Internal Family Systems Therapy
Level 1 IFS Training Program (1325)
Nickname: Moonlight Lagoon
September – December 2026
Online Training (Live, Real Time)
U.S. Central Time Zone

This Affinity Group training is organized for those who identify as neurodivergent. IFSI's formal definition of neurodivergent, as described on the Level 1 General Application, is that neurodivergent means having a mind that functions in ways that diverge significantly from the dominant societal standards of "normal".

The IFS Trainers leading this training would also like to share that:

- There are two basic groups of neurodivergent conditions – innate (present from birth) and acquired after childhood development.
- In this Level 1 the focus is on innate neurodivergence, and some innate neurodivergent conditions include autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), learning differences (such as dyslexia, dyscalculia, and others), Tourette's syndrome and other tic disorders, sensory processing differences (such as highly sensitive person, sensory processing disorder), and dyspraxia.
- Neurodivergence represents difference, not deficit or disorder, and neurological differences are part of normal human variation rather than a pathology requiring "fixing" or "curing."
- Neurodivergent individuals may require different approaches to learning.
- A neurodivergent-affirming environment recognizes that communication styles, sensory experiences, emotional regulation, and social interaction may present differently.
- Our intention is to adapt our training environment and techniques to support neurodivergent participants with understanding and respect for different neurological experiences.

This Level 1 Training has the same Learning Objectives, number of training and CE hours, and daily schedule as other Level 1s, and introduces the foundational principles and practices of IFS, equipping participants with the skills to apply IFS in clinical settings.

While we will examine IFS Level 1 content through a neurodiversity lens, this training is not specifically about applying IFS to neurodiverse systems.

Please be sure to read this entire Brochure for details about the Training.

Thank you!

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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: 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. Central Time Zone. Please refer to www.24timezones.com, 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. Central Time Zone use Chicago, IL 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.

Pre-Training Orientation

August 24, 2026: 3:30-5:00 pm, Central Time Zone

- Attendance at the Orientation is strongly recommended.
- CE credit is not available for the Orientation.
- Orientation time does not count towards the Training's Certificate of Completion.
- The Orientation session, including the Q&A, will be recorded by IFS Institute and made available to participants.

Training Schedule

- Session 1: September 2-4, 2026
- Session 2: September 23, 2026
- Session 3: September 30-October 2, 2026
- Session 4: October 30, 2026
- Session 5: November 11-13, 2026
- Session 6: December 2-4, 2026

SESSION 1	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/CE Hours
September 2, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
September 3, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
September 4, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
			Total: 19.5

SESSION 2	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/CE Hours
September 23, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	Total: 6.5
SESSION 3	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/CE Hours
September 30, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
October 1, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
October 2, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
			Total: 19.5
SESSION 4	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/CE Hours
October 30, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	Total: 6.5
SESSION 5	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/CE Hours
November 11, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
November 12, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
November 13, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
			Total: 19.5
SESSION 6	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/CE Hours
December 2, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
December 3, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
December 4, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
			Total: 19.5

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: $3,990

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

Tuition Balance: $3,490 ($3,990 Tuition - $500 Tuition Deposit) **due and charged on July 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 July 31, 2026.
- There are no refunds if a written notice of withdrawal is received by IFS Institute after July 31, 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.

Irina Diyankova, PhD, IFS Certified

Melissa Costa, LMFT, IFS Certified

Margaret Conley, LCSW, LICSW, 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.

Required reading before the training begins:

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

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.

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 course offers a total of 91.00 contact hours: 19.5 contact hours for each of the four 3-Day Sessions, and 6.5 contact hours for each of the two 1-Day 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 at the end of the first session. 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 1 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-92752-1/ D-92752-2/ D-92752-3/ D-92752-4/ D-92752-5/ D-92752-6. ***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.

Marriage/Family Therapy: 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 Course 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.

IFS Institute provides the following support for participants in this training:

- **Registration Form content, including questions,** is available for preview in the website's Help Center: Registration Form Information
- **A pre-training Orientation** meeting is scheduled so that participants can meet the Trainers and ask questions about the Training.
- **Recording the Training:** It is anticipated that didactic and experiential portions of the Training will be recorded by IFS Institute and made available to participants. For privacy reasons, Practice Groups and Reflection Groups will not be recorded. *Please note that any recordings provided to participants are supplementary. They do not replace live, real time attendance, and do not fulfill requirements for the Certificate of Completion or CE credit.*
- **Transcripts of the Training:** It is anticipated that transcripts of the recordings (of didactic and experiential portions of the Training) will be made available to participants. For privacy reasons, transcripts of Practice Groups and Reflection Groups will not be available. *Please note that any transcripts provided to participants are supplementary. They do not replace live, real time attendance, and do not fulfill requirements for the Certificate of Completion or CE credit.*
- **Training Manuals** will be sent to participants approximately seven (7) weeks before Training Day 1.
- **Training Materials** (other than Training Manual) will be provided before a training day whenever possible.
- **Zoom Captions** will be available.
- **Zoom Chat** will be available as an additional means of communication during the Training, as guided by the Trainers.
- **Notifications** will be sent during the Training to indicate when breakout groups are about to end.
- **On-camera presence**: We provide flexibility regarding on- and off-camera time. The Training is entirely online, using Zoom. Participants are not required to be on-camera at all times. However, a large portion of the Training includes interacting with others in breakout spaces where the expectation is that cameras are on.
- **Taking Breaks:** Breaks and mealtimes are included in the Training's Daily Schedule (see the schedule in this brochure). If you need additional time away from the Training, please consider the attendance requirements for the Training's Certificate of Completion. If you sign up for CE, please also consider the attendance requirements for CE. Attendance information is available elsewhere in this brochure.
- **Stimming** is welcome.
- **There will be opportunity** for movement/body-centered processing.

- **We will offer self-selected breakout groups** for processing.
- **Content presentation and pacing** may be adjusted to include multiple learning styles.
- **Self-advocacy and co-creating an inclusive learning space**: participants and trainers are invited to co-create a neurodiverse-affirming learning space, where different learning needs can be named, honored, and included. While trainers may be able to meet some of those learning needs, participants are expected to advocate for and meet some of their own needs.
- **Trainers will use ethernet** connections to optimize audio and video quality.

ADA

For ADA accommodations, please submit your request through this form after you have completed your training registration.

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.

Document History: 3.27.26; 4.14.26; 9.17.26 CEupdt