



Internal
Family
SystemsSM



PATH Center
www.pathcenter.co.il

Internal Family Systems (IFS) Level 1 Training **In Jerusalem Starting November 2019** **Offered in Cooperation with PATH Center**

This exceptional professional training will be offered in English and registration is open now.

About the IFS model

The Internal Family Systems Model by Dr. Richard Schwartz integrates systems thinking with intra-psycho concepts and recognizes the multiplicity of the mind. It is non-pathologizing, respectful and strength based, trusting the wisdom of the client, and allows the client's authentic Self to emerge. IFS is a unique form of therapy that is extremely effective and empowering, supported by a comprehensive theory, along with original concepts and specific methodology.

The IFS model facilitates transformation through a variety of unique techniques including mindfulness, guided imagery, cognitive restructuring and more, in order to harmonize the internal system and to establish a strong, wholesome and authentic internal leadership.

The model is research based, in addition to being strongly supported by new findings in the field of neurobiology and brain science.

Issues addressed by IFS therapy

The IFS model has been very successful in treating depression, anxiety, life transitions and crises, trauma resolution, eating disorders, couples' issues and family dynamics. It is suitable for work with individuals (kids, teens and adults), couples, families and groups. The model has been used successfully in conjunction with EMDR, art therapy, play therapy, movement and dance therapy, psychodrama and body-centered therapy.

About the Israeli Institute for IFS

The Israeli Institute for IFS was founded in 2008 by Osnat (Ossi) Arbel, Ph.D., and Einat Avni Bronstein, MSW to address the high interest and the growing need for IFS practice in Israel. The institution has the exclusivity and the recognition for IFS training in Israel from the international IFS headquarters, The Center for Self Leadership (www.selfleadership.org).

Since its inception the Institute trained hundreds of Israeli professionals and created an ever growing, high quality and vibrant community of professionals from all over the country.

About the founders

Einat Avni Bronstein, MSW, LCSW, graduated from Law school in Tel Aviv University and earned her Masters in Clinical Social Work at Washington University in St. Louis. She is a Certified IFS Therapist and supervisor, as well as a Lead Trainer from the Center for Self Leadership. Einat is an experienced psychotherapist with over 25 years of practice in individual, couples', family, and group therapy, in addition to having a vast experience creating, conducting and facilitating workshops, seminars, courses and lectures. Recently held the position of an adjunct faculty at the MFT Post Graduate Program, at the School of Social Work at Tel Aviv University.



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המכון הישראלי ל-IFS
www.ifs-israel.org

The Center for Self Leadership
www.selfleadership.org

Einat Avni Bronstein LCSW, MSW
Couples and Family Therapist
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**The Israeli Institute
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Osnat (Ossi) Arbel, Ph.D., MBA, LMFT is an AAMFT Clinical Fellow and Approved Supervisor. She is also a Certified Marriage and Family Therapist, and a Certified Supervisor at the Israeli Association for Marital and Family Therapy. Ossi is a Certified IFS Therapist and a Lead Trainer from the Center for Self Leadership. She is an adjunct faculty at Tel-Hai Academic College. She completed her Ph.D. in Counselor Education and Supervision from the University of Northern Colorado. She is skilled and experienced in conducting individual, couples', family, and group therapy as well as supervision through the lens of the IFS model. (For more info about the model, the institute and the founders please check our website www.ifs-israel.org).

Enrollments Requirements

This training is suitable for professionals in the fields of psychotherapy, counseling, education, guidance and supportive services.

Requirements:

- B.A. degree, preferably in a relevant field (OR a relevant higher education Certificate in place of a B.A degree)
- A minimum of 1 year of practical experience with supervision
- 2 recommendation letters

Applicants who do not meet the requirements fully may apply and will be asked for a personal interview with a member of the teaching staff.

Training Details

The teaching is done through didactics, experiential and much practicing and skill building in small groups setting with close supervision of experienced staff members.

Instructors: *Osnat Arbel, PhD; Einat Bronstein, MSW*. Both are Lead Trainers designated by the Center for Self Leadership.

Format: The training is a 108 hour course, offered over 12 full days (9.5 hours each training day), on Sunday and Monday, once a month.

Hours:

Sundays 10 AM – 7:30 PM

Mondays 9 AM – 6:30 PM

Dates:

1. November 24, 25 2019
2. Dec 15, 16 2019
3. Jan 5, 6 2020
4. Jan 26, 27 2020
5. Feb 16, 17 2020
6. March 1, 2 2020

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Locations:

- All meetings will be held in Jerusalem. Depending on space constraints the classes will be held at either the PATH Center at 7 Shatner Street Jerusalem, or an alternative location.

Cost:

Training tuition fee: 8,790 nis. Payment plan available upon request.

Registration fee: 10% non-refundable (879 nis - deductible from the full tuition)

Registration Contact person at PATH office is Reitzi.

Phone number: 02-5366-933 or email pathcenter.info@gmail.com

For registration please send the following:

1. A complete registration form (see below)
2. A complete CV
3. Registration fee

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REGISTRATION FORM

Full Name _____

Full Address _____

Email Address _____

Phone Number _____

How did you hear about IFS? _____

What do you hope to achieve from the training? _____

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