

**This training will have at least some online sessions due to COVID-19.**

### The Internal Family Systems Model

**Internal Family Systems<sup>SM</sup>** is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFS<sup>SM</sup> 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:



*Richard C. Schwartz*

- 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 important details about this program, including continuing education credit, certificate of completion attendance requirements, trainer biographies, finances, session and daily schedules, required readings, site and travel information, and more. **For more information about IFS**, please visit other tabs of our website.

**IFS Institute contact information is at the end of this brochure and on the website.**

## 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](http://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: Rina Dubin, EdD,** is a licensed psychologist in private practice in Massachusetts working with individuals and couples and offering supervision and consultation. She has been involved with the IFS community for more than 10 years and has a broad background in trauma. Rina loves being involved in the process of healing, and IFS has become a centerpiece in this work. She has been involved with IFSNE since its beginning, and as a member of its Steering Committee, is thrilled with the growth of IFS in New England.



**Lead Trainer: Michael Elkin, LMFT, MA,** has been using IFS since 1995 and teaching the model since 1999. A senior IFS trainer whose unique style is founded in strategic and hypnotic therapy, Mike has presented training experiences throughout the U.S. and Europe. He is known for his creative and effective approaches to addictive and compulsive behavior, phobia, and anxiety, and is the author of Families Under the Influence, and several articles.



**Assistant Trainer: Sue Richmond, LCSW,** is in private practice in Rocky Hill, CT, working with individuals, groups, and couples. Prior to full-time private practice, she created an outpatient behavioral health psychotherapy group program at a community hospital for adults, exclusively using IFS in group. Sue brings 20 years of experience to her work, and specializes in trauma, anxiety, mood disorders and addictions. In addition to clinical work, Sue offers IFS consultation to individuals and groups and is the coordinator and master of ceremonies of the Central Connecticut State University IFS Continuing Education Workshop Series.

## Training Schedule

- October 2-4, 2020
- December 4-6, 2020
- February 12-14, 2021
- April 23-25, 2021
- June 11-13, 2021
- September 17-19, 2021

## Daily Schedule

Online and in-person sessions will meet according to the dates above and daily schedule below using the U.S. Eastern time zone that's in effect during each session of the training. Please refer to [www.24timezones.com](http://www.24timezones.com), [www.timeanddate.com](http://www.timeanddate.com), or a similar resource to determine how this relates to your own time zone. Please be sure to account for Standard vs. Daylight Savings time.

You can use Boston, MASS. as a reference location to determine how the Eastern time zone relates to your own time zone for each training session.

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/CE Hours
Day 1 Friday	9:30 - 12:30	15 min	2 – 6	15 min	6.5
Day 2 Saturday	9 - 12:30	15 min	2 – 6	15 min	7.0
Day 3 Sunday	9 – 11:30	X	Noon – 2	X	4.5
					<b>18 Total</b>

## 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@IFS-Institute.com](mailto:Certification@IFS-Institute.com).

## 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
- Masters or doctoral students
- Dance, art, and music therapists
- Health care professionals in allied fields

**Application Form:** The application form for this training is on our website. Application forms from other IFS trainings cannot be used for this training.

## 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, comply with attendance monitoring requirements, and complete a session evaluation.
- Applications for continuing education contact hours will be provided by IFS Institute, along with other pertinent continuing education information.
- **If you would like CE credit for this training, you need to sign up for it at the first session, and you'll also need 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.
- Learning objectives are available on the FAQ page at [www.IFS-Institute.com](http://www.IFS-Institute.com).
- If you have questions regarding continuing education credit, please contact The Institute for Continuing Education: [800-557-1950](tel:800-557-1950). Email: [instconted@aol.com](mailto: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:

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, 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 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. D-80807-1 – D-80807-6.

**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.

**New Jersey:** CE credit is not offered for social workers licensed by the New Jersey State Board of Social Work Examiners.

### Marriage/Family Therapy:

This program will be submitted to NEAFast for approval for CE credit for MA MFTs. This website will be updated regarding approval.

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](http://www.IFS-Institute.com)). Bundle pricing may be available. If you need assistance with the Store, please call 708.383.2659 or email [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com).

### **Required reading before the training begins:**

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

Goulding, RA, and Schwartz, RC (2002). The Mosaic Mind: Empowering the Tormented Selves of Child Abuse Survivors, Oak Park IL: Trailheads Publications, The Center for Self Leadership, ISBN 0-9721480-1-9.

### **Suggested reading before the training begins:**

Schwartz, RC (2001), Introduction to the Internal Family Systems Model, Oak Park IL: Trailheads Publications, The Center for Self Leadership, ISBN 0-97211480-0-0. **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.

- 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@IFS-Institute.com](mailto:Mary@IFS-Institute.com) .

**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 from IFS Institute:** All the details, including the scholarship application deadline and application form, are on the website's Training FAQ page.

**Repeater tuition:** Information regarding tuition if you are repeating a training is on IFS Institute's website FAQ page.

## **Tuition and Fees**

**Program Tuition:** \$4,000 (\$500 of which is the program deposit). In light of COVID-19, IFS Institute is providing partial tuition rebates to training participants. IFS Institute's Controller automatically takes care of these rebates ([Mary@ifs-institute.com](mailto:Mary@ifs-institute.com)). .

**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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> day of Session 1, and 21 or

more days before the 1<sup>st</sup> 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 1<sup>st</sup> 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.

## **SITE and TRAVEL INFORMATION (for in-person sessions, if any)**

### **Training Site:**

**Hampton by Hilton Boston- Natick  
319 Speen Street  
Natick, MA 01760  
Phone: (508) 653.5000  
HamptonInn3.hilton.com**

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

**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. This brochure contains the website address for the site at which this training program will meet if you need more information about the site.

**Individual requests:** IFS Institute offers professional training programs and may also make available group overnight/day commuter packages for its training programs. This brochure will have information about these if they are available for your training. We will do everything reasonably possible to enhance your experience at the training site, but it may not be possible to address each person's unique or individual needs as may be possible when going on vacation or visiting a spa.

**Additional site information:** Please visit the training site's website (listed above) if you would like more information about the training site.

**Additional travel information:** If you need additional travel information, please visit websites such as MapQuest or Google Maps. You may also wish to visit [priceline.com](http://priceline.com), [orbitz.com](http://orbitz.com), [kayak.com](http://kayak.com), or other websites to find travel deals for airfare, hotels, rental cars, etc. While IFS Institute is not affiliated with any of these sites, many people have success with them.

**Airports:** Please click [HERE](#) for information about airports near the training site.

**Driving and Public Transit:** For directions to the training site, you can visit Google Maps by clicking [HERE](#). Please feel free to use other similar sites as needed.

**Meals:** To see restaurants in the area please click [HERE](#).

**Lodging:** For lodging near the site please click [HERE](#).

## IFS Institute Contact Information

Please also see the “contact us” page at [www.IFS-Institute.com](http://www.IFS-Institute.com)

Site-related questions (please also look at the site’s website):

[Alexandra@IFS-Institute.com](mailto:Alexandra@IFS-Institute.com)

Billing and Credit Card matters for this training: 708.848.9963, [Mary@IFS-Institute.com](mailto:Mary@IFS-Institute.com)

U.S. Trainings (Level 1, 2, 3): 708.383.2519

[Maryanne@IFS-Institute.com](mailto:Maryanne@IFS-Institute.com)

Canadian & Organizational Trainings (Level 1, 2, 3): 301.655.6671

[Jeff@IFS-Institute.com](mailto:Jeff@IFS-Institute.com)

International Trainings (Level 1, 2, 3): [Ashley@IFS-Institute.com](mailto:Ashley@IFS-Institute.com)

Webinars – IFS Circle/Continuity: 406.962.5598, [Help@IFS-Institutue.com](mailto:Help@IFS-Institutue.com)

IFS Certification: 828.215.6307, [Certification@IFS-Institute.com](mailto:Certification@IFS-Institute.com)

Annual Conference: 401.601.0445, [Ashley@IFS-Institute.com](mailto:Ashley@IFS-Institute.com)

Everything Else IFS (Store, Workshops, etc.): 708.383.2659, [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com)

IFS Institute Fax: 708.383.2399