcohenifs@aol.com

To pay online by MasterCard, Discover or ECheck, email Christa Sterling, Continuing Education at csterling@ccsu.edu; 860-832-2277.

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