



**Internal Family Systems Therapy
Level 2 Intensive Training Program (1009)
An IFS Approach to
Working with Children and Adolescents
July 2024
Online Training (Live, Real Time)
U.S. Eastern Time Zone**

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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: [IFS Institute Diversity, Equity, and Inclusion](#)

Curriculum

Overview: This Level 2 Intensive Training Program builds on Level 1 training experiences with a focus on children and adolescents. The training features a similar format to Level 1 training that includes didactic, video review, and large/small group experiential and small group practice elements. Like a Level 1 training, equal weight is given to didactic and experiential learning.

Trauma occurring during childhood or adolescence can have a substantial impact on development. Current literature suggests that early exposure to adverse experiences involving child maltreatment in a family setting negatively affect the developing brain in ways that increase risk of problems.

This training:

- Concentrates on the unique challenges of treating children and adolescents who have extreme protective systems and/or have experienced trauma.
- Informs the professional on the use of IFS when applied to therapeutic work with children and adolescents.
- Specifically addresses issues of internal and external polarizations, externalizing techniques, using in-sight and direct access, play therapy and sand tray techniques, and power dynamics in the external system.
- Emphasizes the importance of participation and involvement of parents/guardians/significant others in the lives of the child/adolescent.
- Deepens the participant's awareness of and relationship to their own parts by emphasizing the importance of the therapeutic relationship.
- Emphasizes the importance of the Self in both the child/adolescent and the therapist and includes opportunities for Self-exploration.

Format: The training includes lecture, discussion, demonstration, experiential exercises, and small group practice.

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 IFS Training Learning Objectives](#).

This online training meets according to the dates and daily schedule below using the U.S. Eastern Time Zone in effect during each session of the training. Please refer to www.24timezones.com, www.timeanddate.com, or a similar resource to determine how this relates to your own time zone. Be sure to account for Standard vs. Daylight Savings time. **For U.S. Eastern Time Zone use New York, NY as a reference location to determine how it relates to your time zone.**

- **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.

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

2024: July 7-9 & 14-16

Daily Schedule	Morning Meeting	Afternoon Meeting Includes 15-minute break	Training/ CE Hours
July 7, 2024	10:30am – 1:00pm	2:00pm - 5:15pm	5.5
July 8, 2024	10:30am – 1:00pm	2:00pm - 5:15pm	5.5
July 9, 2024	10:30am – 1:00pm	2:00pm - 5:15pm	5.5
July 14, 2024	10:30am – 1:00pm	2:00pm - 5:15pm	5.5
July 15, 2024	10:30am – 1:00pm	2:00pm - 5:15pm	5.5
July 16, 2024	10:30am – 12:30pm	1:30pm - 4:00pm (no break)	4.5
			Total: 32

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. To become IFS Certified, one must successfully complete the IFS Certification process. Please visit [IFS Institute Certification](#) or email Certification@IFS-Institute.com for more information.

Tuition and Fees

All amounts are in U.S. Dollars (USD).

Application Fee: The \$15 non-refundable, non-transferrable application fee is charged when you apply for the training.

Program Tuition: \$2,550

Tuition Deposit: The \$500 non-refundable, non-transferrable tuition deposit is due and charged at the time you are accepted into the training. It is required to hold your place in the training.

Tuition Balance: \$2,050 (\$2,550 Tuition - \$500 Tuition Deposit) **due and charged on May 1, 2024.**

- This is a single, one-time payment. IFS Institute does not offer payment plans.

Late Payment: There is a \$20 fee for each late payment. If an amount due isn't paid in full within 7 calendar days of the due date IFS Institute reserves the right to withdraw a participant from the training.

Questions about billing, receipts, credit/debit card matters: Contact Finance@IFS-Institute.com.

Withdrawal/Refund

Participants who wish to withdraw from the training program must do so in writing by emailing Training@IFS-Institute.com.

Application Fee: The \$15 application fee is non-refundable and non-transferrable.

Tuition:

- Tuition Deposit: The \$500 tuition deposit is non-refundable and non-transferrable.
- Tuition Balance: 75% of tuition paid (minus the \$500 tuition deposit) is refundable if written notice of withdrawal is received by IFS Institute on or before May 31, 2024.
- No refunds are issued if written notice of withdrawal is received by IFS Institute on or after June 1, 2024.
- Scholarship applicants will be given the chance to withdraw from the training when they receive their scholarship notification, at which time the \$500 tuition deposit will be refunded. Withdrawals after that time are subject to the remaining terms of the withdrawal/refund policy.

Refund Processing Fee: There is a \$50 processing fee for all refunds.

Travel, Lodging, Incidental Expenses: At no time is IFS Institute responsible for training participants' travel, lodging, or incidental expenses.

- IFS Institute reserves the right to postpone, cancel or otherwise change any training program schedule prior to its beginning.

Admission/IFSI-Initiated Withdrawal: Internal Family Systems Institute, Inc. reserves the right to deny acceptance to any training program applicant and to withdraw a training participant from all or part of a training program at any time if IFS Institute determines a participant's behavior could damage the quality of a training program. IFS Institute, in its sole discretion, may terminate a participant's participation at any time and, in such event, will refund tuition paid to IFS Institute for portions of the training the participant will not attend as a result of their termination. If IFS Institute terminates a participant's participation, the participant is not eligible for a Certificate of Completion from IFS Institute.

Scholarships and Other Financial Resources

Scholarships: IFS Institute acknowledges the personal, professional, and financial investment that each person makes in order to participate in a training. Though we cannot significantly reduce all costs associated with participating in a training, we can offer the gift of a modest scholarship to those who may be eligible. The average scholarship gift, if awarded, is \$250. Scholarship information, including the application form and deadline are available here:

[Scholarships – North American Trainings](#)

Costs for the training may be tax-deductible. Please consult with your tax advisor.

Employers can be a good source of funding for continuing education. Please check with your supervisor and/or human resources department.

Trainers

For information about IFS trainers, including their biographical statements, please visit: [Our Team: Trainers](#).

Carmen Jimenez-Pride, LCSW, LISW-CP, RCYT, RPTS, IFS Certified

David Kitchings, LPC, IFS Certified

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.

Suggested Reading:

Biggs, A. (2013). Polly & Her Parts: Font & Center Press.

Homeyer, L. & Sweeey, D. (2017). Sandtray Therapy: A Practical Manual (3rd ed). New York, NY: Routledge.

Jimenez-Pride, C. (2021). Focus on Feelings: Learning More About My Feelings. Augusta, GA: Play Therapy with Carmen Publishing. Available at www.Carmenpride.com or Amazon.

Kropp, J. (2012). Nathan Meets His Monsters. Lake Shore, Maryland: Day to Day Enterprises.

Mones, A. G. (2014). Transforming Troubled Children, Teens, and Their Families: An Internal Family Systems Model for Healing. New York, NY: Routledge.

Ray, D. C. (2016). A Therapist's Guide to Child Development: The Extraordinarily Normal Years. New York, NY: Routledge.

Schaefer, C. E., & Drewes, A.A. (Eds.). (2014). The Therapeutic Powers of Play: 20 Core Agents of Change (2nd ed). Hoboken, NJ: Wiley.

Schwartz, R. C. & Sweezy, M. (2020). Internal Family Systems Therapy (2nd ed.). New York, NY: Guildford Press.

Spiegel, L. (2017). Internal Family Systems with Children. New York, NY: Routledge.

Book chapter: Krause, P. IFS with Children and Adolescents (2013) in: M. Sweezy & E.L. Ziskind (Eds.), Internal family systems therapy: new dimensions (pp. 35-54). London, U.K.: Routledge.

Continuing Education Contact Hours

- This training program is co-sponsored by IFS Institute and The Institute for Continuing Education (ICE). For continuing education credit questions, contact The Institute for Continuing Education at 800-557-1950 or instconted@aol.com.
- Continuing education contact hours are offered for the professional disciplines as listed.
- The training offers 32 contact hours. CE covers all scheduled course sessions. The two, 3-day segments of this training count as one, single session for the purposes of CE.
- CE hours are awarded on a session-by-session basis, with full attendance required at sessions attended. Partial session CE credit is not offered. **For the purposes of CE, the two, 3-day segments are considered as one single session.**
- 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 would like CE credit for this training, you must 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 (the CE sponsor) after the training (within 30 days of receipt of completed CE materials).
- There is no additional fee to apply for CE credit.
- 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.
- Non-U.S. Professionals: The Institute for Continuing Education holds no CE provider status with any Canadian or other non-U.S. licensing/certification boards. It is your responsibility to check the regulations of your licensing/certification board to determine CE requirements for training activities.
- Learning objectives are listed on the IFS Institute website: [Level 2 IFS Training Learning Objectives](#).
- 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 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 psychologist, #PSY-0043.

Counseling: For counselors seeking credit, the Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program. This website will be updated regarding accreditation. **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 32.00 hours of social work continuing education for re-licensure, in accordance with 258, CMR, NASW-MA CE Approving Program. Authorization D-91117. **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 SW-0025. **Illinois Department Professional Regulation**, Provider 159-000606. **Ohio** Board Counseling and Social Work, Provider RCS 030001. **Florida Department Health, Division Social Work, Counseling, MFT**, Provider BAP 255. **New Jersey**: This training has NOT been submitted for pre-approval for CE credit for New Jersey social workers.

Marriage/Family Therapy: 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 Marriage and Family Therapists. Provider MFT-0012. **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 32.00 hours per session of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. **Ohio**: The Institute for Continuing Education is recognized by the Ohio Board Marriage/ Family Therapy, Provider RTX 100501

ADA

For ADA accommodations, please contact Eryca Rockwell Eryca@IFS-Institute.com as soon as you are accepted into this training.

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 trainings.

Code of Conduct

Please review the IFS Institute Code of Conduct in the General FAQ section of the IFS Institute website [here](#), or on your copy of the training program application.