Internal Family Systems Therapy
Level 1 IFS Training Program (1571)
Nickname: Aurora Falls
April – July 2027
Online Training (Live, Real Time)
U.S. Eastern Time Zone

This training is only available for residents of Canada who currently live in Canada and have a Canadian mailing address.

- This training will be conducted entirely in English. Fluency in spoken and written English is required, and services for translation, interpretation, or transcription into other languages will not be provided.
- Priority registration for this training will be given to current residents of Canada. If there are remaining seats available, registration will be opened to those who are not residents of Canada.

Continuing Education credit is not available for this training

- IFS Institute will provide a certificate of completion to those who complete the training. Please contact your provincial or territorial regulatory body to determine if this training meets the criteria for continuing education credit in your jurisdiction.

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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. 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.

- **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: April 7-9, 2027
- Session 2: April 23, 2027
- Session 3: May 5-7, 2027
- Session 4: June 9, 2027
- Session 5: June 28-30, 2027
- Session 6: July 21-23, 2027

SESSION 1	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training Hours
April 7, 2027	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
April 8, 2027	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
April 9, 2027	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 Hours
April 23, 2027	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 Hours
May 5, 2027	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
May 6, 2027	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
May 7, 2027	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 Hours
June 9, 2027	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 Hours
June 28, 2027	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
June 29, 2027	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
June 30, 2027	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 Hours
July 21, 2027	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
July 22, 2027	9:00am - 12:30pm	1:30pm - 5:00pm	6.5
July 23, 2027	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: $3,350

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

Tuition Balance: $2,850 ($3,350 Tuition - $500 Tuition Deposit) **due and charged on February 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.

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 February 28, 2027.
- There are no refunds if a written notice of withdrawal is received by IFS Institute after February 28, 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.

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.

Rina Dubin, Ed.D, Lic. Psych., IFS Certified

Kasi Shanmukanathan, MSW, RSW, IFS Certified

Assistant Trainer Mentee: Sherri Leonard, LCSW, 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 $30 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.

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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