

Level I Training

of INTERNAL FAMILY SYSTEMS (IFS)

Online

October 21-24 / 29-31, 2021

December 3-5 / 9-12, 2021



The training of **Level I** will consist of theoretical explanations, demonstrations, experiential exercises and small groups of practice and supervision.

The participants will be able to:

- **Know** the conceptual basis of the IFS model.
- **Apply** IFS techniques to various clinic groups or aid relationship.
- **Take advantage** of training to know the parts of your own system and deepen your personal development.

The same content that was planned in the classroom format will be taught, all the theory part, demonstrations of real cases with Nancy and small groups of practices accompanied by an assistant. The documentation will be given in pdf and you will receive the certificate of having done this Level 1.

To whom it is addressed:

Psychologists, psychiatrists, psychotherapists, body therapists, coaches, educators...

Calendar

- **MODULE 1:** 21-24 / 29-31
October 2021
- **MODULE 2:** 3-5 / 9-12
December 2021

from 2:00 p.m. to 8:00 p.m.
(Central European Time)

 Online

 Program Tuition: 3.100 €

 2021: October 21-24 / 29-31
2021: December 3-5 / 9-12

 The training will be taught in english.

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NANCY SOWELL

Nancy Sowell, MSW, LICSW, believes in the power of Self- leadership for promoting health and well-being. Specializing in the use of IFS to foster health and healing, Nancy provides clinical supervision and training in IFS for Harvard Medical School at Cambridge Health Alliance, and co-created an IFS treatment protocol and program for rheumatoid arthritis patients in a research study at Brigham and Women's Hospital in Boston. Nancy maintains a private psychotherapy and clinical consultation practice on Cape Cod and in Newton, MA.



Assistant Trainers: **Pilar de la Torre**.
Psychologist and psychotherapist for more than 25 years, she directs the IFS Institute that organizes official training in Spain.



Assistant Trainer: **Imma Lloret**. is a psychologist and has been a psychotherapist for about 30 years in Barcelona, Spain. As the co-founder of the Spanish IFS Institute, she organizes IFS trainings, supervises, and facilitates groups along with her private practice where she provides IFS-based therapy for individuals and couples. Imma also worked as an Associate Professor in the degree of Psychology at UOC (Open University of Catalonia). She is also certified in Sensorimotor Psychotherapy and Somatic Experiencing, and has advanced training in AEDP.

Required reading before the training begins:

Schwartz, RC (1995), *Internal Family Systems Therapy*, New York: Guilford Press, ISBN 1-57230-272-0.

Suggested reading before the training begins:

Schwartz, RC (2001), *Introduction to the Internal Family Systems Model*, Oak Park IL: Trailheads Publications, The Center for Self Leadership, ISBN 0-97211480-0-0. **This book is required reading for those with no prior experience with the IFS model.** Class content is designed on the assumption that the reading is completed.

Other suggested reading:

Anderson, F., Sweezy, M., and Schwartz, RC. (2017). *Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD and Substance Abuse*, Eau Claire, WI: PESI Publishing & Media, ISBN-10: 1683730879, ISBN-13: 978-1683730873.