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## **The Internal Family Systems Model**

**Internal Family Systems<sup>SM</sup>** is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFS<sup>SM</sup> 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-psyche 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**

**This brochure** contains many details about this program, including acknowledgement of completion attendance requirements, trainer biographies, session schedules, required readings, site information, and more.

**For more information about IFS**, please visit other tabs of our website.

## Location Training

### **Monastery Sant Pere de les Puel·les**

Dolors Monserdà, 31  
Barcelona

Suggested Hotel 1 minute walking from the site:

### **Eurostar Anglí**

Anglí, 60, Barcelona  
<https://www.eurostarshotels.com/eurostars-angli.html>

## Curriculum

**Overview:** In addition to thoroughly learning IFS theory and techniques, the Internal Family Systems 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 basis 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](http://www.IFS-institute.com) FAQ page.

**Format:** The training includes lecture, discussion, demonstration, experiential exercise, video review, and small group supervision and practice.

**Program Hours:** This Level 1 training will meet for two 6 days sessions, totaling 84 program hours. Each 6 days session comprises 42 program hours.

## Trainers



**Lead Trainer: Nancy Sowell, MSW, LICSW**, believes in the power of Self-leadership for promoting health and well-being. Specializing in the use of IFS to foster health and healing, Nancy provides clinical supervision and training in IFS for Harvard Medical School at Cambridge Health Alliance, and co-created an IFS treatment protocol and program for rheumatoid arthritis patients in a research study at Brigham and Women's Hospital in Boston. Nancy maintains a private psychotherapy and clinical consultation practice on Cape Cod and in Newton, MA.



**Assistant Trainer: Pilar de la Torre and Imma Lloret.** Both are psychologists and psychotherapists with more of 25 years of experience and they are committed to spread IFS in their community.

## **Completion of Level 1 Training**

A Completion of Level 1 is recognized by The IFS Institute when a participant has completed enough hours to satisfy the bare minimum required to complete the training. **A participant must complete 70 of the 84 total program hours offered in order to be eligible to earn this acknowledgment.** Participants are responsible for ensuring that they attend sufficient training hours to earn this acknowledgement.

## **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 website certification page.

## **Eligibility for Future Trainings**

By earning Completion of 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.

## **Languages**

The training will be in English and we will have consecutive translation to Spanish. We also will have English speaking Assistants to coach English speaking participants in small practice groups.

## **To Apply**

Who Should Apply: We welcome applications from:

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

Application Form: Please contact Imma Lloret at [ifshispaniabarcelona@gmail.com](mailto:ifshispaniabarcelona@gmail.com) Enrollment process begins January 2020.

## **Training Schedule**

Session 1: October 20-25, 2020    Session 2: December 3-8, 2020  
from 9 to 1,30 pm and 3 to 6pm  
last day ends at 4 pm

## **Tuition and Fees:**

**Program Tuition:** 2,900 euros (300 of which is the program deposit)

**Program Deposit:** The 300 euros deposit is charged when you are accepted into the training, and this is required to secure your place.

**Room and Board** are not included in tuition.

## **Required Pre-Training Reading and Other Materials**

1. **Reading Materials:** All books listed below are available at The IFS institute website store [www.IFS-institute.com](http://www.IFS-institute.com)

### **Required reading before the training begins:**

Schwartz, RC (1995), Internal Family Systems Therapy, New York: Guilford Press, ISBN 1-57230-272-0.

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.