

An aerial photograph of a city skyline at sunset, with a dark semi-transparent overlay on the right side containing white text. The city features numerous skyscrapers and buildings, with a prominent bridge visible in the distance. The sky is a mix of orange, yellow, and blue.

Internal Family Systems Model - Level 1 Training 2017-18 FAQ

Australian Organiser - Simon d'Orsogna

Internal Family Systems Model - Level 1 Training 2017-18



FAQs about the Internal Family Systems Training Programs from CSL website - amended for the inaugural Australian Level 1 training to cover general and specific information about IFS trainings.

Melbourne & Sydney, Australia

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4. **How do I apply to a training?**

You can apply by filling and submitting the online application. Please visit the website page that lists the training you are interested in for more information.

5. **Can I reserve a space in a training without submitting my completed application?**

No. Only those who have submitted a completed application may be considered, though acceptance into the training is determined by the subsequent application review process.

6. **Can I apply if I'm not a therapist?**

Yes. While the majority of participants are therapists and counselors, we welcome participation from anyone who has a personal or professional interest in learning the IFS model and who has a sincere commitment to the process of doing so.

7. **When will I know whether or not I've been accepted?**

Once we receive your completed application, it generally takes 1-2 weeks to review and finalize it. You will be notified by email at that time. Note that a few applicants have reported that emails go to their spam folders, so please check yours on occasion or change your settings so that your in-box accepts CSL emails.

8. **How much does the training cost?**

Tuition/Room and Board: Please review the training's web page for tuition information. Participants pay for their own lodging and meals as part of the overall fee - or choose to live-out in Sydney. A small number of double rooms and rooms with ensuites are available on a first-come basis for an additional fee. Linen, pillows, and towels are provided.

Readings: You may be asked to purchase some reading materials for your training. Information about these can be found on the web brochure linked to each training's listing on the CSL website.

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9. Are tuition payment plans available?

Yes. The specific plans are detailed on each training's application form.

10. When will my payment be expected?

Immediately after you are accepted into your training. No place will be held if fees or agreed deposit are not paid.

11. Is financial assistance available?

We offer 2 partial, needs-based tuition scholarships for this inaugural Australian IFS course, and anyone accepted into the training program is eligible to apply for a scholarship. The Scholarship Application is reviewed *after* a participant is accepted into the training program for which s/he desires scholarship assistance. The maximum individual scholarship award is 50% of the full fees payable for either Full or Part Residential. Please submit the form (below) detailing your situation and let us know about full-time student/ hardship/ diversity or other circumstance. All applications will be considered and no correspondence will be entered.

12. Do I have to pay the full tuition if I am going to miss some of my training?

Yes. Tuition is set for the training as a whole, and everyone in the training is allowed to miss only minimal training time.

13. What does having the Certificate of Completion mean?

14. When you earn a Certificate of Completion at the end of your training, you may:

- Apply for the next level of training;
- Request a listing on the CSL website's IFS Practitioner Directory (under "Find an IFS Therapist")
- Apply to become a Program Assistant; and
- Consider becoming certified as an IFS Therapist or IFS Practitioner.

[Please visit the [Certification area](#) of the CSL website or email certification@selfleadership.org for more information.]

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15. How many hours of my training do I need to complete to be eligible for a Certificate of Completion?

In order to be eligible for a CSL Certificate of Completion, a participant needs to attend a minimum number of training hours offered for the Level. Please review the brochure/webflyer for each training for more details.

16. What if I miss more than the maximum number of hours allowed?

You may continue to participate in your training, but you will not be eligible to receive a Certificate of Completion for it. You may also be eligible to receive a tuition discount for a subsequent training of the same level if you have paid your full amount for the training you did not complete.

17. Can I make up days I miss by going to another training?

No, and this is due to the group dynamics that develop within each training. In addition, staffing levels and site arrangements are particular to each training, and temporary increases in enrollment while a training is running cannot be accommodated.

18. Are there make-up sessions or material if I miss part of my training?

No, but you should be sure to read the section of your training manual related to the time you missed and contact someone in the training to learn what took place.

19. Will I be a Certified IFS Therapist or Certified IFS Practitioner by completing my training?

In order to become certified, you must successfully complete the IFS Certification process. Please visit the [Certification area](#) of the CSL website or contact certification@selfleadership.org to learn more about the criteria and procedures for becoming certified.

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20. Will the founder of IFS be the trainer for my training?

Paul Ginter EdD will lead the Australian L1 training (see the [webflyer](#)). While Dr. Richard Schwartz, developer of the IFS model and founder of CSL, occasionally leads a Level 1 or Level 2 training session, this is not the norm. However, Dr. Schwartz does lead all the Level 3 training programs CSL offers.

21. Who leads the trainings?

Level 1 and 2 trainings are led by therapists hired by CSL who have a wide array of IFS experience as therapists and who have been extensively trained as IFS Level 1 and/or Level 2 trainers. Program Assistants work with Level 1 and Level 2 participants under the guidance of the Lead and Assistant Trainers. Program Assistants have, at a minimum, completed the Level of training for which they are PAs.

22. What is the schedule of trainings?

Session and daily schedules are listed on the training's program plan, released within 4 weeks of the workshop. Usually training commences at 9am and concludes by 5pm. Teleconferences start at 9-11am on Saturdays, dates as indicated in the webflyer.

23. What materials are required for a training?

The materials required will be listed on each training's program plan.

24. What are the Learning Objectives of the trainings?

For a complete listing of learning objectives, please contact The Institute for Continuing Education at 800.557.1950 or instconted@aol.com.

25. Training postponement and cancellation. The Center for Self Leadership, Inc. ("CSL") reserves the right to postpone, cancel or otherwise change any training program schedule prior to the beginning of its first weekend. At no time is CSL responsible for training students' travel, lodging, or incidental expenses. CSL reserves the right to substitute training staff whenever necessary without obligation to students enrolled in the training program.

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Apply to the training - <http://sensemaking.com.au/ifs-level-1>

Scholarship Application

Please complete the Scholarship application form (go to FAQ webpage) detailing your situation to let us know about full-time student/ hardship/ diversity or other circumstances.

All applications will be considered and no correspondence will be entered.

Download the form, fill and send it to [Simon](#) when you make the [online application](#) to join the program.

FAQ webpage <http://sensemaking.com.au/ifs-level-1faq>

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No previous IFS trainings or workshops are presumed in this Level 1 training.

Completion of L1 certification is required for any future Level 2 training.

Recommended Textbooks

Participants will learn the basic processes, ideas and vocabulary of IFS. To support your learning please purchase

- *Internal Family Systems Therapy* by Goulding, RA and Schwartz RC (1995/2002) Guilford Press, and
- *Introduction to the Internal Family Systems Model* by Schwartz RC (2001) The Centre for Self Leadership

Also see the Level 1 BUNDLE of 3 books at the CSL online store, which includes the fascinating Mosaic Mind book (recommended)

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Contact the Australian training Organizer

Email Simon d'Orsogna simon@simondo.com.au

for other questions about the CSL Level 1 IFS Australian Training

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Simon d'Orsogna is a therapist and facilitator based in Melbourne, with individual and organizational clients across Australia and Asia and services that include therapy, process consultancy and executive coaching.

Simon continues to work with organizations and teams as a process consultant, bringing perspectives from systems thinking, adult development, and sensemaking to complex human dilemmas - including teams, couples, and families.

Simon also facilitates Coherence Therapy workshops in Australia, and co-developed the four-part online training, "Theory and Practice of Coherence Therapy." In 2016 he completed a Clinical Masters in Systemic Family Therapy with the Bouverie Centre, and he facilitated an introductory IFS workshop series with US-based Bonnie Weiss LCSW in mid 2016 and early 2017 in Melbourne and Sydney.

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Simon is a member of the original teaching staff for the Kegan-Lahey Immunity to Change model in the HarvardX Massive Open Online Course (MOOC), and a member of Jay Earley's development team for the web-based Self-Therapy Journey, providing Internal Family Systems-based self help online.

Simon has a private practice with rooms in Carlton, Melbourne - also by phone and online. He works with adults of all ages, and offers therapy, coaching, and supervision.

