The Internal Family Systems Model

Internal Family Systems℠ is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients’ intuitive wisdom. IFS℠ offers a clear, non-pathologizing, and empowering view of human cognitive and emotional life and provides a dynamic therapeutic approach that allows both therapist and client to enter into a transformational relationship in which healing can occur.

Richard C. Schwartz, PhD, has been developing the IFS model for more than 30 years, with IFS now practiced by thousands of licensed therapists and other professionals throughout the United States and internationally. Mental health care professionals and others trained in the IFS model can easily integrate it into a wide variety of practices using the unique methods IFS offers to create safe environments for clients to become Self-transforming. Internal Family Systems therapy is a simple yet sophisticated integration of psychology, spirituality, and intra-psychic and family systems theory that:

- Works well with couples, families, groups, and children;
- Can effectively treat trauma;
- Is a client-led approach that respects each client’s pace and goals;
- Establishes a productive, trusting, and collaborative partnership between therapist and client;
- Helps therapists remain centered and open-hearted.

Internal Family Systems: An Evidence-Based Practice

Internal Family Systems (IFS) is now posted on NREPP as an evidence-based practice. NREPP is the National Registry for Evidence-Based Programs and Practices, a national repository that is maintained by the U.S. government’s Substance Abuse and Mental Health Services Administration (SAMHSA). Interventions listed in NREPP have been subject to independent, rigorous scrutiny, and are deemed to show significant impact on individual outcomes relating to mental health.

As a clinical treatment, IFS has been rated effective for improving general functioning and well-being. In addition, it has been rated promising for improving each of: phobia, panic, and generalized anxiety disorders and symptoms; physical health conditions and symptoms; personal resilience/self-concept; and depression and depressive symptoms.

These scientific findings and the listing of IFS on NREPP affirm the vast potential of IFS therapy for advancing emotional healing and mental well-being. In particular, they indicate promising effects on mind (depression, anxiety), body (physical health conditions), and spirit (personal resilience and self-concept).

IFS & Training Information Sources

This brochure contains many details about this program, including continuing education credit, certificate of completion attendance requirements, trainer biographies, finances, session and daily schedules, required readings, site information, and more.

For more information about IFS, please visit other tabs of our website.
Training Location

Burlingame is located on the San Francisco Peninsula and is known for its beautiful Eucalyptus groves and Victorian architecture. It is also home to Mercy Center, a peaceful conference venue that’s just minutes from San Francisco International Airport and other transit. With convenient and comfortable on-site lodging, Mercy provides an ideal training site for IFS trainings in the Bay Area.

Curriculum

Overview: In addition to thoroughly learning IFS theory and technique, the Internal Family Systems Level 1 training program invites participants to explore their own inner worlds in a safe, nurturing context. The training will help participants:

• Understand the conceptual base of the IFS model;
• Apply basic IFS techniques to various clinical populations; and
• Take advantage of the opportunities IFS offers for personal development.

Learning Objectives: Please visit www.IFS-Institute.com, FAQ page.

Format: The training includes lecture, discussion, demonstration, video review, experiential exercise, and small group practice.

Program Hours: This training comprises six, 3-day sessions, totaling 108 program hours. Each 3-day session comprises 18 program hours. Session and daily schedules are listed later in this brochure.

Trainers

Lead Trainer: Mary Kruger, MS, LMFT, founded Rimmon Pond Counseling, an IFS-based private practice in Connecticut, and has specialized in addictions, eating disorders, trauma, and relationships for over 20 years. Mary incorporates IFS with her own penchant for the experience, and has developed a variety of creative ways to work with parts and access Self-energy in individual, relational, and group contexts. She enjoys sharing her experience in her teaching and consulting on a national level. Mary is noted for her humor, creativity, passion, and love of dancing and people.

Assistant Trainer: Jory Agate, LMHC, MDiv., MA, comes to the field of psychotherapy after a 20-year career in Unitarian Universalist ministry that focused on youth, families, sexuality, leadership development, and diversity, equity and inclusion trainings. Her current practice of psychotherapy and spiritual counseling specializes in individuals, families, clergy, couples, and staff teams. Fluent in American Sign
Training Schedule

All sessions of this training are in 2020:

January 31-February 2, April 24-26, June 26-28, July 24-26, November 20-22
December 11-13

Daily Schedule

Please note: All breakfasts and dinners at Mercy Center are for overnight guests only.

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<th></th>
<th>Breakfast</th>
<th>AM Session</th>
<th>Morning Stretch Break</th>
<th>Lunch</th>
<th>PM Session</th>
<th>PM Snack Break</th>
<th>Dinner</th>
<th>Training/CE Hours</th>
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<td>Thursday</td>
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<td>Friday</td>
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<td>Saturday</td>
<td>7:30</td>
<td>9-Noon</td>
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<tr>
<td>Sunday</td>
<td>7:30</td>
<td>9-Noon</td>
<td>x</td>
<td>Noon</td>
<td>1-2:30</td>
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<td>18 Total Training/CE Hours</td>
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Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute and a participant must complete 90 of the 108 program hours offered in order to be eligible to earn this certificate. Participants are responsible for ensuring that they attend sufficient training hours to earn the Certificate of Completion.

IFS Certification

Participants are not Certified IFS Therapists or Practitioners until they successfully complete the IFS Certification process. Information about the criteria and procedures for becoming IFS Certified is available on the IFS Institute website certification page, or by emailing certification@selfleadership.org.

Eligibility for Future Trainings

By earning IFS Institute’s certificate of completion for this training, a participant is eligible to apply for a Level 2 IFS training program. Participants are not required to be Certified IFS Therapists or Certified IFS Practitioners to enroll in IFS trainings.
To Apply

Who Should Apply: We welcome applications from:

- Mental and medical health care practitioners
- Pastoral counselors
- Business and academic professionals
- Masters or doctoral students
- Dance, art, and music therapists
- Health care professionals in allied fields

Application Form: Please use the application form for this training found on our website.

Continuing Education Contact Hours

- This training program is co-sponsored by IFS Institute and The Institute for Continuing Education (ICE).

- Continuing education contact hours are offered for the professional disciplines as listed.

- The course offers 18 contact hours per session (total of 108 contact hours per course). CE covers all scheduled course 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, sign in/out daily, and complete a session evaluation.

- Applications for continuing education contact hours will be available at the initial course session, along with other pertinent continuing education information.

- If you want CE credit for this training, you need to sign up for it at the first session, and you must bring your license information (as applicable) to sign up for CE credit.

- CE verification is mailed to participants by ICE following each session (within 30 days of receipt of completed CE materials).

- There is no additional fee to make application 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.


- If you have questions regarding continuing education credit, please contact The Institute for Continuing Education: 800-557-1950. Email: instconted@aol.com.
Psychology: The Institute for Continuing Education is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling: For counselors seeking CE credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program.

Social Work: This program has been approved for 18.00 social work continuing education hours per session for relicensure, in accordance with 258 CMR Collaborative of NASW and the Boston College and Simmons Schools of Social Work. Authorization: D-80807-1 – D-80807-6. New Jersey: CE credit is not offered for New Jersey social workers.

Marriage/Family Therapy: 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 18.00 hours per session of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences.

Instruction Methodology: May include didactic, lecture, audio-visuals, demonstrations, experiential exercises, case examples, small and large group discussions.

Required Pre-Training Reading and Other Materials

1. Reading Materials: All books listed below are available at IFS Institute’s website store (www.IFS-Institute.com). Bundle pricing may be available. If you need assistance with the Store, please call 708.383.2659 or email info@selfleadership.org.

   Required reading before the training begins:


   Suggested reading before the training begins:


   Class content is designed on the assumption that the reading is completed.
Other suggested reading:


2. Additional Training Materials: Each program's trainers 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.

Financial Assistance

Payment plans: Payment plans are listed on the program application. If you have questions about the plans, please contact IFS Institute Controller, Mary Mitrovich, at mary@selfleadership.org.

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

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

Tuition scholarships: Details and IFS Institute's scholarship application form are on the website's Training FAQ page.

Tuition and Fees

Program Tuition: $3,800 ($500 of which is the program deposit)

Program Deposit: The $500 deposit is charged when you are accepted into the training, and this is required to secure your place. Payment plans are available for the balance (see program application for details).

Room and Board are not included in tuition.

Application Fee: A $55 non-refundable, non-transferrable application fee is charged when your application is received.

Withdrawals/Refunds: Participants who wish to withdraw from the training program must do so in writing. Participants are responsible for paying for sessions attended or missed prior to withdrawal. Deposit: The $500 deposit is refundable if written notice of withdrawal is received by the IFS Institute office 45 or more days before the 1st day of Session 1. The deposit is transferable to another IFS Institute-organized Level 1, 2, or 3 IFS training program if written notice of withdrawal is received by the IFS Institute office 44-21 days before the 1st day of Session 1. A transferred deposit must be used within 18 months of withdrawal or else it is forfeited; a transferred deposit may only be used by the person who
is withdrawing. The deposit is forfeited if written notice of withdrawal is received by the IFS Institute office 20 or fewer days before the 1st day of Session 1, or if withdrawal occurs after the program begins. Tuition Balance: The tuition balance (total tuition less deposit) is refundable if written notice of withdrawal is received by the IFS Institute office 21 or more days before the 1st day of Session 1. One-half (1/2) of the tuition balance is forfeited if written notice of withdrawal is received by the IFS Institute office 20 or fewer days before the 1st day of Session 1, and 21 or more days before the 1st day of Session 2. The full tuition balance is forfeited if written notice of withdrawal is received by the IFS Institute office 20 or fewer days before the 1st day of Session 2. The application fee and payment plan carrying fee are non-refundable. IFS Institute reserves the right to postpone, cancel or otherwise change any training program schedule prior to its beginning. At no time is IFS Institute responsible for training students’ travel, lodging, or incidental expenses.

Overnighter and Day Commuter Packages and Fees

Participants are responsible for their own lodging and meal costs. Your Overnighter or Day Commuter reservations at the training site needs to be made by IFS Institute’s Site Coordinator, and we will use information you provide on a reservation form you will receive via email from IFS Institute’s Site Coordinator after you are accepted into the program.

Lodging and meals during the training are reserved for training members. IFS Institute could only prudently make financial commitments to the site for lodging and meals for people in the training. If you wish to stay with someone who is not a member of the training, you are welcome to explore other lodging options, and then the Day Commuter fee would apply.

If you are considering arriving early or staying late at Mercy Center, please contact Mercy Center’s main phone line directly and let them know you are interested in making private arrangements for extra days; contact information is at the end of this brochure. They’ll let you know if they have rooms available and what the costs will be, and they’ll bill you directly. IFS Institute cannot make or be responsible for reservations or other arrangements outside of the training dates.

Pets are not permitted.

If you have any questions, please contact IFS Institute’s Site Coordinator.

Overnighter and Day Commuter Arrangements for This Training

Mercy Center is a popular retreat venue situated on 40 acres just outside San Francisco. Mercy’s lovely grounds include gardens, walking paths and a labyrinth, offering a peaceful setting for you to enjoy. Overnight accommodations feature all single bedrooms in a quiet and informal community setting, with a hot/cold beverage station on each hall. Each private bedroom is furnished with a writing table and comfortable chair, as well as a sink (hall bathrooms are shared single-gender). Rooms lock from the inside and have secure closets. Mercy is a special retreat center for your Bay Area IFS training!
The Overnighter Package is $462 per person (all single occupancy) for each of the six training sessions. This includes use of Mercy’s facilities as well as meals, starting with dinner on Thursdays and going through lunch on Sundays. Many special dietary restrictions can be accommodated with sufficient advanced notice to IFS Institute’s Site Coordinator.

The Day Commuter Package is $210 per person for each of the six training sessions, and is required of those who do not stay overnight at Mercy Center. This includes use of Mercy’s facilities as well as lunch each day. Many special dietary restrictions can be accommodated with sufficient advanced notice to IFS Institute’s Site Coordinator.

**ADA** If you have special needs, please contact IFS Institute.

**TRAVEL INFORMATION**

Training Site: Mercy Center  
2300 Adeline Drive  
Burlingame, CA 64010  
650-340-7474  
Mercy-Center.org

If you need additional travel information, please visit websites such as MapQuest or Google Maps. You may wish to visit priceline.com, orbitz.com, kayak.com, or other websites to find travel deals for airfare, rental cars, etc. While CSL is not affiliated with any of these sites, many people have success with them.

**AIRPORTS:**

San Francisco International Airport  
Airlines served: All major airlines served  
Approximately 10 minutes from site.  
For directions from San Francisco International Airport click [HERE](#).

**DRIVING and PUBLIC TRANSIT:**

For driving or public transit directions from...
- San Francisco click [HERE](#).
- Sacramento click [HERE](#).
- San Jose click [HERE](#).

**SITE PARKING:** Free onsite parking.

**MEALS and LODGING:** Meals and lodging will be available through IFS Institute at Mercy Center as described earlier in this brochure.
IFS Institute
www.IFS-Institute.com

Phone:  
Level 1, 2, 3 North American Trainings: 708.383.2519  
Level 1, 2, 3 International Trainings: 708.845.1664  
IFS Certification: 828.215.6307  
IFS Circle/Continuity Webinars: 406.962.5598  
Everything Else IFS, including Store, Workshops, etc.: 708.383.2659

Fax: 708.383.2399

Mailing Address:  
P.O. Box 3969, Oak Park, IL 60303

Email:
Level 1, 2, 3 North American Trainings:  
Training@selfleadership.org or Maryanne@selfleadership.org  
For best service, please write to only one email address at a time - thanks!

Level 1, 2, 3 International Trainings: Karon.Brashares1@gmail.com

IFS Certification: certification@selfleadership.org

IFS Circle/Continuity Webinars: help@selfleadership.org

Everything Else IFS, including Store, Workshops, etc: info@selfleadership.org

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