

The Internal Family Systems Model

Internal Family SystemsSM is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFSSM 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 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.

IFS Institute's **contact information** is at the end of this brochure and on the website. We invite you to contact us with any questions.

Training Location



Cerimon House is a popular cultural arts and humanities event space in the heart of the Alberta Arts District of Portland. Located in a neighborhood that features wonderful restaurants, boutique shops, and street art, Cerimon House is a delightful venue for your IFS Level 1 training!

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: Mariel Pastor, MA, LMFT, is an IFS trainer and telecourse leader who has been using IFS since 1998. She is an adjunct faculty member at Portland State University, Oregon, with a special interest in Integral Psychology. Known for her clarity, warmth, and humor. Mariel also incorporates somatic psychotherapies and spirituality into her work. Mariel has created an advanced workshop designed around the Unburdened Internal System mandala, and works with actors, writers, and directors on developing characters and stories from a multisystemic approach. In her private practice, Mariel works primarily with individual adults and supervises interns.



Assistant Trainer: Gretchen King, LMFT, sees clients and supervises graduate students at The Family Institute at Northwestern University, and supervision and consultation are a growing part of her practice. Gretchen works with adult individuals, couples, and adult families, and focuses on cultivating harmonious relationships with one's Self and others. She has been involved with IFS since 2001 in a variety of capacities, and is known for her clarity and gently challenging teaching style.

Training Schedule

2020: March 6-8, May 29-31, July 17-19, August 28-30,
October 30-November 1

2021: January 15-17

Daily Schedule

	Morning Session	AM Break	Afternoon Session	PM Break	Training/CE Hours
Friday	9:30 - 12:30	15 min.	2 - 6	15 min.	6.5 hours
Saturday	9 - 12:30	15 min.	2 - 6	15 min.	7.0 hours
Sunday	9 - 11:30	X	Noon - 2	X	4.5 hours
					18 Total

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.
- Learning objectives are available on the FAQ page at 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.

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/ MFT:

The Institute for Continuing Education and IFS Institute/The Center for Self Leadership are cosponsors 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 solely is responsible for this program, including the awarding of NBCC credit.

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.

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:

Schwartz, RC (1995), Internal Family Systems Therapy, New York: Guilford Press, ISBN 1-57230-272-0. Or any later edition that may become available.

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@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: \$4000 (\$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.

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

TRAVEL INFORMATION

Training Site: Cerimon House
5131 NE 23rd Ave
Portland, OR 97211
503-307-95-99
CerimonHouse.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, hotels, rental cars, etc. While we are not affiliated with any of these sites, many people have success with them.

AIRPORTS:

Portland International Airport

Airlines served: All major airlines served

Approximately 20 minutes from site.

For directions from Portland International Airport click [HERE](#).

DRIVING and PUBLIC TRANSIT:

For driving or public transit directions from...

- Seattle click [HERE](#).
- Salem click [HERE](#).
- Richland click [HERE](#).

TRAINS: For Amtrak information please click [HERE](#).

SITE PARKING: Street parking. Cerimon House suggests to park north of NE Summer Street to avoid the busy Alberta Street corridor.

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

LODGING: For lodging near the site please click [HERE](#)

IFS Institute, Inc.

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:
Jen@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