

The Internal Family Systems Model: Integrating Psychology and Spirituality

*Co-hosted by the Indiana Association for Marriage and Family Therapy
and Christian Theological Seminary*

**FRIDAY, APRIL 24, 2009
CHRISTIAN
THEOLOGICAL
SEMINARY
8:00 am - 5:00 pm**

*PLUS SPECIAL THURSDAY EVENING EVENT WITH
DR. SCHWARTZ FROM 7:00 to 9:00 PM - \$20*



**OUR GUEST SPEAKER - DR. RICHARD SCHWARTZ
FOUNDER, INTERNATIONAL FAMILY SYSTEMS
MODEL OF PSYCHOLOGY™**

Richard Schwartz, Ph.D., long associated with the Institute for Juvenile Research at the University of Illinois-Chicago and more recently with The Family Institute at Northwestern University, has dedicated more than 25 years of service to troubled families and individuals. As one of the leading figures in the study of human systems, he has developed the Internal Family Systems (IFS) Model of Psychotherapy™, which has become one of the fastest growing approaches to psychotherapy today. Dr. Schwartz founded and directs The Center for Self Leadership in Oak Park, Illinois and lectures world-wide. He is co-author of the most widely-read family therapy textbook, is a fellow of the AAMFT, and a member of the editorial board of four professional journals. As a teacher, he is known for his warmth and clarity and for creating safe and empowering learning environments.

REGISTER EARLY! SPACE IS LIMITED

TWO OPTIONAL EVENTS AT CTS THURSDAY EVENING, APRIL 23, 2009

CTS Alums and Friends are extended a special invitation to attend a reception and celebration in honor of Dr. Brian Grant Thursday evening prior to the lecture.

RECEPTION & CELEBRATION

for Dr. Brian Grant

DATE: Thursday, April 23

TIME: 5:00 - 7:00 pm

LOCATION: Room 122 (near Shelton Auditorium)

Please reserve your place for the dinner celebration by contacting Joyce Weidner at jweidner@cts.edu or (317) 931-4224.

There will be a charge of \$10 per person to cover the cost of the dinner and a contribution towards a gift from CTS alum and friends to honor Brian. Make checks payable to CTS

LifeEd and mail to: JOYCE WEIDNER

CTS

1000 West 42nd Street

Indianapolis, IN 46208

Space is limited so please reserve your place by April 1st.

THURSDAY EVENING LECTURE ONLY - \$20

Please join us Thursday evening for 2 special hours with Dr. Schwartz where he will focus on the spiritual dimensions of his Internal Family Systems model, as described under the brochure heading

“Integrating Psychology and Spirituality”. Those who attend this lecture only receive

2 Contact Hours (CEUs)

**REGISTER FOR THIS LECTURE
ON THE ENCLOSED
REGISTRATION FORM.**

QUESTIONS ABOUT DR. BRIAN GRANT’S RECEPTION & CELEBRATION?

CALL Joyce Weidner at 317-931-4224. Questions about the Thursday evening lecture or Friday workshop ~ call the IAMFT Office. CDs of Dr. Schwartz’s lectures will also be available for \$6 each (Set of 3 for \$15.00) following the events.

PLEASE NOTE - Active members of IAMFT, Central Indiana Friends of Jung, Indiana Society for Psychoanalytic Thought, and all Clarian employees **may attend the entire conference for \$125 if registered by April 1st.** To register for Thursday’s lecture and Friday’s workshop, please **complete the IAMFT Registration Form and mail to IAMFT Central Office PO Box 24167, Indianapolis, IN 46224-0167** Attendees for both the Thursday evening lecture and Friday workshop may receive up to 9 contact hours!!!

Plan ahead for Spring 2010 - Dr. Michael Conforti, Jungian analyst and pioneer in the field of matter-psyche studies, Founder and Director of the Assisi Seminars, author of *Field, Form and Fate: Patterns in Mind, Nature & Psyche*. Proposed date: March 12 - 13, 2010 (to be confirmed - check the CTS web site or call LifeEd).

FRIDAY, APRIL 24, 2009 -
FULL DAY WORKSHOP

THE INTERNAL FAMILY SYSTEMS MODEL: INTEGRATING PSYCHOLOGY AND SPIRITUALITY

The Internal Family Systems Model (IFS) has evolved over the past twenty years into a comprehensive approach that includes guidelines for working with individuals, couples and families. The IFS Model represents a new synthesis of two already existing paradigms: systems thinking and the multiplicity of the mind. It brings concepts and methods from the structural, strategic, narrative, and Bowenian schools of family therapy to the world of subpersonalities.

IFS advances the practice of therapy in a number of unique ways.

By showing respect and appreciation for the client's protective parts, it reduces resistance and backlash.

It helps clients fully unburden the extreme beliefs and emotions accrued from trauma so they often leave sessions feeling lighter rather than labile.

Affect is regulated in a simple and effective way so that clients are not overwhelmed during sessions.

Because it is the client's Self that is leading in the healing, transference is reduced and clients do much of the work on their own between sessions. Consequently, clients feel empowered and the therapy is often briefer than more traditional approaches.

IFS gives therapists practical ways to understand and work with their countertransference so they can remain in the openhearted state of Self-leadership with clients.

It frees therapists from the role of trying to police clients' trauma-related symptoms like suicide, eating disorders, addictions, and self-mutilation.

Therapists are free to be themselves, without having to be clever or controlling, and come to enjoy partnering in the fascinating and sacred process that naturally unfolds as clients heal themselves.



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AGENDA

7:30-8:00 am - REGISTRATION

8:00-10:00 am - SESSION

10:00 - 10:15 am - *BREAK*

10:15 - 12:15 pm - SESSION

12:15 - 1:30pm

Lunch - View Student Posters - Book Signing

1:30-3:00 pm - SESSION

3:00 - 3:15pm - BREAK

3:15-4:45 pm - SESSION

4:45 - 5:00 pm

Certificates of Attendance & Adjournment

7 CEUs

THANK YOU TO COOPERATING SPONSORS OF THIS EVENT!



www.CTSCounseling.org

Clarian Health Division for Values,
Ethics, and Pastoral Services

Buchanan Counseling Center



Central Indiana Friends of Jung



Christian Theological Seminary
1000 West 42nd Street - Indianapolis, IN 46208

DIRECTIONS:

- From I-69: Follow I-69 into the city (Hwy 37) to 38th Street. Turn west (right) onto 38th and follow to Michigan Road/Martin Luther King Jr. Boulevard. Turn north (right) onto Michigan Rd. and follow one block to 42nd St. Turn right onto 42nd St. Follow for half a block. The seminary is on the north side of 42nd St.
- From I-65 (South): Follow I-65 North toward the city. Take the 29th/30th Street exit. Turn left at 30th Street. Follow 30th Street to Martin Luther King Jr. Blvd. Turn right, follow north to 42nd St. Turn right onto 42nd St. Follow for half a block. The seminary is on the north side of 42nd St.
- From I-65 (North): Follow I-65 South to the Michigan Road/Martin Luther King Jr. St. exit (exit 117). Turn left (north) on Michigan Rd./Martin Luther King Jr. Blvd. Follow Michigan Rd./Martin Luther King Jr. approximately 11 blocks to 42nd St. Turn right onto 42nd St. Follow for half a block. The seminary is on the north side of 42nd St.

REGISTRATION - FOLLOW THE 4 STEPS BELOW TO SIGN UP!

STEP 1: PLEASE CHECK OPTION BELOW

_____ I will attend the Thursday evening lecture only - \$20.00 - 2 CEU contact hours

_____ I will attend the Friday workshop only 7 CEU contact hours

_____ I will attend the Thursday evening lecture and Friday workshop 9 CEU contact hours

STEP 2: PLEASE CHECK REGISTRANT TYPE BELOW AND FEE SELECTION

	FEES THURSDAY LECTURE AND FRIDAY WORKSHOP (BEFORE 4.1.09)	FEES THURSDAY LECTURE AND FRIDAY WORKSHOP (AFTER 4.1.09)	FEES FRIDAY ONLY (BEFORE 4.1.09)	FEES FRIDAY ONLY (AFTER 4.1.09)
_____ Clinical Member - IAMFT	\$125	\$150	120	\$130
_____ CTS Friend	-----	-----	-----	-----
_____ Member - CIFJ	-----	-----	-----	-----
_____ Member - ISPT	-----	-----	-----	-----
_____ Clarian Employee	-----	-----	-----	-----
_____ IAMFT Associate Member	\$115	\$130	\$100	\$115
_____ IAMFT Student Member	\$50	\$65	\$35	\$50
_____ IAMFT Retired Member	\$55	\$80	\$40	\$55
_____ Non Member	\$190	\$25	\$175	\$190
_____ Non Member Student	\$65	\$80	\$50	\$65

STEP 3:

NAME: _____ PAYMENT AMOUNT: _____

NAME AS IT SHOULD APPEAR ON NAME BADGE: _____

PREFERRED MAILING ADDRESS: _____

CITY, STATE, ZIP: _____

EMAIL: _____ PREFERRED PHONE: _____

METHOD OF PAYMENT: _____ CHECK _____ CREDIT CARD

CREDIT CARD #: _____ EXP. DATE: _____

SIGNATURE: _____

STEP 4: Please MAIL TO:

IAMFT/CTS Spring Conference, PO Box 24167, Indpls. IN 46224-0167

OR fax with payment information to: 317-481-1825