



INTERNAL FAMILY SYSTEMS THERAPY Level 2

Intensive Training Program (1460)
Deepening and Expanding with IFS
January 2026
Online Training (Live, Real Time)
Cairo.Egypt. Eastern Time Zone

The Internal Family Systems Model

IFS is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFS 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. For more information about the IFS model and its founder, Dr. Richard Schwartz, PhD, [visit the IFS Institute Website](#).

Internal Family Systems: An Evidence-Based Practice

Internal Family Systems is posted on the National Registry for Evidence-Based Programs and Practices (NREPP). 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. For more information about IFS as an evidence-based practice, please [visit the Foundation for Self Leadership Website](#).

Diversity, Equity, and Inclusion

Our goal at IFS Institute is to create learning environments and a community that teach and support the internal welcoming of parts that have been exiled, shamed, or marginalized within our systems so that they may be seen, heard, valued, and ultimately healed. Our hope is that this work will lead to greater Self leadership where all of us are more connected, curious, and compassionate with ourselves and with each other. For more information about IFS Institute's commitment to diversity, equity, and inclusion, please [visit: IFSI Diversity, Equity, and Inclusion](#).

Curriculum

Overview:

This Level 2 Intensive Training Program builds on Level 1 training experiences. It features a similar format to a Level 1 training, including didactic, video review, and large group experiential and small group practice elements. Like a Level 1 training, this Level 2 Intensive gives

equal weight to didactic and experiential learning. The training:

- Concentrates on the challenges of treating clients who have extremely protective systems and/or have experienced childhood trauma.
- Focuses on expanding the participant's knowledge of essential processes unique to IFS, such as working with internal polarizations, working with dangerous firefighters, and unburdening.
- Emphasizes the importance of the therapeutic relationship by deepening the participant's awareness of, and relationship to, their own parts.
- Emphasizes the importance of the Self in both the client and therapist and includes many opportunities for self-exploration.

Format:

The training includes lecture, discussion, demonstration, video review, experiential exercises, and small group practice.

- Online sessions meet on Zoom. Please visit the [Zoom website](#) for information about how to access a Zoom account before the training begins.
- Please ensure that your computer, any related equipment, and your internet connection are sufficient to attend a live Zoom event.
- Training members will receive Zoom links close to the start of the training.
- The training is only for training members. Please attend the training in a private space.
- IFS Institute cannot provide technical support related to your device, internet service, or Zoom account.

Scope of Practice:

Materials and methods included in this course may include interventions or practices that are beyond your scope of practice. As a professional in your given field, you are responsible for reviewing the scope of practice, including activities that are defined by applicable law as beyond the boundaries of your practice, and applying your learning in compliance with your professional standards.

Learning Objectives are listed on the IFS Institute website

Level 2 Training Eligibility

Prerequisite: Those who have earned the Certificate of Completion from a Level 1 training program are eligible to apply to a Level 2 training program.

To be eligible for a Level 2 training program, the last day of a participant's Level 1 training must be six (6) or more months before the first day of a Level 2 training.

Training Schedule

Date: from 11th to 15th January 2026

Training time: From 2 pm to 10 pm Cairo.Egypt Time (7 am to 3 pm EST)

Level 2 Training Certificate of Completion and Attendance Requirements:

A Certificate of Completion (non-CE) is awarded by IFS Institute for the completion of the training. Participants must complete 27 of the 32 program hours offered to be eligible to earn this certificate.

- Over the course of the entire training participants may miss a maximum of 5 training hours due to illness or other reasons.
- No recordings or transcripts are available for missed training hours.
- Participants are responsible for ensuring that they attend the required number of training hours to earn the Certificate of Completion.

IFS Certification

Earning the Certificate of Completion for this training is not the same as being IFS Certified. Completion of this IFS Training Program does not guarantee eligibility to engage in the IFS Certification process. IFS Certification is a separate, advanced process that individuals can undertake to demonstrate IFS skills. To become IFS Certified, one must meet the prerequisites for, and successfully complete the IFS Certification process. Please [visit IFS Institute Certification](#) for details about prerequisites and other important information.

Tuition and Fees : All amounts are in U.S. Dollars (USD).

Program Deposit for Egypt based participants:

The non-refundable, non-transferrable \$100 USD deposit is charged when you are accepted into the training. This is required to secure your place in the training. (Scholarship recipients will be given a chance to decline their scholarship and withdraw from the training when the scholarship is offered by Dawar Arts, at which time the \$100 deposit will be refunded; any withdrawals after that time are subject to the remaining terms of the withdrawal/refund policy.)

Program Deposit for non-Egypt based participants:

The non-refundable, non-transferable \$500 deposit is charged when you are accepted into the training. This is required to secure your place in the training.

Program Fee for Egypt based participants: \$500 USD (\$100 USD of which is the deposit – see below.)

Program Fee for non-Egypt based participants:

\$2550 (\$500 of which is the deposit – see below.)

Payment Plans for Egypt based participants:

- Payment Plan 1: \$500 (\$400 Tuition - \$100 Deposit) due and charged on 1st December 2025.
- Payment Plan 2: Two (2) payments as following:
 - First payment of \$250 due and charged on 1st December 2025.
 - Second payment of \$250 due and charged on 21st December 2025. (\$400 Fee + \$100 Deposit).

There is a \$20 fee for each late payment, and if an amount due isn't paid in full within 7 days of the due date, Dawar Arts reserves the right to withdraw a participant from the program.

Payment Plans for non-Egypt based participants:

- Payment Plan: \$2,550 (\$2050 Fee - \$500 Deposit) due and charged on 10th December 2025.

If the amount due isn't paid in full within 7 days of the due date,

Dawar Arts and IFS Institute reserve the right to withdraw a participant from the program.

Scholarships (only for Egypt based participants and refugees living in Egypt)

The fee (\$500) for Egypt based participants is less than the standard amount (\$2,550) paid by non-Egypt based participants. Our ability to offer a lower rate to Egyptian participants is due to subsidization provided by the IFS Institute. Dawar Arts is able to offer a further discount on tuition to Egyptians and refugees who are experiencing a significant level of economic hardship. Dawar Arts uses economic need as the primary criterion for awarding scholarships. We therefore ask Egyptian applicants who have sufficient financial means to forgo these opportunities, as we are only able to provide scholarship support to a small number of people. In order to assess your eligibility for a scholarship, we ask applicants to complete a separate scholarship form. This form will ask you for extensive information about your financial situation, including details on annual income, assets, expenses, property, family support and other points. You will only be asked to complete this form if you have been accepted in the first round of applications. The maximum scholarship award for this training is a 10% - 35% discount on the total fee.

Withdrawal/Refund

Participants who wish to withdraw from the training program must do so in writing (please email info@dawararts.com).

Fee Balance:

A full refund (total program fee minus the deposit) will be provided if written notice of withdrawal is received by Dawar Arts by 13th December 2025. No refund will be provided if written notice of withdrawal is received by Dawar Arts or IFS Institute after this date.

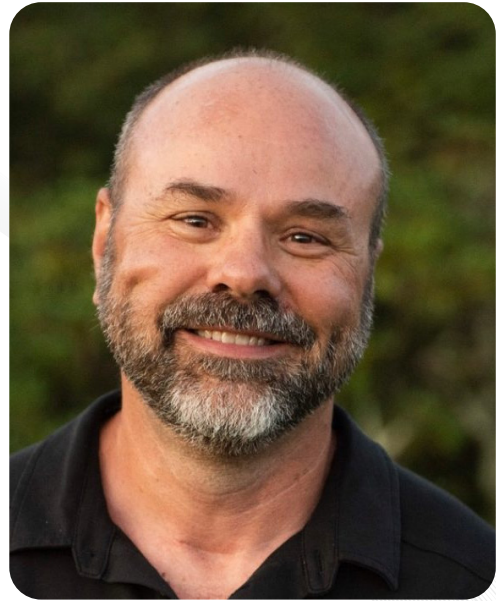
Processing Fee:

There is a \$50 processing fee for all refunds.

Trainer

Much of Chris's career has been devoted to providing training and supervision for psychotherapists who specialize in treating trauma. He has trained thousands of therapists in the IFS model both in the United States and around the world. Chris has a passion for making the IFS model more culturally sensitive, relevant, and accessible for people of the global majority.

He is a senior Lead trainer of IFS, and has a reputation for being an open-hearted, caring, and innovative trainer. With the growing demand for trained IFS therapists, Chris's practice has transitioned from individual psychotherapy, individual supervision, and individual consultation to offering only IFS group training and group consultation for IFS trained therapists.



**Chris Burris, M.Ed, LMFT,
LCMHCS**

Selection Process

If the number of eligible applications exceeds the number of places, a lottery system will be used for selecting participants.

Organization

This training program is organized by Dawar Arts, Egypt. It is co-sponsored by IFS Institute, USA.

Required Reading and Other Materials

Reading Materials:

Most books listed below are available at IFS Institute's website store (www.IFS-Institute.com). If you need assistance, please contact Info@IFS-Institute.com.

Required reading before the training starts:

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

Recommended reading before the trainings starts:

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.

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.

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 as the start date of the training approaches.

Substance Use at Trainings

IFS Institute understands that many people have had positive therapeutic experiences with psychedelics, however, due to health and safety concerns for all of our participants, please refrain from taking psychedelics or any other consciousness-altering substances during IFS Institute's training.

Code of Conduct

Please review the IFS Institute Code of Conduct on the IFS Institute website, or on your copy of your Registration Form.

Application process

To apply, please complete the following application form by maximum 25th Nov 2025

English: <https://forms.gle/ozRrXt6snRGzw4L26>

Arabic: <https://forms.gle/zbu1cU8z8AtGQQQgH8>

After receiving your application, we will contact you by email. Therefore, please check your inbox and spam folders to be notified.