

The Knowledge Tree

1640 Powers Ferry Road, Building 9, Suite 250, Marietta, Georgia 30067, 404-913-2005, www.TheKnowledgeTree.org

An Introduction to the Internal Family Systems (IFS) Model: Theory & Practice - 6 CEUs

When & Where:

- **Date:** Friday, January 19, 2024
 - If you cannot attend this workshop on 1/19, you can register for the on-demand version here: <https://www.theknowledgetree.org/p/online-course-introduction-to-the-internal-family-systems-model-theory-practice/>
- **Time:** 10:30am – 5:30pm *Eastern Time*
- **CE Hours Included:** 6 Core (please see below for more details)
- **Location:** Live Interactive Webinar ("Synchronous") on Zoom
- **Investment:** \$140 before Friday, January 5th at 5:00pm *Eastern Time*, \$160 after
- **Presented by:** Alexia Rothman, Ph.D. (see bio below)
- **Workshop Recording:** A recording of this workshop is available to review for 60 days after the presentation. However, participants must attend live to receive the "Synchronous" CE Certificate.
- **Instruction Level:** Introductory
- **Target Audience:** Psychologists, Counselors, Social Workers, Marriage & Family Therapists, Psychotherapists, Other Mental Health Professionals

Educational Objectives:

In this workshop, you will learn how to:

- Summarize the origins and development of the Internal Family Systems (IFS) Model, including empirical support for the model and the current status of ongoing research using IFS to treat posttraumatic stress disorder.
- Explain IFS theory in depth, including the basic principles and assumptions of the model.
- Describe the three major components of the psyche as outlined by IFS (parts, burdens, and the Self).
- Compare the characteristics of and assumptions regarding each component and how the functioning of the internal system relates to mental health.
- Discuss the goals of IFS therapy and case conceptualization through an IFS lens.
- Review the IFS procedures and techniques that can be implemented immediately in clinical and personal work.

Workshop Description:

This workshop will provide an in-depth overview of Internal Family Systems (IFS) theory and therapy. IFS is an evidence-based model that provides a compassionate, respectful, non-pathologizing approach to understanding the organization and functioning of the human psyche. It provides therapists with a powerful and effective set of tools for empowering clients with a wide range of clinical profiles to heal the wounded and burdened parts of their internal systems, resulting in increased internal harmony, symptom reduction, and improved functioning. Participants will gain familiarity with IFS theory and with IFS techniques that can be put to use immediately in their own lives and in their work with clients.

***Please be aware that "Internal Family Systems" (IFS) is a very different model from "Family Systems" therapy. There has been some confusion in the past, so we really want to make sure everyone knows this is an IFS training and not a Family Systems training. Thank you!**

Presented by: Alexia Rothman, Ph.D.

Dr. Alexia Rothman is a clinical psychologist in private practice in Atlanta, GA, since 2004. She is a Certified Internal Family Systems therapist, an international speaker and educator on the IFS model, and a professional consultant for clinicians seeking to deepen their knowledge and practice of IFS through theoretical discussions, case consultation, technique practice, and deep, personal experiential work with their own internal systems. Dr. Rothman



has received extensive training in the IFS model, primarily from IFS developer, Dr. Richard Schwartz. She has served as a Program Assistant for multiple Level 1, 2, and 3 experiential IFS trainings, and she offers workshops on the IFS model throughout the United States and Internationally. She co-hosts an Internal Family Systems-informed podcast, *Explorations in Psychotherapy*.

Dr. Rothman is a United States Presidential Scholar who graduated summa cum laude from Emory University as a Robert W. Woodruff Scholar. She received her Ph.D. in Clinical Psychology from the University of California, Los Angeles (UCLA), where she was an Edwin W. Pauley Fellow and a National Science Foundation Graduate Research Fellow. She has held adjunct faculty positions at Emory University and Agnes Scott College.

Agenda (Eastern Time):

- 10:00am - 10:30am | Sign-In and Welcome
- 10:30am - 12:00pm | Session
- 12:00pm - 12:10pm | Break
- 12:10pm - 1:40pm | Session
- 1:40pm - 2:20pm | Lunch Break
- 2:20pm - 3:50pm | Session
- 3:50pm - 4:00pm | Break
- 4:00pm - 5:30pm | Session
- 5:30pm | Continuing Education Certificates Available

6 Core CE Clock Hours Included - Details by License Type Below:

- **PSYCHOLOGISTS:** The Knowledge Tree (TKT) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. TKT maintains responsibility for this program and its content. For more detailed information on the current CE ruling in Georgia, or if you are licensed in another state or country, please [click here](#).
- **COUNSELORS:** The Knowledge Tree has been approved by the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider (ACEP), ACEP No. 7153. Programs that do not qualify for NBCC credit are clearly identified. The Knowledge Tree is solely responsible for all aspects of the programs. Please [click here](#) for more detailed CE information.
 - **Counselors Licensed in Canada:** TKT has applied for approval for this workshop through the Canadian Counseling and Psychotherapy Association (CCPA).
- **SOCIAL WORKERS:** TKT has applied for approval for this workshop through the Georgia Society for Clinical Social Work (GSCSW). If you are licensed in another state or country, please [click here](#) for more detailed information.
- **MARRIAGE & FAMILY THERAPISTS:** TKT has applied for approval for this workshop through the Georgia Association for Marriage & Family Therapy (GAMFT). If you are licensed in another state or country, please [click here](#) for more detailed information.

Registration: To register for individual workshops, you may use our online payment option, or to pay by check you may print and complete the Registration Form and mail or fax it to our office. The registration form is available on our website: www.theknowledgetree.org

Multiple Workshop Special: There is a 10% Discount with registration for two workshops. There is a 15% Discount with registrations for three or four workshops. There is a 20% Discount with registration for five or more workshops.

Refund Policy: Refunds will be given for cancellations received at least **five days** prior to the workshop.

Attendance Policy: 100% attendance is required at any CE program in order to receive credit for that CE program. No partial credit is given.

We are an approved vendor for the U.S. Department of Veterans Affairs for easy reimbursement of educational expenses for VA employees.

For more information about our workshops, please contact us at 404-913-2005 or email us at workshops@theknowledgetree.org