Internal Family Systems Therapy
Level 2 Intensive Training Program (1154)
A Compassionate Approach to Addictive Processes: IFS, Addictions and Eating Disorders
November 2025
On-Site Training (Beverly, MA)

On-Site Format

This training is only available in Beverly, MA, 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: IFS brings an innovative, new perspective to working with many types of addictive processes, including substance use and eating disorders. The current field is replete with treatment modalities and information that often offer conflicting ideas about how best to treat these challenging issues. In fact, many clients, including those recovering from trauma, will engage at some point in some form of soothing or avoidant "firefighter" pursuits. IFS can move us into a new dimension of treatment with these clinical challenges and offers methods for using clear, systemic interventions and effective compassion to neutralize polarizations that can occur in the traditional treatment milieu. IFS also enables us to access and heal the beliefs, burdens, emotions, and energies carried by parts of the client that are masked by addictions and eating disorders.

This training will focus on:

- Viewing many types of addictive processes, including substance use and eating disorders through the lens of IFS;
- Practical application of IFS to treatment; and
- The importance of Self-energy in the healing process.

Participants will learn:

- How to define and view many types of addictive processes from the IFS perspective;
- How to apply basic, key concepts of IFS to many types of addictive processes, including substance use and eating disorders;
- To develop an IFS skill set, including techniques such as un-blending, collaboration and negotiation, and direct access with extreme firefighters;
- Steps for healing the shame, fear, trauma and legacy burdens underneath;
- How to identify and address treatment constraints;
- IFS-based family, couples, and group work with addictions and eating disorders; and
- Integration of IFS with other treatment modalities and self-help groups, including the 12 Step programs.

IFS theory and technique are important, but knowledge of the impact our selves and our parts have on clients is essential for a positive outcome. In the safe and nurturing atmosphere of the training, participants will be invited to explore their own parts that may affect their work with clients. In this context, participants will be encouraged to:

- Recognize and acknowledge their personal beliefs and reactions towards addictions and eating disorders (extreme firefighters);
- Explore their cultural/legacy burdens regarding addictions and eating disorders; and
- Experience ways to access and maintain Self-energy when working with clients.

Format: The format includes lecture, large and small group discussion, experiential exercises, practice in groups, and live demonstration.

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.

Training sessions meet on-site in Beverly, MA. 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

Daily Schedule	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/CE Hours
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
			Total: 32

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.

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.

Withdrawal/Refund

Participants who need to withdraw from the training program must do so in writing by emailing 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.

Mary Kruger, MS, LMFT, IFS Certified

Chris Ratte, LCSW, 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.

Required reading before the training starts:

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

Pre-training suggested reading:

Schwartz, RC (2008). You Are the One You've Been Waiting For, Oak Park, IL: Trailheads Publications, IFS Institute, ISBN 978-0-615-24932-2.

M. Sweezy and E. Ziskind (Eds) (2013). Internal Family Systems – New Dimensions, New York, NY: Routledge.

Peltz, L. (2013). The Mindful Path to Addiction Recovery, Boston: Shambhala Publications, ISBN 978-1-59030-918-6. Available at Barnes & Noble.

Sykes, C.C., Sweezy, M., Schwartz, R.C., (due 2023) Internal Family Systems Therapy for Addictions: Trauma-Informed, Compassion-Based Interventions for Substance Use, Eating, Gambling and More; PESI Publishing and Media, Eau Claire, WI. This book can be pre-ordered.

Sykes, C.C. (2016) "*An IFS Lens on Addiction; Compassion for Extreme Parts*," in Sweezy, M. & Ziskind, E.L. (Eds), IFS: Innovations and Elaborations; New York, NY; Routledge.

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.
- 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 CE Approving Program. Authorization: D-92145. ***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***: Provider 159-000606 ***Ohio Board Social Work, Counseling, and Marriage/Family Therapy. Counselor/ Social Work Provider:*** RCS 030001.

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. ***Florida Dept. Health, Division MFT, Counseling, Social Work***: Provider BAP 255. ***Ohio Board MFT,*** Provider RTX 100501. ***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 of February 2025, if you test positive for Covid while on-site, the Wylie Conference Center asks that you quarantine yourself. There are no COVID or other such required protocols for this training's site. IFS Institute's Onsite Programs Team 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:

Wylie Center and Tupper Manor at Endicott College
295 Hale Street
Beverly, MA 01915
978.867.1800
www.wyliecenter.com

Questions about the site:

- Please review all relevant sections of this brochure.
- Training site websites often have information about site amenities, parking, etc.
- If you need additional information about the site, please contact the IFS Institute Onsite Programs Team at Onsiteprograms@ifs-institute.com and please include your 3 or 4 digit job code in the subject line.

Pets are not permitted, even if the training site allows them. This is for the benefit of everyone involved with the training and to ensure that no issues arise due to the presence of pets.

Lunch and refreshments during breaks at the on-site location are included in the tuition. All other lodging, meals, and any other travel-related expenses are not included in tuition. Except for lunch and refreshments during breaks at the on-site location, IFS Institute does not provide any other meals or lodging or make any travel arrangements for this training.

Additional lodging information:

- If you would like to stay overnight at the site and you have received an acceptance email from IFS Institute for this training program, please call the site at 978.867.1800 and identify yourself as a member of this IFS Institute Training Program. If the site has rooms available, you can make reservations and pay the site directly.
- Below is a list of area hotels provided as a courtesy by the training site. This information is for your convenience only. IFS Institute has no relationship with and makes no endorsements of the hotels, and if you would like to find out more about them or make reservations, please contact them directly

Salem Waterfront Hotel & Suites
225 Derby St., Salem
Phone: 978-740-8788
salemwaterfronthotel.com

DoubleTree by Hilton Boston
North Shore
50 Ferncroft Rd. Danvers
Phone: 978-777-2500
hilton.com

Hampton Inn Boston/Peabody
59 Newbury St. - Rt. 1, Peabody
Phone: 978-536-2020
hilton.com

Hampton Inn Salem Boston
11 Dodge St., Salem
Phone: 978-414-3100
Contact Jill Gray, ext. 7152
hilton.com

Sonesta Select Boston Danvers
275 Independence Way, Danvers
Phone: 978-777-8630
sonesta.com

Best Western Plus North Shore
50 Dayton St., Danvers
Phone: 978-777-1700
bestwestern.com

Boston Marriott Peabody
8A Centennial Dr., Peabody
Phone: 978-977-9700
Mariott.com

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 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.

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