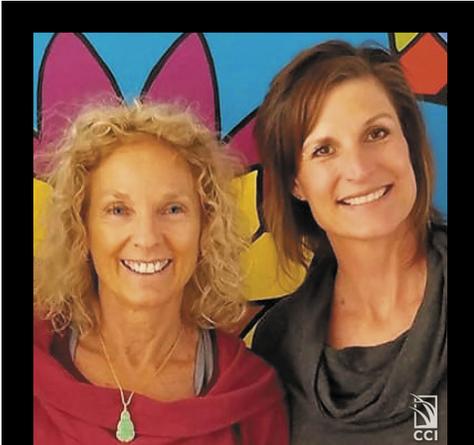


IN-PERSON LIVE-ONLINE
JULY 31st - AUGUST 4th, 2023**AMY WEINTRAUB, MFA & ANGELA HUEBNER, PhD****Amy Weintraub, MFA & Angela Huebner, PhD****Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week of Healing and Learning****15 Hour In-Person & Live-Online Course****Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.**

Internal Family Systems (IFS) is an evidence-based practice that provides a compassionate approach to working with our clients. LifeForce Yoga (LFY) is an evidence-based practice to manage moods founded on the principle of compassionate self-awareness. IFS and LFY provide a potent combination for helping clients self-regulate, experience self-efficacy, and build resilience. As part of this workshop, we will review the practice of IFS. We will then integrate yoga practices for accessing Self energy and meeting our parts. Every day will include accessible movement, yoga breathing, simple guided relaxation, experiential exercises, demonstrations, case studies, and clinical applications. Throughout the week, you will experience how the integration of IFS and LFY enhances the healing process. A basic understanding of IFS is suggested but not required.

We will practice accessible LFY skills appropriate in the consultation room that help:

- Access Self energy
- Strengthen Self-to-part relationships
- Un-blend parts
- Care for parts not yet unburdened
- Safely tend to exiles not yet unburdened

In the process of learning LFY practices to help clients self-regulate, increase self-efficacy and self-compassion, you will connect to the wholeness and healing capacity within yourself. Return home empowered with your own practice, a better understanding of the IFS model, and ready to share these tools with your clients. All bodies and abilities are welcome!

No mats necessary!

Course Agenda**Monday: The Safe Container**

- Overview of evidence-based Yoga strategies for maintaining optimum mental health
- Overview of IFS concepts and current research
- Yogic tools to foster the therapeutic alliance and access Self-led energy
- Learning to map your internal world with IFS
- Evidence-based tones for self-soothing and parasympathetic activation

Tuesday: Beyond Mindfulness

- Two meditation techniques to focus the mind and lift the mood
- Identifying mood through analysis of current breathing pattern
- Live demonstration of IFS model (#1)
- Directing awareness and grounding strategies (for anxious parts and trauma recovery)

Amy Weintraub, MFA, e-RYT 500, C-IAYT, YACEP, founder of the LifeForce Yoga Healing Institute, is a pioneer in the field of yoga and mental health. She is the author of the new card deck, *Yoga for Your Mood* (Sounds True), *Yoga for Depression* (Broadway Books) and *Yoga Skills for Therapists: Effective Practices for Mood Management* (W.W. Norton) and numerous articles and book chapters. Her evidence-based Yoga protocol for managing mood is used in health care settings globally, is offered in professional trainings, and is featured in the LifeForce Yoga series, an award-winning library of evidence-based yoga and meditation CDs and DVDs for mood management.

See www.AmyWeintraub.com

Angela Huebner, PhD, is a licensed Marriage and Family Therapist (LMFT) in private practice in Falls Church, Virginia. She is the author of *Jailbreak: The Making and Breaking of Our Invisible Prisons*, *An IFS Informed Escape*. She combines the art of psychotherapy with the science of change to help people identify and break out of patterned thoughts and behaviors that keep them stuck. She is a certified IFS clinician and LFY practitioner. In her 17 years as a tenured associate professor in the Department of Human Development's Marriage and Family Therapy Program at Virginia Tech, Angela taught various clinical courses including Internal Family Systems and interpersonal neurobiology.

See www.angelahuebner.com

Amy Weintraub, MFA & Angela Huebner, PhD | Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning | July 31st - August 4th, 2023**Wednesday: Giving the Mind a Bone**

- Empowering use of imagery and affirmation derived from the client's experience of Self
- Evidence-based Yogic breaths and meditation to calm anxious parts (including panic attacks) and bring mindful clarity to parts that need attention
- Choosing the practice to meet the predominant mood and bring it into balance
- Addressing negative self-talk and inner-critic parts
- LifeForce Yoga® Chakra Clearing Meditation (Energizing)

Thursday: Finding Wholeness to Separate

- Centering yogic practice:
- Shamaya/inner sanctuary
- Going in-depth with a Part:
- exercises to un-blend and witness
- Live demonstration of IFS model (#2)
- LifeForce Yoga® Chakra Clearing Meditation (calming)
- Introducing IFS and LFY to clients

Friday: Beyond Self-Efficacy

- Building self esteem and strengthening resilience
- Accessing Self-led energy with Yoga Nidra:
- An evidence-based protocol effective for managing mood and PTSD
- Yoga styles and techniques appropriate for a clinical practice
- Application of learning to clinical practice

Course Objectives

Upon completion of this course participants will be able to:

1. Articulate the IFS protocol.
2. Discuss ways to work with 'parts' to enhance their relationship with Self, unburden them, and reharmonize the internal family system
3. Introduce the IFS model to clients.
4. Identify how yoga practices are useful in mood regulation.
5. Describe two yoga-breathing exercises to help clients relax, focus, and have greater access to Self-Energy.
6. Identify and discuss strategies to incorporate visual imagery in clinical work as a tool to facilitate deep relaxation for body and mind and connection to Self-Energy.

7. Identify where emotions live in the physical body and describe how to incorporate this awareness into clinical mental health treatment via IFS.
8. Identify the principles of yoga for mood regulation and how to match clients with an appropriate practice that meets both mood and constitution.
9. Identify predominant mood through analysis of current breathing patterns.
10. Describe two meditation techniques effective with OCD and anxiety disorders.
11. Describe the benefits of integrating LifeForce Yoga practices and IFS therapy.
12. Describe two breathing techniques effective with dysthymia and major depression.
13. Describe a breathing technique effective in interrupting a panic attack.

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.

Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week of Healing and Learning, Course #4114, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 04/26/2022 - 04/26/2024. Social workers completing this course receive 15 General Social Work Practice continuing education credits.

This course is not eligible for NYSED or NBCC Contact Hours.

Psychologists: This course is *only* eligible for continuing education credits in California, Canada, New York, Ohio, and Pennsylvania.

Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>.

Speaker Disclosures:**Amy Weintraub**

Financial: Amy Weintraub has no relevant financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-Financial: Amy Weintraub has no relevant non-financial relationships with ineligible organizations.

Angela Huebner

Financial: Angela Huebner has no relevant financial relationships with ineligible organizations.

Non-Financial: Angela Huebner has no relevant non-financial relationships with ineligible organizations.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

In-Person Course Format: Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30 minute break.

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

Tuition:

In-Person Course:

Early Tuition Rate: \$700 (through 04/01/2023)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

Live-Online Course:

Early Tuition Rate: \$575 (through 04/01/2023)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Refund Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

Within two weeks: If you give notice between fourteen and one day(s) before your course start date a credit for a 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

Once your course begins: No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at info@cape.org or by calling + 1 (203) 781-6492.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at (203) 781- 6492 or certificate@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

Cape Cod Institute Administration
MAK Continuing Education, LLC
2 Belden Ave
PO Box 2225
Norwalk, CT 06852
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267
E-mail: info@cape.org

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JULY 3-AUGUST 25, 2023

JULY 3-JULY 7, 2023

Bessel van der Kolk, MD

Frontiers Of Trauma Treatment

In-Person, Live-Online

Anatasia S. Kim, PhD

Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice

In-Person, Live-Online

Linda Graham, MFT

The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster

In-Person, Live-Online

JULY 10-JULY 14, 2023

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic And Ego-State Therapies With EMDR To Change The Valence Of Emotional Memories

In-Person, Live-Online

Joe Kort, PhD, LMSW

Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies

In-Person, Live-Online

Licia Sky, BFA & Bessel van der Kolk, MD

Come to Your Senses: Embodied Self Awareness

In-Person

Richard Schwartz, PhD

Internal Family Systems Workshop

In-Person, Live-Online

JULY 17-JULY 21, 2023

Paul Foxman, PhD

The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians

In-Person, Live-Online

Janina Fisher, PhD

Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation

In-Person, Live-Online

Flint Sparks, PhD

Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice

In-Person

JULY 17-JULY 21, 2023

James Hawkins, PhD, LPC

Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework

In-Person, Live-Online

JULY 24-JULY 28, 2023

Gabriella Rosen Kellerman, MD

Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future

In-Person, Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, And Consciousness: An Integrative Approach

In-Person

Franklin King, MD

The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments

In-Person, Live-Online

John P. Forsyth, PhD &

Jamie R. Forsyth, PhD

Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard

In-Person, Live-Online

JULY 31-AUGUST 4, 2023

LaTonya Wilkins, PCC, MBA

Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself

In-Person, Live-Online

Amy Weintraub, MFA &

Angela Huebner, PhD

Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning

In-Person, Live-Online

Maria Sirois, PsyD

Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth

In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Deborah Korn, PsyD

EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect

In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, & Carol Kramer, LICSW with Faculty Associate: Joanne Audyatis, LMHC

Doing IMAGO Relationship Therapy In The Space Between

In-Person, Live-Online

Bob Anderson

Conscious Leadership: A Unified Model Of Leadership Development

In-Person

George McCloskey, PhD

Intervention For Child And Adolescent Executive Control Difficulties

In-Person, Live-Online

AUGUST 14-AUGUST 18, 2023

Deborah Dana, LCSW

Polyvagal Theory In Therapy: Practical Applications For Treating Trauma

In-Person, Live-Online

Mary-Frances O'Connor, PhD

The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss

In-Person, Live-Online

Salman Akhtar, MD

In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment

In-Person

Edward Hallowell, MD

Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span

In-Person, Live-Online

AUGUST 21-AUGUST 25, 2023

Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW

"HOT" Topics In AEDP™

In-Person, Live-Online

Jonah Paquette, PsyD

Awe, Wonder, And The Science Of A Meaningful Life

In-Person, Live-Online

Donald Meichenbaum, PhD

Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities

In-Person, Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : WWW.CAPE.ORG