

IN-PERSON  LIVE-ONLINE**JULY 10th - JULY 14th, 2023****\*Earn Up to 15 CE Credits / Hours****RICHARD SCHWARTZ, PhD**

**Richard Schwartz, PhD** began his career as a family therapist and an academic, at the University of Illinois at Chicago. There, he discovered that family therapy alone did not achieve full symptom relief and in asking patients why, he learned that they were plagued by what they called “parts.” These patients became his teachers as they described how their parts formed networks of inner relationship that resembled the families he had been working with. He also found that as they focused on and, thereby, separated from their parts, they would shift into a state characterized by qualities like curiosity, calm, confidence and compassion. He called that inner essence the Self and was amazed to find it even in severely diagnosed and traumatized patients. From these explorations the Internal Family Systems (IFS) model was born in the early 1980s. IFS is now evidence-based and has become a widely-used form of psychotherapy, particularly with trauma. It provides a non-pathologizing, optimistic, and empowering perspective and a practical and effective set of techniques for working with individuals, couples, families, and more recently, corporations and classrooms. The IFS Institute ([ifs-institute.com](http://ifs-institute.com)) offers three levels of training and workshops in IFS for professionals, both nationally and abroad. Dr. Schwartz is a featured speaker for national professional organizations and a faculty member of the Department of Psychiatry at Harvard Medical School.

## **Richard Schwartz, PhD**

### ***Internal Family Systems Workshop***

**15 Hour In-Person & Live-Online Course**

**Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.**

The Internal Family Systems Model is a method of therapy that fosters transformation, gently, quickly, and effectively. It views multiplicity of mind as our natural state and our “parts” as sub-personalities that may be healed and transformed by bringing the Self into its rightful role as leader of the internal system. The Self, a core of valuable leadership qualities, is our true nature—compassionate and loving. Although IFS has been most widely used as a treatment for trauma, it is a flexible model that provides abundant opportunities for application.

IFS advances treatment in several areas:

- **First**, by showing respect and appreciation for the client’s protective parts, it reduces resistance and backlash.
- **Second**, it helps clients fully unburden the extreme beliefs and emotions they accrued from their traumas.
- **Third**, affect is regulated in a simple and effective way so that clients are not overwhelmed during sessions.
- **Fourth**, 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.
- **Fifth**, IFS gives therapists practical ways to understand and work with their countertransference so they can remain in the open-hearted state of Self leadership with clients.
- **Sixth**, it frees therapists from the role of trying to police clients' symptoms like suicide, eating disorders, addictions, and self-mutilation.
- **Seventh**, 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.

This workshop is designed for therapists with little exposure to IFS as well as those who know the basics of IFS, but have trouble when clients resist, have particularly difficult parts, or when it comes to using the model with couples or larger systems. We will begin with an overview of IFS and then move on to the deeper exploration of issues that arise during treatment. This course will also provide the opportunity for participants to identify and work with the parts of themselves that interfere in their relationships with clients. The workshop will be a balance of lectures, demonstrations, and experiential exercises.

**Richard Schwartz, PhD | Internal Family Systems Workshop | July 10th - July 14th, 2023**

## Course Agenda

**Monday:**

Introduction to IFS and overview of the process of IFS therapy

**Tuesday:**

Working with resistant clients and/or difficult parts

**Wednesday:**

IFS applied to couples

**Thursday:**

Releasing legacy burdens

**\*Psychologists:** *This session is only eligible for continuing education credits in New York, Pennsylvania, and California. Please see the CE section for a full listing of CE course approvals.*

**Friday:**

How to work with parts of the therapist that interfere with IFS therapy

## Course Objectives

Upon completion of this course participants will be able to:

1. Describe the basic IFS model
2. Discuss the observation of IFS live demonstration
3. Discuss the impact of trauma on internal systems
4. Discuss client protective parts
5. List the six steps for healing exiled parts
6. Describe how to work with difficult and/or resistant parts
7. Discuss IFS affect management strategies
8. Participate in experiential exercises that demonstrate affect management
9. Summarize the IFS approach to couples' therapy
10. Discuss case examples of couples using IFS
11. Summarize IFS application to families
12. Discuss the concept of legacy burdens in IFS therapy
13. Indicate techniques to understand and deal with transference
14. Use IFS methods to help therapists stay centered during sessions
15. Describe how IFS helps therapists be freer in their work

## 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.*

**\*Psychologists:** MAK Continuing Education, LLC, Cape Cod Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for this program and its content. This live program qualifies for 12 continuing education hours.

**CA:** MAK Continuing Education, LLC, Cape Cod Institute is approved by the CPA OPD to sponsor continuing professional education for psychologists. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for this program and its content. CPA OPD Provider Code: MAK001. This live program qualifies for 15 continuing education hours.

**Canada:** MAK Continuing Education, LLC, Cape Cod Institute is approved by the Canadian Psychological Association to offer continuing education for psychologists. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for the program. This live program qualifies for 15 continuing education hours.

**NY:** MAK Continuing Education, LLC, Cape Cod Institute is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists # PSY-0102. This program qualifies for 15 continuing education hours.

**OH:** MAK Continuing Education, LLC, Cape Cod Institute is a OPA-MCE Approved Provider. Approved Provider: #854261519. This live program qualifies for 15 continuing education hours.

**PA:** MAK Continuing Education, LLC, Cape Cod Institute is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. Provider # PSY000226. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for the program. This live program qualifies for 15 continuing education hours.

**Internal Family Systems Workshop,** Course #4924, 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. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 5/2/2023 - 5/2/2025. Social workers completing this course receive 15 Clinical continuing education credits.

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:**

**Financial:** Richard Schwartz has no relevant financial relationships with ineligible organizations. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

**Non-Financial:** Richard Schwartz has no relevant non-financial relationships with ineligible organizations.

## Tuition, Registration & Course Formats

### Registration:

Visit [www.cape.org](http://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](mailto: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](mailto: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  
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PO Box 2225  
Norwalk, CT 06852  
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267  
E-mail: [info@cape.org](mailto: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](http://www.cape.org/ce-credit)

**FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : [WWW.CAPE.ORG](http://WWW.CAPE.ORG)**