

# Somatic IFS Training

In-Person Retreat with Susan McConnell

July 18-25, 2022

Ecology Retreat Centre, Ontario

One online introductory session June 27 9-3pm EST via Zoom



This 54 hour Somatic IFS Training will build on your experiential immersion into the practices of Somatic IFS. Through demonstrations, small supervised practice groups, reading materials, didactic presentations, experiential exercises, and large and small group discussions, you will learn specific practical interventions to access, witness, and unburden your clients' parts.

**Cost:** \$3400 USD (Includes Tuition, Food & Accommodations)

**Prerequisites:** Somatic IFS Series or Retreat & IFS Level 1 (or close equivalent)

*Limited to 30 participants*



## About the Ecology Retreat Centre

The Retreat Centre is located in the Hockley Valley “with access to over 20 acres in a lovely rural forest setting. With open meadows, babbling brooks, forest trails and a wonderful, peaceful energy.” We have spoken directly with many people who have enjoyed attending retreats here and returned again and again over the years. All meals are homemade “with an emphasis on using locally sourced, seasonal, and wholesome ingredients” and all dietary needs can be accommodated for an additional fee. Rooms will generally be shared with one other person, though there may be an opportunity for one’s own room for an additional cost depending on registration numbers. Bathroom and shower facilities are shared by groups of rooms. There is an outdoor swimming pool, scenic pond, campfire, walking trails in the woods, and labyrinth on the grounds.

Please see [www.ecologyretreatcentre.com](http://www.ecologyretreatcentre.com) for more details and photos.



## To Register

Please complete the [Application form](#) and you will be contacted to arrange payment to secure your spot.

## Payment Details

**\$500 USD (\$640 CAD) non-refundable deposit** to secure your spot

**\$2900 USD (\$3712 CAD) final payment** due by May 1, 2022

Via PayPal, Wise or e-transfer to [marina.hazan@gmail.com](mailto:marina.hazan@gmail.com)

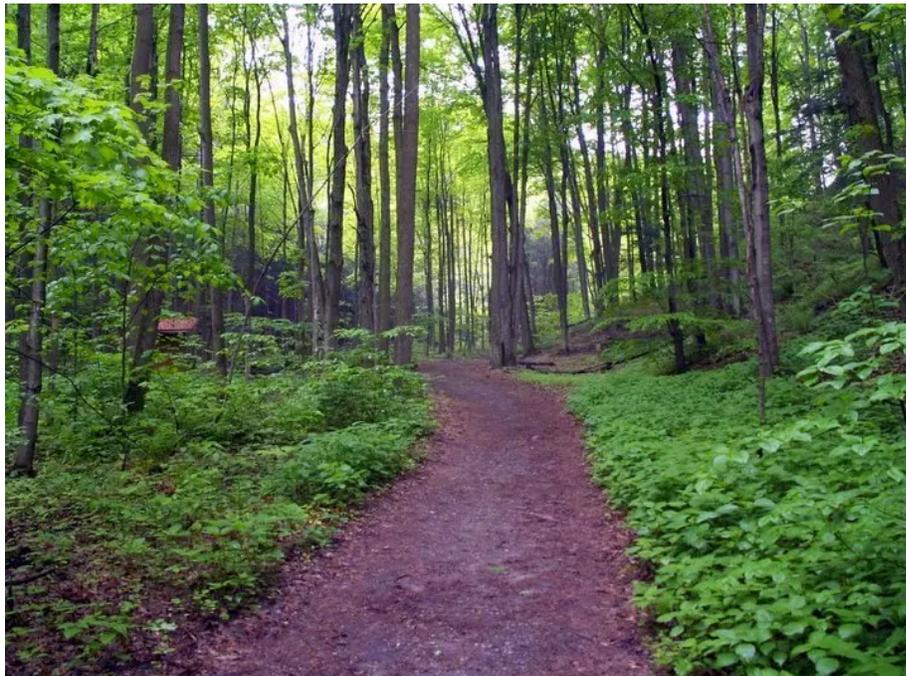
**\*Cancellation policy: deposit is non-refundable, remaining fee is refundable until May 1. This includes if you become ill or cannot travel due to Covid or any other reason.**

Note: IFS CE Credits available only

## Diversity & Equity

In hopes of bringing the value of greater diversity to Somatic IFS we are reserving 10 spots until March 1 for people who identify as racialized or gender diverse. The majority of the staff are white and all are cis-gendered. If being placed in a small group with an assistant or other participants who identify similarly to you will facilitate your learning please let us know and we will arrange this if possible.

*\*Depending on enrollment there may be scholarships available for those with financial barriers.*



## Covid Risks & Mitigation

(\*based on current situation and public health guidance, may change over time)

**Vaccination:** All participants and staff are required to be fully immunized, including a booster.

**Testing:** All participants and staff are required to send results of a rapid test taken 2-3 days prior to the training, and to bring rapid tests to take upon arrival and with any new testable symptoms. *\*If you test positive for Covid you will not be able to attend the training.*

**Masking:** Likely required indoors except when eating. Will be at organizers discretion and subject to Public Health requirements at the time.

**Leadership:** Susan McConnell will be our lead trainer, and will be mentoring assistant trainers. In the event that Susan becomes unexpectedly unable to attend the training she will lead us remotely. In the extremely unlikely event that she cannot participate at all during the scheduled training the assistant trainers will lead and Susan will provide additional post-training live demos and Q&A time.

**Online Pivot:** In the event that *we do not register a minimum number of participants by early May* **this training will become fully online via Zoom on the same dates**. At the time of this decision you will have a window of opportunity to withdraw and receive a refund of your final payment (deposit remains non-refundable). ***If Public Health limitations preclude in-person learning at the time of the retreat we will also pivot to online*** and you will receive a refund for the portion of your fee intended for food & accommodations less an admin fee (\$1200 - \$200 = \$1000 refund).

**International Travelers:** You are responsible for assessing your own risks with regards to health, travel and financial loss. You attend at your own risk with neither the retreat site, Susan McConnell or the organizers responsible should you require medical care, quarantine, or a change of travel plans during this experience.

You will need to stay up to date on border testing and quarantine requirements as well as those of your particular airline. Travel insurance is a necessity (may be available through your credit card; inquire into details such as whether it covers the cost of quarantine).

***We will provide more details and updates about travel and public health measures closer to the retreat date.***

## About the Trainer



**Susan McConnell**, MAPD, CHT, senior trainer for the IFS Institute, has taught Internal Family Systems in the US and internationally since 1997. Somatic IFS is the culmination of her experience and teaching of various bodywork, movement, spiritual, and psychotherapeutic modalities that facilitate the embodiment of the internal family—the subpersonalities as well as the essential core Self—to bring compassionate witnessing to the implicit body stories of our individual hurts and societal burdens.

*For more about Susan see*  
<https://www.embodiedself.net/workshops>

## Topics Covered in the Training

- Overview of the Somatic IFS approach to psychotherapy and body/energy work
- Somatic Awareness in the healing of emotional and psychological pain
- The use of Conscious Breathing in the healing process of psychotherapy
- Assisting Integration in clients of both the inner and outer worlds
- The practice of Radical Resonance in facilitating healing relationships
- Mindful Movement in restoring energetic emotional and physical freedom for healing
- The use of Ethical Touch in potentiating healing on the multiple levels of the mind, body, emotional and relational realms
- Stepping into the full empowerment of Embodied Self

## Required Reading

Somatic Internal Family Systems Therapy

<https://www.embodiedself.net/book>

*Please read in its entirety prior to the beginning of the training.*

