



**Internal Family Systems Therapy  
Level 2 Intensive Training Program (1174)  
Shame, Anxiety and Depression: An IFS Approach  
Organized for Black Therapists Rock  
October – November 2025  
Online Training (Live, Real Time)  
U.S. Eastern Time Zone**

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**This training is organized for members of Black Therapists Rock.**

This training is part of IFSI's Community Access Programs (CAP) initiatives, a pathway to programming opportunities that embrace mental health equity, accessibility, and inclusivity. As such, many training participants will be affiliates of Black Therapists Rock, a non-profit organization that mobilizes over 30,000 mental health professionals committed to reducing the psychological impact of systemic oppression and intergenerational trauma. To learn more about Black Therapists Rock, visit [blacktherapistsrock.com](http://blacktherapistsrock.com).

**Members of Black Therapists Rock are given priority access to register for this training. If there are remaining seats available, registration is extended to members of the Global Majority with approved General Applications.**

**Global Majority** is an evolution of the term 'people of color' that describes those who are of Indigenous\*, African, Asian, Latin American and Arab descent, who have encountered societal projections resulting in lived experiences of being othered.

The term global majority encompasses the vast majority of people worldwide, and is employed to demonstrate the strength of global solidarity without recentering white vantage points.

*\*Indigenous Peoples are distinct social and cultural groups that share collective ancestral ties to the lands and natural resources where they live or once lived, before displacement and colonization.*

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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:** Anxiety and depression are the most presented symptoms of people seeking psychotherapy, and shame is frequently the engine that fuels both. This IFS Level 2 training provides an innovative way of understanding and working with the universal human problems of anxiety, depression, and shame with an evidence-based theory. This intensive training is an in-depth exploration of shame, depression, and anxiety through the lens of the IFS model, providing a framework that makes entrenched symptoms workable. This training will deepen your IFS skills and provide more tools for your IFS toolbox. The training structure is similar to that of a Level 1, with a mix of lectures, demonstrations, experiential exercises and practice. The training:

- Explores the IFS paradigm of depression, anxiety, and shame, not as a disorder, but as a coping mechanism of parts responding to a constraint in the internal or external system.
- Shows how this understanding provides a foundation for a uniquely powerful approach to these all-too-common symptoms.
- Introduces the organizing nature of shame.
- Focuses on expanding the participant's knowledge of essential processes unique to IFS, such as polarizations, working with extreme managers and firefighters, and unburdening.
- Emphasizes advanced techniques: working with legacy burdens, phobias, despair and inner critics.
- Continues the focus on Self as the healing agent in both the client and therapist. Includes opportunity for self-exploration and development of the Self of the therapist.

**Format:** The training includes lecture, discussion, live and video 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](http://www.24timezones.com), [www.timeanddate.com](http://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**

To be eligible, members of Black Therapists Rock must have an approved Community Access Programs (CAP) Application specific to this Level 2 Training Program and a Certificate of Completion from a Level 1 Training Program.

For non-members of Black Therapists Rock: 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: October 15-18 and November 10-13**

Daily Schedule	Morning Meeting	Afternoon Meeting Includes 15-minute break	Training/CE Hours
October 15, 2025	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
October 16, 2025	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
October 17, 2025	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
October 18, 2025	10:00am - 12:30pm	1:30pm - 3:30pm (no break)	4.5
			Total: 21
November 10, 2025	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
November 11, 2025	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
November 12, 2025	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
November 13, 2025	10:00am - 12:30pm	1:30pm - 3:30pm (no break)	4.5
			Total: 21

**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 35 of the 42 program hours offered to be eligible to earn this certificate.

- Over the course of the entire training participants may miss a maximum of 7 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).**

### **Members of Black Therapists Rock**

**Program Tuition: \$2,070**

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

**Tuition Balance: \$1,570** (\$2,070 Tuition - \$500 Tuition Deposit) **due and charged on August 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.

**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.

### **Non-Members of Black Therapists Rock**

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

**Program Tuition: \$2,850**

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

**Tuition Balance: \$2,350** (\$2,850 Tuition - \$500 Tuition Deposit) **due and charged on August 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.

**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).

**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 August 31, 2025.
- There are no refunds if written notice of withdrawal is received by IFS Institute after August 31, 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.

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

**Admission/IFS Institute-Initiated Withdrawal:** IFS Institute (IFS Institute) reserves the right to admit or deny admission to any training program applicant. IFS Institute, in its sole discretion, may withdraw a participant from an IFS Institute 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, IFS Institute may withdraw a participant out of concern for the participant's safety and well-being. When a participant is withdrawn by IFS Institute, IFS Institute will refund tuition paid to IFS Institute for portions of the training program the participant will not attend as a result of their withdrawal. However, if at any time IFS Institute learns that a participant misrepresented their credentials or other information during the application and/or registration processes, IFS Institute 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**

Members of Black Therapists Rock are receiving a discounted tuition rate for this IFS training program. No further tuition reductions are available.

For non-members of Black Therapists Rock: 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](#).

**Fatimah Finney**, LMHC, IFS Certified

**Leslie Petruk**, LCMHC-S, NCC, BCC, IFS Certified

**Requina Barnes**, 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 (as helpful reference material):**

M. Sweezy and E. Ziskind (eds) (2017). Innovations and Elaborations in IFS, New York, NY: Routledge.

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.

#### **Other suggested reading:**

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.

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.

**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 42 contact hours. CE covers all scheduled course sessions. The two, 4-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, 4-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 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 are co-sponsors of this program. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing education provider, ACEP 5643. The Institute for Continuing Education is solely 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 42.00 social work continuing education hours for re-licensure, in accordance with 258, CMR, NASW-MA CE Approving Program. Authorization D-92143. **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. **Florida Dept. Health,** Division Counseling, Social Work, MFT, Provider 150-1998.

#### **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. **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 continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences.

## **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.

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