



**Internal Family Systems Therapy  
Level 1 IFS Training Program (1289)  
Nickname: Cascading Falls  
January – May 2026  
Online Training (Live, Real Time)  
U.S. Eastern Time Zone**

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**This training is only available for residents of Canada who currently live in Canada and have a Canadian mailing address.**

- This training will be conducted entirely in English. Fluency in spoken and written English is required, and services for translation, interpretation, or transcription into other languages will not be provided.
- Priority registration for this training will be given to current residents of Canada. If there are remaining seats available, registration will be opened to those who are not residents of Canada.

**Continuing Education credit is not available for this training**

- IFS Institute will provide a certificate of completion to those who complete the training. Please contact your provincial or territorial regulatory body to determine if this training meets the criteria for continuing education credit in your jurisdiction.

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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:** The Level 1 Training Program is a comprehensive, professional, continuing education training in which participants can develop an understanding of the conceptual basis of IFS and learn how to apply IFS techniques to various clinical populations.

**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 IFS Institute's website: [Level 1 IFS Training Learning Objectives](#).

**Format and Program Hours:** The training includes lecture, discussion, demonstration, video review, experiential exercise, and small group practice. This training comprises four, 3-day sessions and two, 1-day sessions, totaling 91 program hours.

**This online training meets in the U.S. Eastern Time Zone.** 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.**

- **This online training meets 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.

**Training Schedule**

- Session 1: January 14-16, 2026
- Session 2: February 3, 2026
- Session 3: March 4-6, 2026
- Session 4: March 31, 2026
- Session 5: April 20-22, 2026
- Session 6: May 27-29, 2026

<b>SESSION 1</b>	<b>Morning Meeting</b> Includes 15-minute break	<b>Afternoon Meeting</b> Includes 15-minute break	<b>Training Hours</b>
January 14, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
January 15, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
January 16, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
			<b>Total: 19.5</b>
<b>SESSION 2</b>	<b>Morning Meeting</b> Includes 15-minute break	<b>Afternoon Meeting</b> Includes 15-minute break	<b>Training Hours</b>
February 3, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	<b>Total: 6.5</b>
<b>SESSION 3</b>	<b>Morning Meeting</b> Includes 15-minute break	<b>Afternoon Meeting</b> Includes 15-minute break	<b>Training Hours</b>
March 4, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
March 5, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
March 6, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
			<b>Total: 19.5</b>
<b>SESSION 4</b>	<b>Morning Meeting</b> Includes 15-minute break	<b>Afternoon Meeting</b> Includes 15-minute break	<b>Training Hours</b>
March 31, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	<b>Total: 6.5</b>
<b>SESSION 5</b>	<b>Morning Meeting</b> Includes 15-minute break	<b>Afternoon Meeting</b> Includes 15-minute break	<b>Training Hours</b>
April 20, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
April 21, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
April 22, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
			<b>Total: 19.5</b>
<b>SESSION 6</b>	<b>Morning Meeting</b> Includes 15-minute break	<b>Afternoon Meeting</b> Includes 15-minute break	<b>Training Hours</b>
May 27, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
May 28, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
May 29, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
			<b>Total: 19.5</b>

## **Level 1 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 76 of the 91 program hours offered to be eligible to earn this certificate.

- Over the course of the entire training, participants may miss a maximum of 15 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: \$3,200 USD**

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

**Tuition Balance: \$2,700 USD** (\$3,200 Tuition - \$500 Tuition Deposit) **due and charged on November 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).**

**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 November 30, 2025.
- There are no refunds if a written notice of withdrawal is received by IFS Institute after November 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.

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**

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 Institute trainers, including their biographical statements, please visit: [Our Team: Trainers](#).

**Ann Sinko** LMFT, IFS Certified

**Risa Adams**, MD, CCFP, IFS Certified

**Sarah Jarvis**, RCC (Registered Clinical Counsellor), IFS Certified

## **Required Reading and Other Materials**

**Reading Materials:** All books listed below are available at IFS Institute's website store [www.IFS-Institute.com/store](http://www.IFS-Institute.com/store). Bundle pricing may be available. If you need assistance, please contact [Info@IFS-Institute.com](mailto:Info@IFS-Institute.com).

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

- Schwartz, RC and Martha Sweezy (2019). [Internal Family Systems Therapy](#) (2nd edition).
- 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 (2023), Introduction to Internal Family Systems, Boulder, CO: Sounds True Publishing, ISBN 978-1683643616. **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.

**Required Training Materials:**

- Small box of crayons or sharpened colored pencils
- Several sheets of unlined paper
- Notebook (for journaling and taking notes)

**Additional Training Materials:** Trainers from each program may ask participants to purchase up to \$20 in additional training materials. If additional training materials are required, participants will be notified by the trainers as the starting date of the training approaches.

**ADA**

For ADA accommodations, please contact Eryca Rockwell [Eryca@IFS-Institute.com](mailto:Eryca@IFS-Institute.com) as soon as you are registered for 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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