

Next Steps

Toni: Welcome back everyone. This really is the wrap-up we've been promising you. We're going to be talking now about more learning opportunities for you both web based and IFS trainings.

Pamela: Right. I'll talk a little bit first about the web based opportunities. There is another program that's going to follow this, a continuum that will address other topics and new materials and anyone who has completed this program can go ahead and move into the new program that's coming. You may have gotten information about it already. If not, it will be coming soon.

Toni: We also wanted to talk to those of you that have not taken a formal IFS Level 1 training and put a promotion in for those of you that might be interested to go to the CSL website and find out where those trainings are happening because there could be a training happening your neighborhood soon. I think I can speak for both of us when I say that even though you got a ton of information here and it has been quite comprehensive, that what you get in the trainings themselves is the experiential pieces and supervised practice.

If you really have become interested in applying this model in your offices, we highly encourage you to at some point take the basic training.

Pamela: Right. Maybe just say there's a couple of different formats for that. There's a six-weekend Level 1 training that takes about a year. You meet every other month for a weekend and for six sessions. There are also retreat-style trainings where you spend an extended time in two segments. So there's tons of different ways that you can do it in different locations, so hopefully if you're interested, one of those will fit your needs.

Toni: These trainings take place all over the United States and internationally.

Pamela: Right.

Toni: The way you find out whether an IFS training is taking place in the country where you live is to go to the CSL website which is selfleadership.org and you can easily find out where trainings are happening and what trainers are doing those trainings.

Pamela: Right. Right. We have a number of really highly skilled lead trainers and assistant trainers who run these programs. There's lots of wonderful people associated with the organization that you can learn from.

Toni: The other thing actually while we're talking about the CSL website, is if you're curious about doing the work yourself and you haven't, there's a list of IFS therapists certified and otherwise that you can find on the selfleadership.org website.

For those of you that already have been trained in basic IFS skills and are interested in more advanced training, there are tons of opportunities now for more advanced training which you might not be aware of. Those

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opportunities are also available on the Center for Self Leadership website so there are Level 2 trainings that are specialties like couples, and trauma, and deepening and expanding.

Pamela: Right.

Toni: Also, you may know that there's a Level 3 program which is really spending five days with Dick Schwartz watching him work and practicing and working with your own parts. Those trainings, the Level 2 trainings and the Level 3 trainings are also offered nationally and internationally.

Pamela: Right. Exactly. Again those are open to anyone who has completed the Level 1 training. Those are prerequisites for any of the Level 2 or Level 3 trainings.

There's also for everyone, there's a conference every year, an IFS conference. It's generally in the fall in October or November. It's a great way to continue your learning. There's tons and tons of really wonderful workshops where you can hear from people who are doing new and innovative things with the model because this model is just so alive and continues to grow. It's a great way to really deepen your understanding of the model but also get connected in a different way with the IFS community. It's an amazing community of people. The conference is one of my favorite things every year. It's really wonderful.

Toni: It's a great place to meet people and network and also find out what's new in IFS and about the research that's taking place now. There are several research projects isn't that right?

Pamela: Yeah. There's a lot of research going on right now and will continue to go on. There'll be opportunities for practitioners to be involved in that research. It's another way to stay connected and help spread the model in the world which is really I think one of the reasons we both do this, right? We love this model and want to share it with as many people as we can share it with. We're teaching all over the place, right?

You do the Level 2 couple's training. I'm highly involved in the deepening and expanding. It's training that Chris Burris and I created together. It's a wonderful way to really develop more skill in the model. We're out there. You all can continue to have ... And for those of you who haven't taken the Level 1, I teach Level 1's everywhere. We're teaching a lot of Level 1's.

Toni: You have this entire training program and even though we've said it over and over again, go back. Go back and go through the learning again and again and use the meditations. When I was thinking about these meditations that we've done throughout the year, a lot of these you can also use with your clients. If you do them yourself, they'll integrate and you can bring them to your clients so that's another way to use the model.

Pam and I read several times from a big book called IFS New Dimensions

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and the chapters in that book were written by IFS trainers primarily. It is a really, really, wonderful resource. Dick Schwartz also has a beautiful chapter in there on the therapeutic relationship. I encourage you to read whatever you can get your hands on and continue being part of the community.

- Pamela: Right. Just also to say that selfleadership.org, there are resources on the website. There's videos that you can get that you can watch. There's other books that folks have written. There's tons of additional resources for more learning there. Check that out if you're interested in that type of learning.
- Toni: If you love this way of learning, the online way of learning, there will be more coming so keep your eyes out for more web training.
- Pamela: Yeah. Great.
- Toni: I just want to take a moment to thank our wonderful team. Our video team. We have Asa behind the camera and Brian keeping us rolling and Ian and Artem behind the scenes. They've been wonderful, wonderful team to work with so, thank you guys.
- Pamela: Yeah, thanks guys. Thanks and especially because I will say I'm so technologically not adept and I appreciate everything you've done.
- Toni: Thank you, best team. Best partner, really.
- Pamela: Oh my god.
- Toni: It's been so great to work with you.
- Pamela: Yeah, it's been, oh I could cry. It's just been so wonderful and it's been ... I said to a lot of people it's been a real labor of love and it has.
- Toni: It has. Yeah. Love and fun.
- Pamela: Love and fun and hard work.
- Toni: And hard work.
- Pamela: A lot of hard work. Yeah. It's been so great being with everybody this year and creating this community and the way everyone's been so engaged with the program and all your questions and your participation on Facebook. We'd really love to see that continue.
- Toni: Yeah. I just want to also acknowledge all of you that have participated in this program and I also especially want to thank all of you guys that showed up on the different calls because you could see us but we couldn't see you and that was a challenge. But to be able to see down at the bottom of our screen how many hundreds of people were signed up and were listening and were sending their questions, it was really great.