Internal Family Systems Therapy
Level 1 IFS Training Program (1328)
Nickname: Toadstool Trail
October 2026 – February 2027
Hybrid Training
On-Site Sessions: Black Mountain, NC
Online Sessions (Live/Real Time):
U.S. Eastern Time Zone

Hybrid Format

- On-site sessions of this training are only available on-site (Black Mountain, NC), and all training members attend the on-site sessions.
- Online sessions of this training are only available online (live, real time), and all training members attend the online sessions.

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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 three, 4-day sessions totaling 80 program hours (26.5 or 27 hours per session), plus two separate Bridge Days totaling 9.5 program hours (4.75 program hours per day).

This training has sessions that meet online only (live, real time) and sessions that meet on-site only (in-person).

- **On-site sessions of the training are only available on-site (in-person) in Black Mountain, NC**. All training members attend the on-site sessions.
- **Online sessions of the training are only available online (live, real time)**. All training members attend the online sessions. **Online sessions meet in the U.S. Eastern 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. 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 to access the online portions 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: October 28-31, 2026 (online)
- Bridge Day: November 18, 2026 (online)
- Session 2: December 8-11, 2026 (on-site)
- Bridge Day: January 19, 2027 (online)
- Session 3: February 9-12, 2027 (on-site)

SESSION 1 Online		Morning Meeting Includes 15-minute break		Afternoon Meeting Includes 15-minute break		Training/CE Hours
October 28, 2026		9:00am 12:15pm		1:30pm - 6:00pm		7.25
October 29, 2026		9:00am - 12:15pm		1:30pm - 5:45pm		7.0
October 30, 2026		9:00am - 12:15pm		1:30pm - 5:45pm		7.0
October 31, 2026		9:00am - 12:15pm		1:15pm - 4:00pm (no break)		5.75
						Total: 27

BRIDGE DAY Online Includes (3) 15-minute breaks		Start Time		End Time		Training Hours (No CE)
November 18, 2026		10:00am		3:30pm		Total: 4.75
SESSION 2 On-Site	Breakfast	Morning Meeting Includes 15-minute break	Lunch	Afternoon Meeting Includes 15-minute break	Dinner	Training/CE Hours
December 8, 2026	8:00am	9:00am - 12:15pm	12:30pm	1:30pm - 5:45pm	6:00pm	7.0
December 9, 2026	8:00am	9:00am - 12:15pm	12:30pm	1:30pm - 5:45pm	6:00pm	7.0
December 10, 2026	8:00am	9:00am - 12:15pm	12:30pm	1:30pm - 5:45pm	6:00pm	7.0
December 11, 2026	8:00am	9:00am - 12:15pm	12:30pm	1:15pm - 3:45pm (no break)	X	5.5
						Total: 26.5
BRIDGE DAY Online Includes (3) 15-minute breaks		Start Time		End Time		Training Hours (No CE
January 19, 2027		10:00am		3:30pm		Total: 4.75
SESSION 3 On-Site	Breakfast	Morning Meeting Includes 15-minute break	Lunch	Afternoon Meeting Includes 15-minute break	Dinner	Training/CE Hours
February 9, 2027	8:00am	9:00am - 12:15pm	12:30pm	1:30pm - 5:45pm	6:00pm	7.0
February 10, 2027	8:00am	9:00am - 12:15pm	12:30pm	1:30pm - 5:45pm	6:00pm	7.0
February 11, 2027	8:00am	9:00am - 12:15pm	12:30pm	1:30pm - 5:45pm	6:00pm	7.0
February 12, 2027	8:00am	9:00am - 12:15pm	12:30pm	1:15pm - 3:45pm (no break)	X	5.5
						Total: 26.5

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 75 of the 89.5 program hours offered to be eligible to earn this certificate.

- Over the course of the entire training, participants may miss a maximum of 14.5 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: $5,240

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

Tuition Balance: $4,740 ($5,240 Tuition - $500 Tuition Deposit) **due and charged on August 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 August 31, 2026.
- There are no refunds if a written notice of withdrawal is received by IFS Institute after August 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.

Jenny Fiebig, LPC, IFS Certified

David Kitchings, LPC, IFS Certified

Veronica Tucker-Scott, LCPC, 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 80.00 contact hours - 27.00 contact hours for Session 1; 26.50 contact hours for Sessions 2-3. Continuing education credit is offered only for the multi-day sessions of this course. Continuing education credit is not offered for Bridge Days.
- 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-20199-1/ D-20199-2/ /D-20199-3. ***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.

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.

Health and Safety Protocols

On-Site Sessions:

- IFS Institute follows COVID and other health and safety protocols as required by the training site and relevant government entities, and all training participants and staff must comply with any such protocols that are in effect at the training site, for example, masking, vaccination, testing, reporting, social distancing, etc.
- Required protocols can be imposed or lifted at any time, whether before a training starts, before individual sessions start, or while a training is actively meeting.
- Training members are welcome to wear masks at any time but are not required to do so except as above.
- On-site sessions are available only in the site's designated meeting space while the training is meeting. On-site sessions are not available via online platforms, and recordings and transcripts are not available.
- Each participant may miss up to a certain amount of training time due to illness or other reasons. Attendance requirements, daily schedules, and information about withdrawals and refunds are in this brochure.
- Each training includes about 50 people.

We understand that there is uncertainty about things such as COVID, and that an individual's comfort level about on-site, in-person meetings can change, especially as levels of COVID or other illnesses change, as protocols change, and as personal circumstances change, sometimes unexpectedly.

Given your own situation, please do not register for this training if you…

- Cannot or may not want to attend on-site sessions where protocols are not required.
- Are or may become uncomfortable with the possibility of protocols being imposed or lifted at any time.
- Cannot or may not want to abide by protocols that may be required, or if you may need something other than these protocols.

Current Protocols for This Training:

As of this writing April 2026, there are no COVID or other such required protocols for this training's site. IFS Institute's Onsite Program Team at Onsiteprograms@ifs-institute.com will contact people enrolled in the training if that changes.

Out of respect for all training members and in order for the training group to remain in compliance with required protocols that may exist, IFS Institute expects that everyone attending the training will abide by requirements in effect for this training.

If Moving an On-Site Session to an Online Platform Is Required

IFS Institute is eager and intends to run this training's on-site session(s) at the site listed. However, if circumstances change and COVID or other health and safety restrictions are imposed by the site or government entity with authority, it may be necessary to move on-site session(s) to an online platform. If this occurs, IFS Institute will act as quickly as possible to keep training members informed.

Online Sessions & Bridge Days:

- Online sessions and Bridge Days are only available live, in real-time, and no recordings or transcripts are available.
- Each participant may miss up to a certain amount of training time due to illness or other reasons. Attendance requirements, daily schedules, and information about withdrawals and refunds are in this brochure.

Site and Travel Information

Training Site: **YMCA Blue Ridge Assembly**

84 Blue Ridge Circle

Black Mountain, NC 28711

(828)669-8422

https://blueridgeassembly.org/

Questions about the site:

- Please review all relevant sections of this brochure.
- Training site websites often have information about site amenities, parking, etc.
- If you need additional information about the site, please contact the IFS Institute Onsite Programs Team at Onsiteprograms@ifs-institute.com and please include your 4 digit job code in the subject line.

COVID-19 health and safety protocols: Please see earlier parts of this brochure and note that there may be no COVID-19 protocols in effect.

Pets are not permitted, even if the training site allows them. This is for the benefit of everyone involved with the training and to ensure that no issues arise due to the presence of pets.

Overnight Accommodation Package (Included in Program Tuition)

Overnight accommodations and meals, which are outlined below, are included in the Program Tuition for IFS Level 1 (1328) at YMCA Blue Ridge Assembly. We are unable to accommodate day-only attendance.

Overnight accommodations at the YMCA Blue Ridge Assembly will include single occupancy rooms with meals beginning with breakfast on December 8, 2026 and ending with lunch on December 11, 2026 for the December session and beginning with breakfast on February 9, 2027 and ending with lunch on February 12, 2027 for the February session.

Lodging, meals, and use of a site's facilities during the training are reserved for training members only.

We do not recommend bringing people who are not training members to the site, and we cannot accommodate anyone who is not part of the training (IFS Institute can only make financial commitments and arrangements for training members).

If you would like to stay at a training site before and/or after IFS Institute's package dates, please contact the site directly to make arrangements, including direct billing to you for additional dates. IFS Institute cannot make, or be responsible for, reservations or other arrangements outside of the training dates.

Dietary requests: IFS Institute and training sites understand that some individuals may have specific dietary needs, restrictions, or preferences, and reasonable efforts will be made to accommodate these individuals. Although IFS's Site Event Specialist will send over a list of Training Members' dietary restrictions to the site, neither IFS Institute nor training sites can be held responsible for the consumption of an individual's unique diet while attending the training.

Overnight Accommodation Package at the Blueridge YMCA includes:

- **December Session**
  - Check-in Monday, December 7, 2026 starting at 3:00pm **(Arrival Day)**
  - Check-out Friday, December 11, 2026 by 12:00pm
- **February Session**
  - Check-in Monday, February 8, 2027 starting at 3:00pm **(Arrival Day)**
  - Check-out Friday, February 12, 2027 by 12:00pm

The Overnight Accommodation Package includes sleeping accommodations with the check-in and check-out dates outlined above, use of the site's facility and grounds, breakfast, lunch, and dinner, starting with breakfast on December 8, 2026 and ending with lunch on December 11, 2026 for the December session and beginning with breakfast on February 9, 2027 and ending with lunch on February 12, 2027 for the February session.

For details about the site, please visit URL or contact the IFS Institute Onsite Programs Team at Onsiteprograms@ifs-institute.com.

- **Site affiliations:** IFS Institute training programs occasionally meet at sites that have religious affiliations, though IFS Institute is not, itself, religiously affiliated, and does not, as an organization, espouse any religious point of view. If you need information about the site before choosing to apply to the training, please visit the training site's website and/or contact them directly (see above for their website address).
- **Individual requests:** IFS Institute offers professional training programs and, while we make reasonable efforts to enhance your experience at the training site, it may not be possible to address each person's unique or individual needs or requests as may be possible when on a vacation, visiting a spa, or going on a personal retreat experience.

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 on the IFS Institute website, or on your copy of your Registration Form.

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