
NOTE: This training is only open to people affiliated with and approved by the Vet Center. If you have questions about your eligibility or if you wish to apply, please contact the Vet Center.

The Internal Family Systems Model

Internal Family SystemsSM is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFSSM offers a clear, non-pathologizing, and empowering view of human cognitive and emotional life and provides a dynamic therapeutic approach that allows both therapist and client to enter into a transformational relationship in which healing can occur.

Richard C. Schwartz, PhD, has been developing the IFS model for more than 30 years, with IFS now practiced by thousands of licensed therapists and other professionals throughout the United States and internationally. Mental health care professionals and others trained in the IFS model can easily integrate it into a wide variety of practices using the unique methods IFS offers to create safe environments for clients to become Self-transforming. Internal Family Systems therapy is a simple yet sophisticated integration of psychology, spirituality, and intra-psychic and family systems theory that:



Richard C. Schwartz

- Works well with couples, families, groups, and children;
- Can effectively treat trauma;
- Is a client-led approach that respects each client's pace and goals;
- Establishes a productive, trusting, and collaborative partnership between therapist and client;
- Helps therapists remain centered and open-hearted.

Internal Family Systems: An Evidence-Based Practice

Internal Family Systems (IFS) is now posted on NREPP as an evidence-based practice. NREPP is the National Registry for Evidence-Based Programs and Practices, a national repository that is maintained by the U.S. government's Substance Abuse and Mental Health Services Administration (SAMHSA). Interventions listed in NREPP have been subject to independent, rigorous scrutiny, and are deemed to show significant impact on individual outcomes relating to mental health.

As a clinical treatment, IFS has been rated effective for improving general functioning and well-being. In addition, it has been rated promising for improving each of: phobia, panic, and generalized anxiety disorders and symptoms; physical health conditions and symptoms; personal resilience/self-concept; and depression and depressive symptoms.

These scientific findings and the listing of IFS on NREPP affirm the vast potential of IFS therapy for advancing emotional healing and mental well-being. In particular, they indicate promising effects on mind (depression, anxiety), body (physical health conditions), and spirit (personal resilience and self-concept).

IFS & Training Information Sources

This brochure contains many important details about this program, including Continuing Education credit, Certificate of Completion attendance requirements, trainer biographies, finances, session and daily schedules, required readings, and more. **For more about IFS, please visit other tabs of our website.**

Curriculum

Overview: Overview: In addition to thoroughly learning IFS theory and technique, the IFS Level 1 training program invites participants to explore their own inner worlds in a safe, nurturing context. The training will help participants:

- Understand the conceptual base of the IFS model;
- Apply basic IFS techniques to various clinical populations; and
- Take advantage of the opportunities IFS offers for personal development.

Learning Objectives: Please visit www.IFS-Institute.com, FAQ page.

Format and Program Hours: This training includes lecture, discussion, demonstration, video review, experiential exercise, and small group practice. This training comprises six, 3-day sessions totaling 108 program hours (18 hours per session).

Session and daily schedules are listed later in this brochure.

Trainers



Lead Trainer: Mary Kruger, MS, LMFT, founded Rimmon Pond Counseling, LLC, an IFS-based private practice located in the Greater New Haven area. She has specialized in addictions, eating disorders, trauma and relationships for over 20 years, incorporating IFS with her own penchant for the experience. Mary has developed a variety of creative ways to work with parts and to access Self-energy in individual, relational, and group contexts. She also enjoys sharing her experience in her teaching, in workshops, and through consulting on a national level. Mary is noted for her humor, creativity, passion and love of dancing and people.



Assistant Trainer: Terrilee (Terri) Dalton, LCSW, CADAC, is a clinical social worker in private practice, teacher and longtime outdoor retreat leader with more than thirty years of experience working with complex trauma, addictions, anxiety and depression. She has specialized in individual and group work with women, adolescents and children using mind body practices including her work as a yoga teacher and teacher of Authentic Movement. IFS has been a passion of hers for more than a decade as a solid foundation in her vision of healing lives.

Online Training Schedule

Online sessions will meet according to the schedule below using the time zone in New York, NY. Please refer to www.24timezones.com, www.timeanddate.com, or similar resources to determine how that relates to your time zone. Please be sure to account for Standard vs. Daylight Savings time!

You can use New York, NY, in the U.S. Eastern time zone as a reference location to determine how the Eastern time zone relates to your own time zone for each training session

Training Dates

3-day sessions: 2021: May 19-21
2021: June 9-11
2021: July 21-23
2021: August 18-20
2021: September 22-24
2021: October 27-29

About Online Sessions

- Online sessions take place on Zoom.
- Please download and make sure that you understand Zoom software well before the training begins. To do this, go to [Zoom.us](https://zoom.us), sign in (or "sign up"), and create your account.
- If you have questions about downloading or using Zoom, please contact Zoom: 888.799.9666, or click "support" at the bottom of the [Zoom.us](https://zoom.us) home page. IFS Institute cannot provide technical support.
- Please ensure that your computer, any related equipment, and your internet connection are sufficient to attend a live Zoom event. IFS Institute cannot provide technical support.
- Training members will receive Zoom links close to the start of the training.
- Please note that the training is only for training members, so please take care to be in a private space when attending the training.

Daily Schedule

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/CE Hours
Day 1 Wed	9:30-12:30	15 min	2-6	15 min	6.5
Day 2 Thur	9-12:30	15 min	2-6	15 min	7.0
Day 3 Fri	9-11:30	X	Noon-2	15 min	4.5
					18 Total

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute and **a participant must complete 90 of the 108 program hours offered in order to be eligible to earn this certificate.** Participants are responsible for ensuring that they attend sufficient training hours to earn the Certificate of Completion.

IFS Certification

Participants are not Certified IFS Therapists or Practitioners until they successfully complete the IFS Certification process. Information about the criteria and procedures for becoming IFS Certified is available on the IFS Institute website certification page, or by emailing Certification@IFS-Institute.com.

Eligibility for Future Trainings

By earning IFS Institute's certificate of completion for this training, a participant is eligible to apply for a Level 2 IFS training program. Participants are not required to be Certified IFS Therapists or Certified IFS Practitioners to enroll in IFS trainings.

To Apply

Who Should Apply: We welcome applications from:

- Mental and medical health care practitioners
- Pastoral counselors
- Masters or doctoral students
- Dance, art, and music therapists
- Health care professionals in allied fields

Enrollment 33 participants may enroll in this training.

Continuing Education Contact Hours

- This training program is co-sponsored by IFS Institute and The Institute for Continuing Education (ICE).
- Continuing education contact hours are offered for the professional disciplines as listed.
- The course offers 18 contact hours per session (total of 108 contact hours per course). CE covers all scheduled course sessions.
- CE hours are awarded on a session-by-session basis, with full attendance required at sessions attended. Partial session CE credit is not offered.
- If you want CE credit attendees must complete all CE materials, comply with attendance monitoring requirements, and complete a session evaluation.
- Applications for continuing education contact hours will be provided by IFS Institute at the initial course session, along with other pertinent continuing education information.
- **If you want CE credit for this training, you need to sign up for it at the first session. You will need your license information (as applicable) to complete the CE forms. No late CE applications can be accepted.**
- CE verification is mailed to participants by ICE following each session (within 30 days of receipt of completed CE materials).
- **There is a non-refundable \$75 application fee. Please contact the Vet Center for further information.**
- It is the responsibility of attendees to contact their state licensing/certification board to determine if CE credit offered by The Institute for Continuing Education meets the

regulations of their state licensing/certification board.

- Learning objectives are available on the FAQ page at www.IFS-Institute.com.
- If you have questions regarding continuing education credit, please contact The Institute for Continuing Education: [800-557-1950](tel:800-557-1950). Email: instconted@aol.com.
- Instruction Methodology: May include didactic, lecture, audio-visuals, demonstrations, experiential exercises, case examples, small and large group discussions

Psychology: The Institute for Continuing Education is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0043.

Counseling: For counselors seeking CE credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC. This website will be updated regarding approval.

New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. Provider MHC-0016.

Social Work: This program has been approved for 18.00 social work continuing education hours, per session, for re-licensure, in accordance with 258 CMR, NASW-MA Chapter CE Approving Program. Authorization: D-90066-1 thru D-90066-6.

New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, Provider SW-0025.

New Jersey: This program has not been submitted for pre-approval for New Jersey social workers.

Marriage/Family Therapy: The Institute for Continuing Education is recognized as a provider of continuing education in marriage-family therapy by New York State Education Department's State Board for MFT, Provider MFT-0012.

California: The Institute for Continuing Education, Provider 56590, is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs. The Institute for Continuing Education maintains responsibility for this program and its content. This Course meets the qualifications for

a 18.00 hours of continuing education credit per session, for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences.

Illinois: The Institute for Continuing Education is recognized as a provider of continuing education by the Illinois Board of Marriage and Family Therapy, Provider 168-00108.

California: The Institute for Continuing Education, Provider 56590, is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs. The Institute for Continuing Education maintains responsibility for this program and its content. This Course meets the qualifications for 15.00 hours per session of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences.

Canadian Professionals: The Institute for Continuing Education holds no CE provider status with any Canadian licensing/certification boards. It is your responsibility to check the regulations of your licensing/certification board to determine CE requirements for training activities.

Required Pre-Training Reading and Other Materials

1. Reading Materials: All books listed below are available at IFS Institute's website store (www.IFS-Institute.com). Bundle pricing may be available. If you need assistance with the Store, please call 708.383.2659 or email Sandy@IFS-Institute.com.

Required reading before the training begins:

Schwartz, RC and Martha Sweezy (2019). Internal Family Systems Therapy (2nd edition).

Goulding, RA, and Schwartz, RC (2002). The Mosaic Mind: Empowering the Tormented Selves of Child Abuse Survivors, Oak Park IL: Trailheads Publications, The Center for Self Leadership, ISBN 0-9721480-1-9.

Suggested reading before the training begins:

Schwartz, RC (2001), Introduction to the Internal Family Systems Model, Oak Park IL: Trailheads Publications, The Center for Self Leadership, ISBN 0-97211480-0-0. **This book is required reading for those with no prior experience with the IFS model.** Class content is designed on the assumption that the reading is completed.

Other suggested reading:

Anderson, Frank G., Sweezy, Martha, and Schwartz, Richard C. (2017). Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD and Substance Abuse, Eau Claire, WI: PESI Publishing & Media, ISBN-10: 1683730879, ISBN-13: 978-1683730873.

2. Additional Training Materials: Each program's trainers may ask participants to purchase up to \$20 in additional training materials. If additional training materials are required, participants will be notified by the trainers as the starting date of the training approaches.

Tuition and Fees

Program Tuition: For tuition and other financial information, please contact the Vet Center.

Withdrawals/Refunds: Participants who wish to withdraw from the training program must do so in writing to the IFSI office. Refunds will not be made directly to participants by IFS Institute. Please contact the Vet Center for the withdrawal and refund policy.

IFS Institute Contact Information

Please also see the "contact us" page at www.IFS-Institute.com

Billing, Receipts, Credit Card matters: 708.848.9963, Mary@IFS-Institute.com

Canadian & Organizational Trainings (Level 1, 2, 3): 240.460.7449
Jeff@IFS-Institute.com

International Trainings (Level 1, 2, 3): Ashley@IFS-Institute.com

U.S. Trainings (Level 1, 2, 3): 708.383.2519, Maryanne@IFS-Institute.com

Webinars – IFS Circle/Continuity: 406.962.5598, Help@IFS-Institutue.com

IFS Certification: 828.215.6307, Certification@IFS-Institute.com

Annual Conference: 401.601.0445, Ashley@IFS-Institute.com

Everything Else IFS (Store, Workshops, Therapist/Practitioner Directory, etc):
etc.): 708.383.2659, Sandy@IFS-Institute.com

IFS Institute Fax: 708.383.2399