

*Northeast Counties Association of Psychologists
Bergen - Hudson - Passaic Counties, NJ*

Spring Program – **Sunday, April 29th, 2018**

An Introduction to Internal Family Systems Therapy

Presenter: Jim Andralis, LCAT

PROGRAM:

Internal Family Systems Therapy (IFS) was developed by Richard Schwartz, Ph. D. by listening to his clients' descriptions of their inner lives. IFS, a synthesis of systems thinking and the multiplicity of the mind, sees major shifts occurring as clients turn toward even their most destructive, reviled impulses with curiosity and compassion. Jim Andralis, an Assistant Trainer in New York-area IFS trainings, will introduce the model and describe how this approach to internal work can heal even the oldest and deepest emotional wounds.

PRESENTER:

Jim Andralis, LCAT, has a full-time psychotherapy practice in New York City. He has been assisting in New York-area Internal Family Systems Therapy trainings since 2010 and has recently been promoted to Assistant Trainer. Jim is also a singer and songwriter who performs regularly in NYC with his band *The Syntonics*.

The presenter does not have any commercial support and/ or conflict of interest for this program.

Learning Objectives: This workshop is designed to help participants:

- Describe 5 key concepts of the IFS model of psychotherapy.
- Identify 3 roles that “parts” tend to play within an internal system.
- Apply concepts of the IFS model to their understanding of their own internal worlds.
- Learn how begin to apply IFS theory to the clinical situation through clinical vignettes.

LOCATION: *Cresskill Senior Center*, 38 Spring St., Cresskill, NJ 07676

10:30 – 11:00 AM Registration and Continental Breakfast

11:00 – 1:00 PM Program

(Location is ADA accessible.)

NCAP Members and Students – No Charge • Guests \$30

2 CE credits available for psychologists (add'l. charge): NJPA members \$15; sustaining members N/C. NJPA non-members \$25.

Payment for CE is to be made online only, after the program. After remitting payment you will receive a confirmation email with a link to the CE evaluation form (this new procedure will be explained further at the program).

RSVP to: Joan Fiorello, Ph.D. – joangf@hotmail.com or 201-784-0312

Refund available only if cancellation received by April 20th.

This program is co-sponsored by NJPA and NCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program and its content. This program qualifies for 2 C.E. credit hours for psychologists. This program is geared for all mental health professionals.

Program sophistication: intermediate.

Intended audience: psychologists, social workers, marriage and family therapists, mental health counselors, and graduate students.

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