Internal Family Systems Institute

Internal Family Systems℠ Therapy
Retreat-Style Level 1 Training Program (567)
Tucson, AZ
2020

This training meets online due to Covid-19.

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

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

- 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 and 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's contact information is at the end of this brochure and on the website.

Curriculum

Overview: In addition to thoroughly learning IFS theory and techniques, 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 basis 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, experiential exercise, video review, and small group practice. Teleconferences occur between the on-site sessions and enable participants to have contact with their trainers, and each other, in order to ask questions and further integrate material already presented.

Program Hours: This Level 1 training will meet for two on-site sessions, and two teleconference sessions, totaling 84 program hours. Each on-site session comprises 40 program hours, and each teleconference session comprises two program hours. Session and daily schedules are listed later in this brochure.

Trainers

Lead Trainer: Kay Gardner, MS, LCPC, is a longstanding IFS senior lead trainer who has been in private practice in Chicago for 30 years. In addition to teaching IFS Level 1 and 2 trainings, Kay has taught programs such as the Women's Circle, Persephone's Journey, and Men and Their Mothers. Kay is trained in Hakomi therapy, was a Hakomi teacher, and has a 40-year personal yoga and a meditation practice. Known for her passion for IFS, both as a trainer and practitioner, Kay uses a body-mind-spirit approach and integrates South American shamanism ideas into her work.

Assistant Trainer: Kathy Cox, LICSW, has been a psychotherapist for 25 years. She has a private practice in Olympia, WA, where she works with adults, adolescents, couples, and groups, and provides consultation and supervision to therapists learning IFS. Kathy has a special interest in trauma, grief and loss, and spirituality, and is known for her humor and warmth.

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute, and **a participant must complete 70 of the 84 total 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. The daily schedule is listed later in this brochure.

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.

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 from allied fields

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

Training Schedule

On-Site Session 1: April 19-25, 2020

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On-Site Session 2: September 29-October 5, 2020

Teleconference 1: June 10, 2020
5:30-7:30 PM, Pacific Time (US & Canada)

Teleconference 2: August 11, 2020
5:30-7:30 PM, Pacific Time (US & Canada)

Teleconference Information:

- Teleconferences will take place on Zoom, our teleconference service.
- **If you will access Zoom on a smart device or computer, be sure to *download and understand the Zoom software well before the teleconference begins*.** To do this, go to Zoom.us, sign in (or "sign up"), and create an account.
- **If you have questions about downloading or using Zoom, please contact Zoom:** 888.799.9666, or click "support" at the bottom of the Zoom.us home page.
- **To attend the teleconferences (for training members only):** Follow the instructions that will be provided in the pre-training email that IFS Institute will send to you shortly before the training program's first day. Instructions will include phone numbers (in case you want to call in), Meeting ID number, etc.
- Please do not attempt to join the teleconferences before their scheduled times.

Daily Schedule

This training will meet online and according to the schedules below using the time zone of the on-site location (Tucson, AZ). Please refer to websites such as www.24timezones.com to determine how your time zone relates to the Tucson, AZ time zone.

On-Site Session 1: Tucson, AZ

	Breakfast	Morning Session	Morning Stretch	Lunch	Afternoon/ Evening Session	Afternoon Snack	Dinner	Training/CE Hours
Arrival Day Sunday Apr 19	X	X	X	X	5-7 pm **Time Changed**	X	X	2
Monday Apr 20	7:30	9-12:15	15 min	12:15	2 – 5:45	15 min	6:30	6.5
Tuesday Apr 21	7:30	9-12:15	15 min	12:15	2 – 5:45	15 min	6:30	6.5
Wednesday Apr 22	7:30	9 - Noon	X	Noon	1 – 4	X	X	6
Thursday Apr 23	7:30	9-12:15	15 min	12:15	1:45 – 6	15 min	6:30	7
Friday Apr 24	7:30	9-12:15	15 min	12:15	1:45 – 6	15 min	6:30	7
Saturday Apr 25	7:30	9 - Noon	X	Noon	1 – 3	X	X	5
								Total: 40

On-Site Session 2: Tucson, AZ (Overnighters check in Sept 29)

	Breakfast	Morning Session	Morning Stretch	Lunch	Afternoon/ Evening Session	Afternoon Snack	Dinner	Training/CE Hours
Arrival Day Tuesday Sept 29	X	X	X	X	7 - 9	X	X	2
Wednesday Sept 30	7:30	9-12:15	15 min	12:15	2 – 5:45	15 min	6:30	6.5
Thursday Oct 1	7:30	9-12:15	15 min	12:15	2 – 5:45	15 min	6:30	6.5
Friday Oct 2	7:30	9 - Noon	X	Noon	1 – 4	X	X	6
Saturday Oct 3	7:30	9-12:15	15 min	12:15	1:45 – 6	15 min	6:30	7
Sunday Oct 4	7:30	9-12:15	15 min	12:15	1:45 – 6	15 min	6:30	7
Monday Oct 5	7:30	9 - Noon	X	Noon	1 – 3	X	X	5
								Total: 40

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 a total of 80 contact hours. Continuing education credit is offered for the on-site course. Continuing education credit is not offered for the two, 2-hour teleconference 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 must sign up for it at the first session – you must bring your license information (as applicable) to the first session if you want CE credit. No late CE applications can be accepted.**
- 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. Email: instconted@aol.com.

Session #1 (April 2020) Online Training Session CE Information

Our CE sponsor, The Institute for Continuing Education, reports that the licensing/certification boards, in recognition of this time of national crisis, are allowing the awarding of CE hours for IFS training sessions that are moving to online formats, as they allow for live interaction between the trainer(s) and the participants.

CE credit is offered for the following professions:

- Psychology (APA)
- Counseling (NBCC)
- Social Work (NASW-MA Chapter) – NASW-MA approval covers most social workers, but please make sure to **review all the details below**. If you have additional questions, please contact ICE at instconted@aol.com.

MFTs will have to be determined based on the state in which licensure is held. **Please read the information below** and then, if you have additional questions, contact ICE at 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, Inc., 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. This program has been submitted, reviewed, and approved by NBCC. The Institute for Continuing Education solely is 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 40.00 social work continuing education hours per session for re-licensure, in accordance with 258 CMR Collaborative of NASW and the Boston College and Simmons Schools of Social Work. Authorization No. D-80806-1 / D-80806-2. **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:_ California Professionals: 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 40.00 hours, per session, of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. **New York** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Marriage-Family Therapy as an approved provider of continuing education for licensed MFTs, Provider MH-0012.

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

CE INFORMATION FOR IN-PERSON SESSIONS (IF ANY) OF THIS TRAINING:

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 credit, The Institute for Continuing will submit a co-sponsorship application to NBCC for this program. **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 40.00 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 No. D-80806-1 / D-80806-2. **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: **California Professionals:** 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 40.00 hours, per session, of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. **New York** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Marriage-Family Therapy as an approved provider of continuing education for licensed MFTs, Provider MH-0012.

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@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 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 the IFS Institute Controller, Mary Mitrovich, at Mary@IFS-Institute.com.

Costs for this 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

Tuition for this training has been reduced from the amount listed below due to circumstances related to Covid-19, and billing is being automatically adjusted.

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 tuition balance (see program application for details).

Program Tuition: $4000 ($500 of which is the program deposit)

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

Room and Board are not included in tuition.

Withdrawals and Refunds: Participants who wish to withdraw from the training program must do so in writing. 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 the program. 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 the program. 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 participant 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 the program, 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 the program. 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 the program, or if withdrawal occurs after the program begins. 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 (for any On-site Training Sessions)

Participants are responsible for their own lodging and meal costs. Your Overnighter or Day Commuter reservations at the training sites need to be made by IFS Institute's Site Services Coordinator, and we will use information you provide on a reservation form you will receive via email from IFS Institute's Site Services Coordinator after you are accepted into the program. While it is not required, we encourage you to lodge at the training sites for your convenience, and so you can get to know your fellow participants and enhance your overall training experience.

Lodging and meals during the training are reserved for training members. Some participants may wish to bring a spouse or partner, but we don't recommend this. First, the schedule is an intensive undertaking. You will have some free time during each session, but it will be limited, and you may prefer to spend it on your own or socializing with others in the

training. Also, IFS Institute could only prudently make financial commitments to the sites 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 a training site, please contact the site directly to find out if they can accommodate you and what your costs would be. IFS Institute cannot make or be responsible for reservations or other arrangements outside of the training dates. Site contact information is at the end of this brochure.

Pets are not permitted.

Please also see the Site and Travel Information section later in this brochure.

If you have questions, please contact Site Services Coordinator, Dan@IFS-Institute.com.

Overnighter Packages

Hotel Tucson City Center is a boutique collection hotel nestled within courtyards that feature Tucson's best outdoor swimming pool. It offers free wireless internet access, free parking, hairdryers, walking and jogging trails nearby, laundry and a pool.

On-Site Session in September/October

The Overnighter Package (which also includes "room and board") at this site for Session 2 is $1085 per person for single occupancy, $761 per person for double occupancy. The Overnighter Package includes complimentary breakfast, lunch and dinner, starting with breakfast on September 30, 2020, and going through lunch on October 5, 2020, except dinner on your evening out. Most dietary restrictions can be made available with sufficient advanced notice to IFS Institute's Site Services Coordinator.

Day Commuter Package for September/October Session

These are pass-through fees and they are required of those who do not lodge at the training site. The Commuter Package at Session 2 is $436 per person, which includes complimentary breakfast, lunch and dinner, starting with breakfast on September 30, 2020, and going through lunch on October 5, 2020, except dinner on your evening out. Most dietary restrictions can be made available with sufficient advanced notice to IFS Institute's Site Services Coordinator.

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

Training Site: **Hotel Tucson City Center**
475 N. Granada Ave
Tucson, AZ 85701
520-622-3000
HotelTucsonCityCenter.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 has information about overnight and day commuter packages. 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, orbitz.com, 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.

Altitude: With southwestern terrain sometimes comes height! The hotel in Albuquerque is at about 5072 feet, which some consider to be "at altitude", though Clevelandclinic.org defines high altitude as 8,000 feet or more. For comparison, Denver, CO is at 5,000 feet, and the Grand Canyon is 6,600 feet above sea level. Tucson is at 2648 feet. To find out more about how a higher elevation may affect you and what you can do about it, please feel free to visit websites such as https://my.clevelandclinic.org/health/diseases/15111-altitude-sickness, or pursue additional information as needed.

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.

Site Parking: Free on-site parking

Restaurants: To see restaurants in the area please click **HERE**.

IFS Institute Contact Information

Please also see the "contact us" page at www.IFS-Institute.com

Overnight/Day Commuter arrangements for this training and site-related questions (please also see the site's website):	708.613.0321 Dan@IFS-Institute.com

Billing and Credit Card matters for this training: 708.848.9963
Mary@IFS-Institute.com

U.S. Trainings (Level 1, 2, 3): 708.383.2519
Jen@IFS-Institute.com, or
Training@IFS-Institute.com or
Maryanne@IFS-Institute.com
For best service, please write to only 1 email address

Canadian and Organizational Trainings (Level 1, 2, 3): 301.655.6671
Jeff@IFS-Institute.com

Webinars – IFS Circle/Continuity: 406.962.5598, Help@IFS-Institue.com

IFS Certification: 828.215.6307, Certification@IFS-Institute.com

Annual Conference: 401.601.0445, Ashley@IFS-Institute.com

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

IFS Institute Fax: 708.383.2399

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