Internal Family Systems Therapy
Level 2 Intensive Training Program (1313)
Shame, Anxiety and Depression: An IFS Approach
August - October 2026
Online Training (Live, Real Time)
U.S. Eastern Time Zone

Table of Contents

- The Internal Family Systems Model
- Diversity, Equity, and Inclusion
- Curriculum
- Level 2 Training Eligibility
- Training Schedule
- Level 2 Training Certificate of Completion and Attendance Requirements
- IFS Certification
- Tuition and Fees
- Withdrawal/Refund
- Scholarships and Other Financial Resources
- Trainers
- Required Reading and Other Materials
- Continuing Education Contact Hours
- ADA
- Substance Use at Trainings
- Code of Conduct

The Internal Family Systems Model

Internal Family Systems (IFS) is a therapeutic model that views every human being as a system of protective and wounded inner parts guided by a core Self. It teaches that the mind is naturally multiple—and that this multiplicity is healthy—because, like members of a family, inner parts can be pushed into extreme roles but also have valuable inherent qualities. IFS helps people access their undamaged, compassionate Self, which knows how to heal, and from that inner leadership, understand and transform their parts, fostering both inner and outer connectedness.

Internal Family Systems: An Emerging Evidence Base, A Strong Foundation for More Research

The IFS Institute is committed to supporting rigorous research to establish the feasibility, acceptability, safety, and efficacy/effectiveness of the IFS therapeutic approach across different clinical presentations. Emerging evidence from small randomized clinical trials and quasi-experimental single-arm studies has highlighted the potential that IFS holds, with positive pilot studies among patients with depression and/or post-traumatic stress disorder. Multiple studies have demonstrated increases in self-compassion. The current body of research remains limited in scope, so well-designed randomized controlled trials (RCTs) with replication for each specific mental health condition are required to establish IFS as an evidence-based intervention for condition-specific mental health treatment indications. To date, reductions in depression are the only mental health condition that has demonstrated statistically significant improvement across multiple pilot RCTs. Larger fully-powered clinical trials are needed for each clinical indication. Finally, though several studies report high levels of acceptability, the risk of harm or adverse events needs to be systematically studied. The studies conducted thus far have provided valuable preliminary insights and represent a strong foundation for future research.

Sources:

1. Ally, D., Tobiasz-Veltz, L., Tu, K., Comeau, A., Bumpus, C., Blot, T., Rice, F. K., Orr, B., Soumerai Rea, H., Sweezy, M., & Schuman-Olivier, Z. (2025). A pilot study of an online group-based Internal Family Systems intervention for comorbid posttraumatic stress disorder and substance use. *Frontiers in Psychiatry*, *Volume 16-2025*. https://doi.org/10.3389/fpsyt.2025.1544435
2. Buys, M. E. (2025). Exploring the evidence for Internal Family Systems therapy: a scoping review of current research, gaps, and future directions. Clinical Psychologist, 1–20. https://doi.org/10.1080/13284207.2025.2533127
3. Comeau, A., Smith, L. J., Smith, L., Soumerai Rea, H., Ward, M. C., Creedon, T. B., Sweezy, M., Rosenberg, L. G., & Schuman-Olivier, Z. (2024). Online group-based internal family systems treatment for posttraumatic stress disorder: Feasibility and acceptability of the program for alleviating and resolving trauma and stress. *Psychological Trauma: Theory, Research, Practice, and Policy*, *16*(Suppl 3), S636–S640. https://doi.org/10.1037/tra0001688

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: 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 or 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 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

2026: August 16-19 and October 6-9

Daily Schedule	Morning Meeting	Afternoon Meeting Includes 15-minute break	Training/CE Hours
August 16, 2026	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
August 17, 2026	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
August 18, 2026	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
August 19, 2026	10:00am - 12:30pm	1:30pm - 3:30pm (no break)	4.5
			Total: 21
October 6, 2026	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
October 7, 2026	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
October 8, 2026	10:00am - 12:30pm	1:30pm - 4:45pm	5.5
October 9, 2026	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).

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 June 1, 2026**.

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.

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 June 30, 2026.
- There are no refunds if written notice of withdrawal is received by IFS Institute after June 30, 2026.

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 please visit: Our Team: Trainers.

Fatimah Finney, LMHC, IFS Certified

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

Amy Crawford, PhD, LMFT, 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/store. 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).

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. 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 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 The Institute for Continuing Education 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 The Institute for Continuing Education.**
- 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 psychologists #PSY-0043.

Counseling: The Institute for Continuing Education and Internal Family Systems Institute 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 Provider No. 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 social work continuing education hours for re-licensure, in accordance with 258 CMR, NASW-MA Chapter CE Approving Program. Authorization: D-20200. ***New York:*** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, Provider SW-0025. ***Illinois Dept. Professional Regulation***: Counselor provider 197-000298; Social Work provider 159-000606. ***Florida Dept. Health***, Division Social Work, Counseling, MFT, Provider 150-1998.

Marriage/Family Therapy: *New York:* The Institute for Continuing Education is recognized as a provider of continuing education in marriage-family therapy by New York State Education Department's State Board for MFT, 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 training meets the qualifications for continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. ***Illinois Dept. Professional Regulation***: MFT Provider 168-000108. ***Florida Dept*. *Health***, Division Social Work, Counseling, MFT, Provider 150-1998.

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 IFS Institute website Help Center here or on your copy of your Registration Form.

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