

Central Connecticut State University
Marriage & Family Therapy
Professional Training Program/Continuing Education
and The Center for Self Leadership
Present:

An Intensive Core Training In
*Internal Family
Systemssm Therapy*
Level 1

Ralph S. Cohen, Ph.D., LMFT
Ann L. Sinko, LMFT
Co-Trainers

Releasing the Self: Paths to Inner Healing

Developed by Richard C. Schwartz, Ph.D. and colleagues over the past 20 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.

Participants will learn to:

- Understand the conceptual base of the IFS model.
- Apply both basic and advanced IFS techniques to individuals, couples, families and groups.
- Avoid common mistakes and learn to correct them if they occur.
- Take advantage of the opportunities the model offers for personal and spiritual development.

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.

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 120 hour experience, which takes place for six 3-day weekends during a 1 year period, spaced 3 months apart.

Dates for the next program are:

Weekend #1: June 6—8, 2008,
Weekend #2: August 8—10, 2008,
Weekend #3: October 17—19, 2008,
Weekend #4: December 5—7, 2008,
Weekend #5: February 6 – 8, 2009, and
Weekend #6: April 3—5, 2009.

Times of the sessions are: Fridays, 9:30 am—6:30 pm; Saturdays, 9:30 am—6:30 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.

About the Trainers...

Ralph S. Cohen, Ph.D., is Professor of Marriage 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. Dr. Cohen is a founding co-editor of the *Journal of Self Leadership*, an IFS-oriented professional publication. 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, Dr. Cohen has a private practice in Newington, 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 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 a adjunct Professor in the Marriage and Family Therapy Program at Central CT State University for 10 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 stand tray therapy in her work. Ann is passionate about teaching and believes that theory is best integrated through 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 a avid gardener.

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

For general information about IFS, see
www.internalfamilysystems.org and
www.selfleadership.org

**Application/Registration Form
2008-2009 IFS Level 1 Training Program**

Name: _____

Degree/Field: _____

Address: _____

City/State/Zip: _____

Phone (H) _____ (W) _____

E-Mail _____

Banner ID or SS# _____
(for registration)

Birthdate _____

____ Graduate Student (Enclose photocopy of Student ID)

Amount enclosed: _____

Credit card payment (circle one)

VISA

MC

Discover

Card # _____

Name on credit card: _____

Expiration Date: _____

Signature: _____

Date: _____

Registration and Fees: The cost of the IFS training is \$3,400, payable in six installments over the training period. Space is limited to 30 participants. **A limited number of graduate student slots** at a reduced fee of \$2,500 are available with student ID. 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 vita with your application.**

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" or credit information.

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 120 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.

Registration deadline is May 1, 2008. Spaces are limited, so register early!

Mail to: Ralph Cohen, Ph.D.
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