Internal Family Systems Therapy
Level 1 IFS Training Program (1326)
Nickname: Deep Creek
July – October 2026
Online Training (Live, Real Time)
U.S. Central Time Zone

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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.

Training Schedule

- Session 1: July 10-12, 2026
- Session 2: July 23, 2026
- Session 3: August 14-16, 2026
- Session 4: August 28, 2026
- Session 5: September 11-13, 2026
- Session 6: October 9-11, 2026

SESSION 1	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/CE Hours
July 10, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
July 11, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
July 12, 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
July 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
August 14, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
August 15, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
August 16, 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
August 28, 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
September 11, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
September 12, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
September 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
October 9, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
October 10, 2026	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
October 11, 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 May 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 May 31, 2026.
- There are no refunds if a written notice of withdrawal is received by IFS Institute after May 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, including their biographical statements, please visit: Our Team: Trainers.

Irina Diyankova, PhD, IFS Certified

Lauren Spaulding, LMFT, LPC, IFS Certified

Assistant Trainer Mentee: Lindsay Lefebvre, RCC, 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: For counselors seeking CE credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program. ***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 CE Approving Program. Authorization: D-92752-1 thru D92752-6. ***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. ***Illinois Dept. Professional Regulation***: Social work provider 159-000606. ***Florida Dept***. ***Health***, Division Social Work, Counseling, MFT, Provider 50-1998.

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 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.

ADA

For ADA accommodations, please contact Eryca Rockwell 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 in the IFS Institute website Help Center here or on your copy of your Registration Form.