

Introduction to Internal Family Systems (IFS) for Eating Disorders:  
A one-day training designed for all mental health professionals and registered dietitians who work  
with eating disorders  
Friday, November 30, 2018, 9 AM – 4:30 PM

And

Integrating IFS for Dietitians: Expanding the Toolkit of Behavior Change  
An Additional Day for Dietitians  
Saturday, December 1, 2018, 9 AM – 4:30 PM

Location: Fairhaven Residential Treatment Center  
890 N. Houston Levee Rd.  
Cordova, TN 38018

#### Workshop Presenters:

- Jeanne Catanzaro, PhD
- Diana Dugan Richards, RDN, LDN, RYT
- Molly Kellogg, LCSW, CEDRD

Day One: Early bird Registration for **\$198 (\$215 after Nov 2)** (Therapist CE's applied for)

Both days: Early bird Registration: **\$385 (\$404 after Nov 2)** (12 CE's for RDs)

Internal Family Systems (IFS) is an evidence-based therapeutic intervention used by a wide range of professionals. It is particularly effective in treating trauma. Employing the IFS model helps the client 1) identify the self-protective function of polarized cognitions regarding eating and resultant eating disorder behaviors; 2) identify and address the emotional and physical triggers driving this internal dialogue particularly the anticipation of loss of control, negative self-evaluations, and self-blaming, self-shaming thoughts; 3) identify the ambivalence behind healthy vs. inappropriate eating patterns, and 4) identify fears and other feelings that arise in response to shifting to healthier choices. There is more information about IFS at <http://www.selfleadership.org/>. This workshop is suitable for beginners as well as those who have more experience using the Internal Family Systems Model.

#### Day One Educational Objectives:

- *Identify the basic concepts of Internal Family Systems (IFS) Model*
- *Describe how the IFS model approaches the treatment of eating disorders and disordered eating.*
- *Describe the importance of the therapist's own work to support the process.*

The second day is designed specifically for Registered Dietitians. It is a continuation of the first day and does not stand on its own. The concepts and processes of IFS will be examined from a dietitian's perspective. We will explore the role of the nutrition professional in IFS-oriented treatment. There will be opportunity for practice.

#### Day Two Educational Objectives:

- *Employ the IFS model in conceptualizing work with clients with disordered eating.*
- *Describe the role of the Dietitian in an IFS treatment team.*
- *Identify the issues that arise for dietitians who adopt the IFS model.*

Required pre-workshop reading: Introduction to the Internal Family Systems Model, by Richard C. Schwartz. <http://selfleadership.org/ifs-store.html>

Both days will be interactive with a mix of presentation, group discussion, demonstration and short videos. To register and obtain information about continuing education credit, see: [www.mollykellogg.com/IFS](http://www.mollykellogg.com/IFS)

## Presenters:

**Jeanne Catanzaro, Ph.D.** is a clinical psychologist in private practice in Brookline, Massachusetts. A former director of the partial hospitalization program at the Renfrew Center of New York City, she has worked extensively with clients with eating disorders and trauma. She has written articles about IFS, eating disorders, and trauma treatment and is currently focused on using IFS to help people shift out of dieting and disordered eating.

**Diana Dugan Richards, RDN, LDN** is a certified IFS nutrition therapist and registered, licensed dietitian in private practice in Watertown MA. IFS, motivational interviewing and yoga therapy have informed her work throughout her 20-year nutrition career. Her experience lies in dysfunctional and disordered eating, digestive health issues, and vegan/vegetarian lifestyles.

**Molly Kellogg, CEDRD, LCSW**, is the author of Counseling Tips for Nutrition Therapists: Practice Workbook series and conducts Motivational Interviewing training for nutrition professionals. Her Internal Family Systems (IFS) experience includes Level 1 and 2 training and she employs IFS in her psychotherapy practice.

## **Program Schedule**

Day 1: November 30<sup>th</sup>, 2018

Time	Date	Instructional Hours	Topic
8:30-10:00	11/30/18	1.5	Introduction to the Internal Family System Model
10:15-11:45	11/30/18	1.5	Introduction to IFS (cont'd)
11:45-12:15	11/30/18	.5	Experiential exercise using IFS principles
1:15-1:45	11/30/18	.5	Discussion group regarding Experiential Exercise
1:45-2:45	11/30/18	1	Case Presentation and Discussion
3:00-3:30	11/30/18	.5	Continued didactic re: IFS principles
3:45-4:15	11/30/18	.5	Interactive exercise using IFS principles/Group discussion
CE's/Continuing Education Hours		6	

Day 2: December 1<sup>st</sup>, 2018

Time	Date	Instructional Hours	Time
8:45-9:15	12/1/18	.5	Experiential Exercise
9:15-10:30	12/1/18	1	Video demonstration/Case Presentation
10:45-12:15	12/1/18	1.5	Group discussion – clinical applications of IFS
1:30-2:30	12/1/18	1	Interactive Exercise - dyads
2:30-3:30	12/1/18	1	Live Demonstration/Group discussion/Review of IFS principles as applied in demo
3:30-4:00	12/1/18	.5	Experiential exercise
4:00-4:30	12/1/18	.5	Group Discussion – Scope of Practice, Delineation and Coordination of Therapist and RD roles Treatment Team Collaboration, Questions
CE's/Continuing Education Hours		6	

### **CE Information**

*It is the participant's responsibility to check with their individual state boards to verify CE requirements for their state.*

#### **Psychologists:**

Commonwealth Educational Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. Commonwealth Educational Seminars maintains responsibility for this program and its content. Psychologists completing this program will receive \_\_ hours of continuing education credit.

#### **Licensed Professional Counselors/Licensed Mental Health Counselors:**

Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Licensed Professional Counselors/Licensed Mental Health Counselors. Please visit [CES CE CREDIT](#) to see all states that are covered for LPCs/LMHCs. CES maintains responsibility for this program and its content. LPCs/LMHCs completing this program will receive \_\_ hours of continuing education credit.

#### **Social Workers:**

Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Social Workers. Please visit [CES CE CREDIT](#) to see all states that are covered for Social Workers. CES maintains responsibility for this program and its content. Social Workers completing this program will receive \_\_ clinical hours of clinical continuing education credit.

### **Licensed Marriage & Family Therapists:**

Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Licensed Marriage & Family Therapists. Please visit [CES CE CREDIT](#) to see all states that are covered for LMFTs. CES maintains responsibility for this program and its content. LMFTs completing this program will receive \_\_\_ hours of continuing education credit.

### **Grievance Policy**

Commonwealth Educational Seminars (CES) seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to: your name, email, and phone. Grievances would receive, to the best of our ability, corrective action in order to prevent further problems.

### **Accommodations for the Differently Abled**

Fairhaven Treatment Center facilities are handicap accessible. Individuals needing special accommodations, please contact Tom McCann, [tsmccann@fairhavenc.com](mailto:tsmccann@fairhavenc.com), (901) 757-7579.