

An aerial photograph of a city skyline at sunset. The sky is a mix of orange, pink, and blue. The city below is densely packed with buildings of various heights and colors. A dark, semi-transparent rectangular overlay covers the right side of the image, containing white text.

Internal Family Systems Model - Level 1 Training 2017-18

With Paul Ginter EdD, CSL Senior Trainer

with CSL's Senior Trainer Paul Ginter EdD., and
Simon d'Orsogna, Australian Organizer



Melbourne & Sydney, Australia

CSL's Level One Training

In this training you will immerse yourself in the Internal Family Systems Therapy (IFS) model of psychotherapy. US-based CSL Senior Lead Trainer Paul Ginter will offer the Centre for Self-Leadership's Level One training over the course of 2 weeks, November 26 – December 2, 2017 in Melbourne - and February 11 -17, 2018 in Sydney.

This course is designed for professionals (therapists, psychologists, counsellors, certified coaches and social workers) as well as those interested in self-development. Participants will learn the fundamental IFS concepts and techniques in order to apply them to their professional and personal lives. The format of the Training involves didactic learning as well as a wide range of experiential processes designed to help participants deepen their understanding of IFS. One of the most important experiential aspects of the training involves daily opportunities to practice using IFS skills with each other. In this way, participants learn by both doing and receiving the work. Learning objectives covered in this retreat style learning curriculum are overviewed at the webflyer (see link bottom of page).

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To receive the certificate of attendance you must attend BOTH weeks of training and the Saturday mornings teleconferences. For requirements to be certified as either an IFS Therapist or an IFS Practitioner see the [CSL website](#).

Millgrove (Melbourne hinterland), Victoria - 2017 Dates & Venue:

Week 1: November Sunday 26th to December Sat 2nd, 2017

Palotti College (just before Warburton, 75min from Tullamarine airport) with full board and residential stay for 7days and 6nights

Teleconference #One Date:

Saturday 16th December 2017 ~ 0900-1100 AEDT (Sydney/Melb times)

Teleconference #Two Date:

Saturday 27th January 2018 ~ 0900-1100 AEDT (Sydney/Melb times)

Pymble (Sydney), NSW - 2018 Dates & Venue:

Week 2: February Sunday 11th to Sat 17th, 2018

Peter Canisius Centre (in Pymble on the north shore of Sydney, 90min from Sydney airport) Optional residential OR living-out for 7days and 6nights

NB - for certificate of attendance you must attend BOTH weeks of training and teleconferences, plus complete requirements as detailed on the CSL website.

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Payment Options

Prices include catering, materials, teleconferences and tuition-workshop fees.

'Full-Residential' covers all live-in accommodation & meals - breakfast, morning and afternoon tea, lunch and dinner.

'Part-residential' (*applies to either Sydney OR Melbourne*) includes morning and afternoon tea, and lunch - 1 week of accomm

'Non-residential' includes morning and afternoon tea, and lunch
- NO accommodation in either Syd or Melb

NB - all in Australian dollars, and includes GST and ticketing fees.

Full-residential (residential live-in both Melb & Sydney) - 13.5 days:

- \$4,995 (Earlybird to June 30th 2017); and
- **\$5,350** (general tickets post-July 1st 2017)

Part-residential (Melbourne OR Sydney residential) - 13.5 days:

- \$4,150 (Earlybird to June 30th 2017); and
- **\$4,450** (general tickets post-July 1st 2017)

Non-residential (neither Melbourne nor Sydney) - 13.5 days:

- \$3,495 (Earlybird to June 30th 2017); and
- \$3,750 (general tickets post-July 1st 2017)

Payment plans are available on request. Earlybird discounted fees must be paid in full before June 30th 2017.

NB - you must attend all training elements for the Certificate of Attendance - 13.5 training days split over 2 x week programs, plus the 2 teleconferences

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Discounts & Booking Process

ALL Early bird rates - save on the full price by ***paying in full by June 30th 2017***. Limit of 10 EARLY-earlybird tickets only.

Group discounts for 3 or more from community based, health and human services and DGR (charitable under ATO) registered organisations apply. [Contact Simon](#) to discuss.

Two bursaries (up to 50% discount on full fees paid) will be offered. Please complete the Scholarship application form 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. [Send the form](#) (see FAQ page) at the same time you apply online.

Booking process - please read the FAQ before applying!

- **Interested participants are invited to submit the online form (no fee upfront)**. The Level 1 training team will review and reply within 15 business days (usually quicker).
- **Once your application is accepted, you will be sent an email with a link to pay** to confirm your place in this training. Full fee payment is preferred. To hold a place you must pay at least the \$500 deposit. Preferably the remainder will be paid within 30 days. Payment plans are available. All earlybird fees must be paid in full by end of June 2017.

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Payment plans are available. All earlybird fees must be paid in full by end of June 2017.

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- **Payment plans** are available on request. Registration is confirmed upon initial deposit payment; places are held so long as any part-payment schedule is upheld. Part-payment arrangements of more than a month attract a 5% admin surcharge on the total fee; paying the full fee within 30 days of the deposit avoids this surcharge. Instructions will be provided to participants requesting a payment plan; please indicate by email on making your application that you would wish to part-pay. Earlybird fees must be paid in full before due date of June 30th 2017, otherwise these will revert to standard fees.
- In the case of the training not going forward (eg lack of sufficient numbers) participant's monies will be returned minus \$100 to cover administration-processing, online booking charges, and banking fees.

Bookings cancelled more than 60 days from the workshop's first commencement date will be refunded minus a \$100 admin fee. Bookings cancelled inside 60 days of the workshop first commencement date will not be refunded unless a suitable replacement participant can register in your stead, subject to approval of the CSL trainer and organiser.

Please note in case of cancellation we cannot reimburse any expenses you may have incurred, but we will reimburse the cost of travel insurance directly related to attending this workshop, on receipt of your insurance receipt. If you cannot attend, a qualified substitute may attend in your place, pending approval from the training team.

Courses are pre-paid. We do not take money at the door. We reserve the right to cancel due to insufficient registrations, extreme currency fluctuations, or other reasons as we deem necessary.

Invoices and Certificate of Attendance will be issued.

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Note - these workshops qualify for equivalent hours of specialised training in the Internal Family Systems Therapy (IFS) model of psychotherapy that may be counted towards Continuing Professional Development. Registered health professionals have a responsibility to ensure that they continue to maintain, enhance and extend their knowledge and skills throughout their working lives. Consumers also have an expectation that a registered professional providing a service, does so in a competent and contemporary manner. These workshops may be counted towards Continuing Professional Development requirements set down by peak bodies. Please check with your registering association to ensure requirements are met.

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.

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Paul Ginter, EdD is a private practice psychologist in Kalamazoo, Michigan. Paul primarily uses the Internal Family Systems Model in his work with individuals, couples and families. He is particularly interested in incorporating spiritual practices such as meditation into his work with clients.

Paul is a licensed psychologist and co-founder of the Center for Psychotherapy and Wellness. Paul also served as the Organizational Learning Officer at the Fetzer Institute, a private operating foundation in Kalamazoo. Before living in Kalamazoo, Paul was the Program Director for Wellness House, a not-for-profit organization located in Hinsdale, Illinois providing psychosocial support for cancer patients and their families. Prior to living in the Chicago area, Paul was a psychologist at college counseling centers at the University of Georgia and East Tennessee State University.



In his private practice, Paul does psychotherapy with individuals, couples and families. He works with a wide range of concerns including depression, anxiety, grief and relationship issues. Paul is a senior Centre for Self Leadership (CSL) trainer in the Internal Family Systems Model of Psychotherapy.

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Details of the IFS model....

Founded by Richard Schwartz, PhD., the Internal Family Systems model (IFS), is a cutting edge psychotherapy approach that offers therapists a non-pathological conceptual framework for understanding the human psyche. IFS respectfully guides people toward lasting and profound transformation. IFS applies family systems principles and techniques to working with inner parts of the person. It is widely used internationally in the treatment of trauma and severe diagnoses, as well as a wide variety of psychological issues and non-clinical applications such as business consulting and meditation practice. IFS offers therapists a way to make their practice more enjoyable and effective, and less effortful. It also helps them find and heal parts of themselves.

SAMHSA has recently added IFS to the US National Registry of Evidence-Based Programs and Practices rating it as “effective for improving general functioning and well-being,” and “promising for each of: improving phobia, panic, and generalized anxiety disorders and symptoms; physical health conditions and symptoms; personal resilience/self-concept; and depression and depressive symptoms.”

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2015 Networker Symposium keynote with Dick Schwartz (6 min excerpt)

In this clip from Richard Schwartz's keynote, "The Inner Game of Psychotherapy," he explains how the method he developed, Internal Family Systems (IFS), allows clients to be the primary agent in their healing process and rely less on the therapist as an attachment figure.

Internal Family Systems (IFS) is the signature work of Richard Schwartz PhD.

www.selfleadership.org

The Center for Self Leadership (CSL) runs certified trainings all over the world.

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Contact the Australian training Organizer

Email Simon d'Orsogna

E. simon@simondo.com.au

or

mobile 0418 321 254 [Melbourne, Australia]

from outside Australia +61 418 321 254

for more information about the L1 IFS certification in Australia

(Australian Eastern Standard Timezone: UTC/GMT+10 hours)



****A PORTION OF YOUR WORKSHOP FEE BENEFITS WHITELION****

Whitelion is a charity established over 16 years ago to fill a desperate need in the Australian community. The charity opens doors to opportunities, positive relationships and community connections for youth at risk aged between 10 to 25 years old, with practical support such as mentoring programs, education and employment, to help young people find the courage to seek a better future.

www.whitelion.asn.au

