



**Internal Family Systems Therapy
Level 3 Training Program (1546)
March 2027
On-Site Training (Asheville, NC)**

On-Site Format

This training is only available in Asheville, NC, and all training members attend.

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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/fpsy.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: In the Level 3 training, you will work intensively with a group of advanced practitioners who have learned the theory and technique of IFS and are now interested in expanding the depth of their knowledge. You are a good fit for this program if your goal is not only to become a better therapist or consultant, but also to:

- Learn about and unburden your personal triggers and blind spots;
- Hold Self-energy in daily life and when provoked;
- Clarify your visions for your career and your life path in general;
- Practice giving and receiving Self-led feedback;
- Discover some key trailheads;
- Explore your spirituality;
- Create a small Self-led community.

Format: The training will include demonstrations, experiential group exercises, large and small group discussions, extended meditations and personal work.

Scope of Practice: Programs - 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 3 IFS Training Learning Objectives](#).

Training sessions meet on-site in Asheville, NC. Refer to the Site and Travel Information section of this brochure for details.

Eligibility: Level 3 Training

To be eligible for a Level 3 Training Program, individuals must have an approved Level 3 General Application and a Certificate of Completion from a Level 2 Training Program.

To ensure the best learning experience, we recommend waiting at least six months after completing Level 2 before beginning Level 3.

Training Schedule

2027: March 15-19

Daily Schedule	Morning Meeting Includes 15-minute break	Lunch	Afternoon Meeting Includes 15-minute break	Instructional/CE Hours & Personal Growth (PG) Hours
March 15, 2027	9:00am - 12:30pm	12:30pm	1:45pm - 5:30pm	6.75 (5 Instructional/CE & 1.75 PG)
March 16, 2027	9:00am - 12:30pm	12:30pm	1:45pm - 5:30pm	6.75 (5 Instructional/CE & 1.75 PG)
March 17, 2027	9:00am - 12:30pm	12:30pm	1:45pm - 5:30pm	6.75 (5 Instructional/CE & 1.75 PG)
March 18, 2027	9:00am - 12:30pm	12:30pm	1:45pm - 5:30pm	6.75 (5 Instructional/CE & 1.75 PG)
March 19, 2027	9:00am - 12:15pm	No Lunch	No Afternoon Meeting	3 (personal growth)
				Total: 20 Instructional/CE & 10 PG

Level 3 Training Certificate of Completion and Attendance Requirements

A Certificate of Completion (non-CE) is awarded by IFS Institute for the completion of the training. This Level 3 Training includes 10 personal growth hours and 20 instructional/contact hours. Participants must complete 16 of the 20 instructional/contact program hours offered to be eligible to earn this certificate.

- Over the course of the entire training, participants may miss a maximum of 4 instructional/contact 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: \$3,050

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

Tuition Balance: \$2,550 (\$3,050 Tuition - \$500 Tuition Deposit) **due and charged on January 1, 2027.**

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.

The tuition for on-site trainings reflects additional costs associated with organizing and running these trainings. We encourage you to consider one of our fully online trainings if that option better suits your financial circumstances.

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.

Lunch is Not included. Refreshments during breaks at the on-site location are included in the tuition. All other lodging, meals, and any other travel-related expenses are not included in tuition. IFS Institute does not provide any other meals or lodging or make any travel arrangements for this training.

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 January 31, 2027.
- There are no refunds if written notice of withdrawal is received by IFS Institute after January 31, 2027.

The \$50 Refund Processing Fee is charged for all refunds.

Travel, Lodging, Incidental Expenses: At no time is IFS Institute responsible for training participant Travel, Lodging, or Incidental Expenses.

IFS Institute reserves the right to postpone, cancel, or otherwise change any training program schedule prior to its start date.

Admission/IFS Institute-Initiated Withdrawal: IFS Institute (IFS Institute) reserves the right to admit or deny admission to any training program applicant. IFS Institute, in its sole discretion, may withdraw a participant from an IFS Institute training program at any time for a violation of the training program's Terms and Conditions or other policies or statements on their application and/or registration form, including one or more violations of the Code of Conduct. In addition, IFS Institute may withdraw a participant out of concern for the participant's safety and well-being. When a participant is withdrawn by IFS Institute, IFS Institute will refund tuition paid to IFS Institute for portions of the training program the participant will not attend as a result of their withdrawal. However, if at any time IFS Institute learns that a participant misrepresented their credentials or other information during the application and/or registration processes, IFS Institute reserves the right to withdraw the participant before or after the training begins, without any refund. If a participant is withdrawn from a training program, they will not be eligible for the Certificate of Completion.

Scholarships and Other Financial Resources

IFS Institute Scholarship information is available on our website here: [Scholarships – North American Trainings](#)

Costs for the training may be tax-deductible. Please consult with your tax advisor.

Employers can be a source of continuing education funding. Please check with your supervisor and/or human resources department.

Trainers

For information about IFS trainers please visit: [Our Team: Trainers](#).

Ann Sinko, LMFT, IFS Certified

Dana Rosenstein, LCSW-C, 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 begins:

Journal Articles (that's the title)

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

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.

Additional Training Materials: Your program's trainer may ask you to purchase up to \$30 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 20 instructional/continuing education contact hours (and 10 personal growth hours).
- 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 on the final training day. You will need your license information (if applicable) to complete the form.**
- CE verification is now **emailed** to participants by The Institute for Continuing Education following each eligible session. Allow 3 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 3 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 has submitted a co-sponsorship application to the National Board for Certified Counselors for approval. **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 32.00 social work continuing education hours for re-licensure, in accordance with 258, CMR NASW-MA Chapter CE Approving Program. Authorization D-10147. **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 SW-0025.

Marriage/Family Therapy: 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 Marriage and Family Therapists. Provider MFT-0012. **Illinois:** The Institute for Continuing Education is recognized as a provider of continuing education by the Illinois Board of Marriage and Family Therapy, Provider 168-00108. **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.

Health and Safety

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 apply 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, August 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:

- Online sessions 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: **DoubleTree by Hilton Asheville Downtown**
 199 Haywood Street
 Asheville, NC 28801
 +1 (828)505-8500
hilton.com/doubletree-asheville

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 3 or 4 digit job code in the subject line.

Overnight Accommodations**DoubleTree by Hilton Asheville Downtown reservations and information:**

- If you wish to stay overnight at the DoubleTree, IFS Institute's Site Event Coordinator will send a "Facility Online Reservation" link for training members to make and guarantee their own reservations about 8 weeks out from the onsite training session's start date (you must use a valid credit card). IFS Institute cannot make, manage, or pay for overnight reservations.
- The DoubleTree by Hilton Asheville Downtown is offering a limited number of rooms on an availability basis until **February 12, 2027**.

Room Rates: Standard Room at The DoubleTree by Hilton Asheville Downtown (single occupancy): \$159 per person per day, plus applicable state and local taxes that will be added to the rate.

- **Exclusive Incentives:** IFSI has secured exclusive incentives that are available only when you book your overnight accommodation using the reservation link provided by IFSI:
 - **Breakfast:** Complimentary breakfast voucher (up to 2 vouchers per night per King Bedded Room) during the training dates.
 - **Parking:** 50% off discount for daily valet or self-parking charge per vehicle.
- **Reservation Cancellation:** If you need to cancel your reservations, please contact The DoubleTree by Hilton Asheville Downtown directly.
 - Individual room reservation cancellations must be made by 3:00 p.m. local hotel time two days prior to arrival to avoid a cancellation fee. Any reservations cancelled after 3:00 p.m. local hotel time will be charged a cancellation fee equal to one night's room and tax to the guaranteed method of payment for the individual reservation.
 - The Hilton Asheville Downtown set their own policies and prices and bill you directly. If you would like to know more about this site, please visit their website or call them directly.

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.

Lodging 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).

Meals: IFS Institute does not provide meals for this training. Refreshment breaks will be provided during scheduled break times noted in the schedule above.

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 site allows them. This is for the benefit and safety of all training members.

Site parking: Parking at the DoubleTree Asheville Downtown is 50% off valet parking or self-parking only if you book overnight accommodations at the hotel through the reservation booking link provided by IFSI.

Altitude: The altitude of the training site may cause some people discomfort. For information about how high altitudes may affect you please visit [Cleveland Clinic Altitude Sickness](#).

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.

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.

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