

## **INTERNAL FAMILY SYSTEMS: AN INTRODUCTORY OVERVIEW OF THE METHOD**

**SATURDAY, APRIL 2, 2011  
9:00 AM to 12:00 PM  
SUNY Brockport's Metro Center  
55 St. Paul Street  
Rochester, NY 14614**

**Presenter: Kathe Healy, LMHC, Certified Family Systems Therapist**

A special opportunity to learn more about the Internal Family Systems Model. This workshop will be an introductory workshop on the model, with the expectation that those interested will be able to register to participate in a follow-up training with Kathe Healy.

The Internal Family Systems Model (IFS) is a comprehensive approach that includes guidelines for working with individuals, couples, and families. The IFS Model represents a new synthesis of two already-existing paradigms: systems thinking and the multiplicity of the mind. It brings concepts and methods from the structural, strategic, narrative, and Bowenian schools of family therapy to the world of subpersonalities. IFS was developed by Richard Schwartz, PhD, and administered by the Center for Self Leadership. For more information on this model go to [www.CSL.com](http://www.CSL.com).

The presentation will include a basic introduction to the method, a video of an actual IFS session and a question/answer period for attendees.

Kathe Healy, LMHC, a NYS Credentialed Alcohol & Substance Abuse Counselor, Master Addiction Counselor, and a Certified Group Psychotherapist, has been in the field of mental health and addiction counseling for more than 25 years. She provides therapy for adult individuals, couples and groups in her private practice, Healy Counseling Services, located in Fairport. Ms. Healy has gone through extensive training in this model and is the only therapist in central and western New York fully certified to use the Internal Family Systems approach in treatment. Ms. Healy specializes in the care of individuals battling with the residues of trauma.

**This workshop is cosponsored by the Mental Health Counselors of Greater Rochester, Chapter of NYMHCA and the Genesee Valley Association of Marriage and Family Therapists.**

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**REGISTRATION FORM:** Space is limited, so register early!

Please send your payment and form to Robin Shiffrin, LMFT, 448 White Spruce Blvd. Rochester, NY 14623.

If you have questions please call Robin at 585-733-0624 or email at [rshiffrin@rochester.rr.com](mailto:rshiffrin@rochester.rr.com).

CEU's will be provided to Mental Health Professionals (LMHC, MFT, CAT) and a Certificate of Attendance will be available for other professions to submit to their professional organization for NCC CEUs.

**Registration Fee:** Please make checks payable to Mental Health Counselors of Greater Rochester, Chapter of NYMHCA.

- \$25.00 for members of GVCAMFT or NYMCHA (title)
- \$30.00 for non-members
- Free for students in a counseling or therapy program (please bring student ID)
- Early Bird Registration: Registrations postmarked by March 10 can take \$5.00 off the registration fee.
- All registrations need to be sent by March 25<sup>th</sup>.
- Name:
  
- Address:
  
- Phone Number:
- Are you a member of Mental Health Counselors of Greater Rochester or GVCAMFT? (please circle)
- If you are a student, in which program are you enrolled: