



**Internal Family Systems Therapy  
Level 2 Intensive Training Program (1133)  
Deepening and Expanding with IFS  
November 2025  
On-Site Training (Austin, TX)**

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**On-Site Format**

This training is only available in Austin, TX, and all training members attend.

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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: [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.

**Training sessions meet on-site in Austin, TX. Refer to the Site and Travel Information section of this brochure for details.**

## **Level 2 Training Eligibility**

To be eligible for a Level 2 Training Program, individuals must have an approved Level 2 General Application and a Certificate of Completion from a Level 1 Training Program.

To ensure the best learning experience, we recommend waiting at least six months after completing Level 1 before beginning Level 2.

## Training Schedule

**2025: November 3-7**

| <b>Daily Schedule</b> | <b>Morning Meeting<br/>Includes 15-minute break</b> | <b>Afternoon Meeting<br/>Includes 15-minute break</b> | <b>Training/CE<br/>Hours</b> |
|-----------------------|---|---|------------------------------|
| November 3, 2025      | 9:00am - 12:30pm                                    | 1:30pm - 5:30pm                                       | 7.0                          |
| November 4, 2025      | 9:00am - 12:30pm                                    | 1:30pm - 5:30pm                                       | 7.0                          |
| November 5, 2025      | 9:00am - 12:30pm                                    | 1:30pm - 5:30pm                                       | 7.0                          |
| November 6, 2025      | 9:00am - 12:30pm                                    | 1:30pm - 5:30pm                                       | 7.0                          |
| November 7, 2025      | 9:00am - 12:15pm                                    | 1:00pm - 2:00pm (no break)                            | 4.0                          |
|                       |   |   | <b>Total: 32</b>             |

## 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).**

**General Application Fee:** The \$75 non-refundable, non-transferable application fee is charged when you submit your General Application.

**Program Tuition: \$2,970**

**Tuition Deposit:** The \$500 Tuition Deposit is non-refundable and non-transferable and is charged when you register for the training.

**Tuition Balance: \$2,470** (\$2,970 Tuition - \$500 Tuition Deposit) **due and charged on September 1, 2025.**

Occasionally, seats may become available after the Tuition Balance due date. If registering after this date, full tuition is charged at registration (Deposit and Balance), unless otherwise noted.

**Overnight or Day Commuter Packages – Additional Fees Apply:** All participants are required to select one of these packages as part of this training. Fees are not included in tuition; package options and pricing are outlined later in this brochure.

The tuition for on-site trainings reflects additional costs associated with organizing and running these trainings. We encourage you to consider one of our fully online trainings if that option better suits your financial circumstances.

**Late Fee:** A \$20 late fee is assessed for late payments. IFSI reserves the right to withdraw a registrant whose Tuition Balance is not paid within seven (7) calendar days of the due date.

**Questions about billing, receipts, credit/debit card matters:** Contact [Finance@IFS-Institute.com](mailto:Finance@IFS-Institute.com).

## **Withdrawal/Refund**

**Participants who need to withdraw from the training program must do so in writing by emailing [Training@IFS-Institute.com](mailto:Training@IFS-Institute.com).**

**General Application Fee:** The \$75 General Application fee is non-refundable and non-transferable.

### **Tuition:**

- Tuition Deposit: The \$500 Tuition Deposit is non-refundable and non-transferable.
- Tuition Balance: 75% of the Tuition Balance paid is refundable if written notice of withdrawal is received by IFS Institute on or before September 30, 2025.
- There are no refunds if written notice of withdrawal is received by IFS Institute after September 30, 2025.

**The \$50 Refund Processing Fee** is charged for all refunds.

**Travel, Lodging, Incidental Expenses:** At no time is IFS Institute responsible for training participant Travel, Lodging, or Incidental Expenses.

IFSI reserves the right to postpone, cancel, or otherwise change any training program schedule prior to its start date.

**Admission/IFSI-Initiated Withdrawal:** IFS Institute (IFSI) reserves the right to admit or deny admission to any training program applicant. IFSI, in its sole discretion, may withdraw a participant from an IFSI training program at any time for a violation of the training program's Terms and Conditions or other policies or statements on their application and/or registration form, including one or more violations of the Code of Conduct. In addition, IFSI may withdraw a participant out of concern for the participant's safety and well-being. When a participant is withdrawn by IFSI, IFSI will refund tuition paid to IFSI for portions of the training program the participant will not attend as a result of their withdrawal. However, if at any time IFSI learns that a participant misrepresented their credentials or other information during the application and/or registration processes, IFSI reserves the right to withdraw the participant before or after the training begins, without any refund. If a participant is withdrawn from a training program, they will not be eligible for the Certificate of Completion.

## **Scholarships and Other Financial Resources**

IFS Institute Scholarship information is available on our website here: [Scholarships – North American Trainings](#)

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

**Employers can be a source of continuing education funding.** 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](#).

**Jory Agate**, LMHC, MDiv., MA, IFS Certified

**Fran Booth**, LICSW, IFS Certified

**Margaret Conley**, LCSW, LICSW, 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](http://www.IFS-Institute.com)). If you need assistance, please contact [Info@IFS-Institute.com](mailto: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.

## **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 205-626-8044 or [instconted@aol.com](mailto: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.
- CE hours are awarded on a session-by-session basis, with full attendance required at sessions attended. Partial session CE credit is not offered.
- 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 should sign up for it on the final training day. You will need your license information (as applicable) to complete the CE forms.**
- CE verification is now **emailed** to participants by ICE following each eligible session. Allow 2 weeks for processing. **The final deadline to submit your CE application is 30 days after the final training date. If you require a physical copy of your CE verification, please send your request directly to ICE.**
- 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:** The Institute for Continuing Education and Internal Family Systems Institute are cosponsors of this program. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing education provider, ACEP Provider No. 5643. The Institute for Continuing Education solely is responsible for this program, including the awarding of NBCC credit. **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 social work continuing education hours for re-licensure, in accordance with 258, CMR NASW-MA Chapter CE Approving Program. Authorization D-92063. **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 Dept. Professional Regulation:** Counseling provider 197-000298; Social Work provider 159-000606; MFT provider 168-000108. **Florida Dept. Health,** Division Social Work, Counseling, MFT, Provider BAP 255.

**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. **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.

## Health and Safety Protocols

### On-Site Sessions:

- IFS Institute follows COVID and other health and safety protocols as required by the training site and relevant government entities, and all training participants and staff must comply with any such protocols that are in effect at the training site, for example, masking, vaccination, testing, reporting, social distancing, etc.
- Required protocols can be imposed or lifted at any time, whether before a training starts, before individual sessions start, or while a training is actively meeting.
- Training members are welcome to wear masks at any time but are not required to do so except as above.
- On-site sessions are available only in the site's designated meeting space while the training is meeting. On-site sessions are not available via online platforms, and recordings and transcripts are not available.
- Each participant may miss up to a certain amount of training time due to illness or other reasons. Attendance requirements, daily schedules, and information about withdrawals and refunds are in this brochure.

- Each training includes about 50 people.

**We understand that there is uncertainty about things such as COVID, and that an individual's comfort level about on-site, in-person meetings can change,** especially as levels of COVID or other illnesses change, as protocols change, and as personal circumstances change, sometimes unexpectedly.

**Given your own situation, please do not apply for this training if you...**

- Cannot or may not want to attend on-site sessions where protocols are not required.
- Are or may become uncomfortable with the possibility of protocols being imposed or lifted at any time.
- Cannot or may not want to abide by protocols that may be required, or if you may need something other than these protocols.

**Current Protocols for This Training:**

As of this writing, May 2025, Vintage Villas will follow the guidelines of the CDC. The IFS Institute Onsite Programs Team at [Onsiteprograms@ifs-institute.com](mailto:Onsiteprograms@ifs-institute.com) will contact people enrolled in the training if that changes.

Out of respect for all training members and in order for the training group to remain in compliance with required protocols that may exist, IFS Institute expects that everyone attending the training will abide by requirements in effect for this training.

**If Moving an On-Site Session to an Online Platform Is Required**

IFS Institute is eager and intends to run this training's on-site session(s) at the site listed. However, if circumstances change and COVID or other health and safety restrictions are imposed by the site or government entity with authority, it may be necessary to move on-site session(s) to an online platform. If this occurs, IFS Institute will act as quickly as possible to keep training members informed.

**Online Sessions:**

- Online sessions are only available live, in real-time, and no recordings or transcripts are available.
- Each participant may miss up to a certain amount of training time due to illness or other reasons. Attendance requirements, daily schedules, and information about withdrawals and refunds are in this brochure.

**Site and Travel Information**

**Training Site:**

Vintage Villas  
4209 Eck Lane  
Austin, TX 78734  
512.266.9333  
<https://www.vintagevillas.com/>

**Questions about the site:**

- Please review the training site website for information about site amenities, parking, etc.
- For additional information about Overnight and Day Commuter arrangements, please contact the IFS Institute Onsite Programs Team at [Onsiteprograms@ifs-institute.com](mailto:Onsiteprograms@ifs-institute.com)

## **Overnight and Day Commuter Packages and Fees**

**Overnight or Day Commuter Packages – Additional Fees Apply:** All participants are required to select one of these packages as part of this training.

IFS Institute coordinates and bills participants directly for the required Overnight or Day Commuter packages. Reservations are arranged by IFS Institute for this training and accepted participants will receive a Reservation Form to submit their preferences once the training is enrolled. Training members are not required to lodge at training sites.

### **Overnight Accommodation Packages**

**Arrival Date: November 2, 2025**

**\$1,223.21 per person for single occupancy, or \$907.86 per person for double occupancy.**

The Overnight Package includes sleeping accommodation and use of the site's facility and grounds, breakfast, lunch, and dinner, starting with dinner on November 2, 2025, and ending with lunch on November 7, 2025.

If you would like to stay at a training site before and/or after IFS Institute's package dates, please contact the site directly to make arrangements, including direct billing to you for additional dates. IFS Institute cannot make, or be responsible for, reservations or other arrangements outside of the training dates.

### **Day Commuter Packages**

Training members who do not lodge at training sites pay the Day Commuter Package Fee.

**Arrival Date: November 2, 2025**

**\$592.51 per person**

The Day Commuter Package includes use of the site's facility and grounds, breakfast, lunch, and dinner, starting with dinner on November 2, 2025, and ending with lunch on November 7, 2025.

**Lodging, meals, and use of a site's facilities during the training are reserved for training members only.**

We do not recommend bringing people who are not training members to the site, and we cannot accommodate anyone who is not part of the training (IFS Institute can only make financial commitments and arrangements for training members). If you wish to stay with someone who is not a training member, please explore other lodging options and make separate arrangements. Training members who do not lodge on site are charged the Day Commuter fee.

**Pets are not permitted, even if the site allows them.** This is for the benefit and safety of all training members.

**Site affiliations:** IFS Institute training programs occasionally meet at sites that have religious affiliations, though IFS Institute is not, itself, religiously affiliated, and does not, as an organization, espouse any religious point of view. If you need information about the site before choosing to apply to the training, please visit the training site's website and/or contact them directly (see above for their website address).

**Individual requests:** IFS Institute offers professional training programs and, while we make reasonable efforts to enhance your experience at the training site, it may not be possible to address each person's unique or individual needs or requests.

## **ADA**

For ADA accommodations, please contact Eryca Rockwell [Eryca@IFS-Institute.com](mailto: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 on the IFS Institute website, or on your copy of your Registration Form.