

# Organizations IFSI has partnered with:



Center for Mindfulness and Compassion



EST. 2020

TETON WELLNESS  
AFFILIATES



and more...

Questions? Reach us at [CAP@ifs-institute.com](mailto:CAP@ifs-institute.com) or learn more at [www.ifs-institute.com](http://www.ifs-institute.com).

IFS Institute's Community Access Programs (CAP) is a program of the IFS Institute. The mission of IFS Institute is to bring more Self leadership to the world. We provide IFS training for professionals, a practitioner directory for those looking for IFS trained providers, and international learning opportunities for those exploring personal growth through IFS. We want to make our programs as inclusive and accessible as they are informative and inspiring.

To learn more visit [www.ifs-institute.com](http://www.ifs-institute.com).



## COMMUNITY ACCESS PROGRAMS (CAP)

[www.ifs-institute.com](http://www.ifs-institute.com)





## Communities We Serve


 Global Majority and underrepresented racial groups

 LGBTQIA+ communities

 Neurodivergent individuals

 People impacted by substance abuse

 Those affected by eating disorders or disordered eating

 Survivors of domestic violence, sexual abuse, or trafficking

## Interested in our Community Access Programs?

Share about your organization by completing the CAP Questionnaire!




Scan the QR code to visit our CAP Webpage and submit the CAP Questionnaire.


## About CAP


IFS Institute's Community Access Programs (CAP) expand access to high-quality IFS training for culturally diverse, underserved, and underrepresented communities. By partnering with mission-aligned organizations, CAP reduces barriers to mental health equity and creates inclusive, affirming learning environments.

## Our Approach

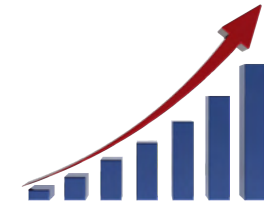
CAP partners with organizations that serve or are led by members of historically excluded groups to co-create programming that:

 Identifies and addresses barriers to access.

 Develops inclusive, culturally responsive training experiences.

 Brings IFS principles to a broader, more diverse range of practitioners and communities.

[www.ifs-institute.com](http://www.ifs-institute.com) | [@internalfamilysystems](https://www.instagram.com/internalfamilysystems)



## Program Growth

Since launching in 2018 with one partner, CAP has expanded its reach significantly.

- 2023: 3 CAP Level 1 Trainings
- 2024: 5 CAP Level 1 & Level 2 Trainings
- 2025: 9 CAP Level 1, Level 2, & Level 3 Trainings (and growing)

CAP also offers IFS Introductory Workshops to increase awareness and community engagement.



Charlie Health

