

Internal Family Systems

Bessel Van der Kolk

"For me, discovering Internal Family Systems therapy was a breakthrough."

A Terapia dos Sistemas Internos recorre à Teoria dos Sistemas Familiares—à idéia de que os indivíduos não podem ser compreendidos de forma cabal isolados da unidade familiar - para desenvolver técnicas e estratégias capazes de abordar de forma eficaz temas da comunidade interna ou familiar da pessoa. Trata-se de uma abordagem psicoterapêutica baseada na evidência, que assume que todos dispomos de uma variedade de subpersonalidades ou "partes". E que conhecer melhor cada dessas partes reequilibra o sistema interno.

Do ponto de vista do modelo as alterações ao comportamento que sinalizam a presença de diferentes subpersonalidades não são más notícias. Longe de constituírem necessariamente evidência de patologia extrema por parte do cliente ou incompetência por parte do terapeuta, a presença dessas subpersonalidades são sinais de que o cliente se sente suficientemente seguro para permitir que estas se manifestem. Na IFS, experiências de flashbacks, dissociação, ataques de pânico, resistência ou transferência, são ferramentas usadas pelas diferentes partes, e como tal, indicadores úteis do que é necessário que aconteça em terapia.

Prática baseada na evidência- A Terapia de Sistemas Internos é reconhecida como prática baseada na evidência, integrando a lista da NREPP nos Estados Unidos.

Internal Family Systems therapy is a simple yet sophisticated integration of psychology, intra-psychic and family systems theory that works well with couples, families, groups, and children; Can effectively treat trauma; Is a client-led approach that respects each client's pace and goals; Establishes a productive, trusting, and collaborative partnership between therapist and client; Helps therapists remain centered and open-hearted.

Richard C. Schwartz, PhD,

has been developing the IFS model for more than 30 years, with IFS now practiced by thousands of licensed therapists and other professionals throughout the United States and internationally. Mental health care professionals and others trained in the IFS model can easily integrate it into a wide variety of practices using the unique methods IFS offers to create safe environments for clients to become Self-transforming.



Susan McConnell



Osnat Arbel

week 1

17-22 FEBRUARY

week 2

12-17 MAY

O Treino IFS **Em que consiste**

O Treino em Sistemas Internos é predominantemente experiencial, e está organizado em 3 níveis.

O 1º nível (L1) decorre ao longo de 3 sessões de 5 dias (35h) cada, num total de 105 horas.

Este treino pode decorrer em modo retiro, e é orientado por um Lead Trainer certificado pelo CSL, e ainda vários Assistentes de Treino, com treino IFS.

É este 1º nível - L1, que a Sociedade organiza, desta vez em apenas duas semanas um pouco mais longas, e com bastante economia de recursos e tempo, de Fevereiro a Maio 2019.

Objectivos **deste 1º nível** **de Formação** **IFS**

- compreensão dos conceitos terapêuticos básicos do modelo

- explorar os próprios sistemas internos tendo como objectivo o desenvolvimento pessoal.

- a pedagogia inclui apresentações, discussões, exercícios baseados na experiência de cada, e a prática supervisionada de terapia em pequenos grupos.

VENUE

This retreat-style Level1 training will take place from 17 February until the 17 May 2019, at Ericeira, Hotel Vila Galé, 20 minutes from Lisbon.

Accommodation

Accommodation and meals are not included in the price of tuition.

A list of local cheaper accommodation in the village and around the Hotel will be provided on request.

Rooms at Hotel Vila Galé: 60€/ night or 35€ (if sharing - doubles only) Contacts to Vila Gale Ericeira Hotel here



THE LEAD TRAINERS

SUSAN MCCONNELL HOLDS A MASTER'S DEGREE WITH AN EMPHASIS ON SOMATIC PSYCHOLOGY. WITH A BACKGROUND IN WORKING WITH SURVIVORS OF DOMESTIC VIOLENCE, SHE HAS RECEIVED TRAINING IN SEVERAL FORMS OF PSYCHOTHERAPY, PARTICULARLY HAKOMI THERAPY, SENSORIMOTOR PSYCHOTHERAPY, AND INTERNAL FAMILY SYSTEMS THERAPY. HER TRAINING IN BODYWORK FOCUSED ON STRUCTURAL BODYWORK AND CRANIAL SACRAL THERAPY. SHE DRAWS ON HER EXPERIENCE IN MOVEMENT AND EMBODIMENT PRACTICES AS WELL AS HER BUDDHIST PRACTICE. SHE IS A CERTIFIED INTERNAL FAMILY SYSTEMS THERAPIST AND A CERTIFIED HAKOMI THERAPIST. SUSAN WAS INSTRUMENTAL IN CURRICULUM DEVELOPMENT FOR IFS TRAININGS AND, AS A HAKOMI FACULTY MEMBER, FOR A TRAINING FOR BODYWORKERS USING THE HAKOMI METHOD TO EXPLORE THROUGH TOUCH THE WAY MIND, BODY, HEART, AND SPIRIT WEAVE TOGETHER TO FORM THE CLIENT'S EXPERIENTIAL



Susan McConnell

OSNAT (OSI) ARBEL, PHD, LMFT IS A LEAD TRAINER IN ISRAEL. AS THE CO-FOUNDER OF THE ISRAELI INSTITUTE FOR IFS SHE IS TRAINING, SUPERVISING, AND FACILITATING GROUPS WHILE LIVING THE IFS MODEL BOTH PERSONALLY AND PROFESSIONALLY. IN HER PRIVATE PRACTICE SHE PROVIDES IFS-BASED THERAPY FOR INDIVIDUALS, COUPLES, AND FAMILIES. DR. ARBEL IS AN AAMFT CLINICAL MEMBER AND APPROVED SUPERVISOR CURRENTLY DIVIDING HER TIME BETWEEN ISRAEL, AND COLORADO. IN ISRAEL SHE IS TEACHING MFT COURSES AT TEL-AVIV UNIVERSITY AND TEL-HAI ACADEMIC COLLEGE AND SUPERVISING MFT PRACTICUM COURSES. IN COLORADO SHE HOLDS AN ASSISTANT PROFESSOR APPOINTMENT AT ARGOSY UNIVERSITY/DENVER CAMPUS. TEACHING AT THE COUNSELING AND MFT PROGRAMS. VISIT HER ON THE WEB: WWW.IFS-ISRAEL.ORG ; ON FACEBOOK: [FACEBOOK.COM/DROSNATARBEL](https://www.facebook.com/drosnatarbел) ; JOIN HER ON LINKEDIN: [IL.LINKEDIN.COM/IN/OARBEL](https://www.linkedin.com/in/oarbел)



Osnat Arbel

w1

+

w2

INSCRIÇÃO LEVEL 1 COMPLETO

S1+S2

2 Ciclos de 6 dias cada

17-22 FEV

12-17 MAIO

Total 92h

IFSL1 certificate

Membros SPPC

Until 17 November: 1400€

After 17 Nov: 1450€

After 17 Dez: 1550€

After 17 January: 1650€

Não Membros

Until 17 November: 1500€

After 17 Nov: 1550€

After 17 Dez: 1650€

After 17 January: 1750€

Comprovativo propina para
construtivistas@sppc.org.pt

Cancelamentos

Cancelamentos admissíveis até 15 dias úteis antes da data do evento, com reembolso de 80%, apenas se o seu lugar for preenchível. Cancelamentos efetuados após esta data não têm lugar a reembolso.

Tome em atenção que ao inscrever-se assume compromisso de completar o treino nos 12 dias agendados.

Note também que é necessário participar nos 12 dias de treino de forma a completar o Nível 1 de Treino.

w1

+

w2

Registration

This Training can be attended by undergraduate students, graduate and registered mental health professionals.

Enrollment for the 2 weeks I Full LEVEL 1

Week1: 17-22 Feb 2019

Week2: 12-17 Maio 2019

Until 17 November: 1500€

After 17 Nov: 1550€

After 17 Dez: 1650€

After 17 January: 1750€

Accommodation and Meals

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Cancellations received 15 working days prior the first day of the event will receive a refund of registration fees less an administration charge of 20% of the event fee - only if your space can be filled. Cancellations made after are liable for the full registration fee.

In the unlikely event that the training is cancelled tuition fees will be refunded. Participants purchasing airfares and other travel costs should check that the training has reached a viable number beforehand and are advised to purchase suitable insurance for their travel costs.

This Level 1 course consist of two separate 6-day sessions – a total of 84 hours of training. Note that you need to attend all training days in order to complete Level 1 training.

FOR MORE VISIT OUR WEBSITE

CSL Partners

Portuguese Society for Constructivist Psychotherapies
Sociedade Portuguesa de Psicoterapias Construtivistas



PAYMENTS

IBAN:PT 50 0010 0000 36376870001 98.

SWIFT:SWIFT/BIC: BBPIPTPL

Notify: construtivistas@sppc.org.pt

[FOR MORE VISIT OUR WEBSITE](#)

Readings

You are required to read two textbooks before the training begins:

Schwartz, RC (1995) Internal Family Systems Therapy, New York: Guilford Press, (800) 365-7006, ISBN 1-57230-272-0; Goulding, RA and Schwartz, RC (2002). Available through Amazon.com or other bookstores.

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. Available at The Center for Self Leadership website store (www.selfleadership.org).

IFS therapy has now been accepted as an evidence based practice in the US and is listed on the NREPP (National Registry for Evidence Based Programs and Practices) website.

FOR MORE VISIT OUR WEBSITE