

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 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 for In-Person Sessions (if any)



Located in St. Edwards State Park, Bastyr University is rich in Pacific Northwest beauty. Just 10 miles from downtown Seattle, Bastyr is easily accessible and offers a relaxing and inviting training venue. Bastyr University has been a favorite IFS training location for many years. There are also optional lodging opportunities on campus on a limited basis. See the end of this brochure for details. (Bastyr University is not a sponsor of this training program).

## 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: 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: Katelyn Staecker, LCSW,** is a psychotherapist, teacher and workshop leader who is also a certified practitioner of Psychodrama, Sociometry and Group Psychotherapy. Katelyn facilitates workshops and retreats on spirituality, conscious eating, and personal growth and relationship skills. She also has a special interest in developing communities of all types and teaching the interpersonal skills necessary for their sustainability. Katelyn has been in private practice in Oregon for over 20 years. She works with her gifted co-therapist, Sophie, who is a Labradoodle and "oh so cute".

## Training Schedule

2020: September 11-13, November 6-8

2021: January 15-17, March 19-21, June 4-6, July 23-25

## Daily Schedule

Online and In-person sessions will meet according to the dates above and daily schedule below using the U.S. Pacific time zone in Seattle, WA 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 Seattle, WA as a reference location to determine how the Pacific time zone relates to your own time zone for each training session.

	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
					<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:** 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, 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 want CE credit for this training, you need to sign up for it at the first session, and you'll 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).

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

#### 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 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. 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.

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

## 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 [info@selfleadership.org](mailto: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@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:** 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). 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.

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

## **TRAVEL INFORMATION for In-Person Sessions (if any)**

**Training Site:** Bastyr University  
14500 Juanita Drive NE  
Kenmore, WA 98028  
(425) 602-3075  
[www.bastyr.edu](http://www.bastyr.edu)

If you need additional travel information, please visit websites such as MapQuest or Google Maps. You may 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:**

#### **Seattle-Tacoma International Airport**

Airlines served:

Approximately 60 minutes from site.

For directions from Seattle- Tacoma International Airport click [HERE](#).

### **DRIVING and PUBLIC TRANSIT:**

For driving or public transit directions from...

- Vancouver click [HERE](#).
- Portland click [HERE](#).
- Spokane click [HERE](#).

**SITE PARKING:** Bastyr offers onsite parking with parking passes that will be sent via email to participants prior to the training. Should you not receive the parking pass in a timely manner, please contact the IFS Institute office at 708-383-2519 for further assistance.

**MEALS:** Bastyr has an award-winning, vegetarian cafeteria, serving breakfast and lunch. Please see the Bastyr University website for days and hours of operation (they're not always open during IFS trainings).

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

**LODGING:** Bastyr has a limited number of overnight rooms available on campus during the training. For more information and fees, please contact the Conference Services Department at 425-602-3075 or [confer@bastyr.edu](mailto:confer@bastyr.edu). IFS Institute doesn't organize lodging for the training.

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

## IFS Institute, Inc.

[www.IFS-Institute.com](http://www.IFS-Institute.com)

**Phone:** Level 1, 2, 3 North American Trainings: 708.383.2519  
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@ifs-institute.com](mailto:Jen@ifs-institute.com) or [Maryanne@ifs-institute.com](mailto:Maryanne@ifs-institute.com)  
*For best service, please write to only one email address at a time - thanks!*

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

IFS Certification: [certification@ifs-institute.com](mailto:certification@ifs-institute.com)

IFS Circle/Continuity Webinars: [help@ifs-institute.com](mailto:help@ifs-institute.com)

Everything Else IFS, including Store, Workshops, etc. [info@ifs-institute.com](mailto:info@ifs-institute.com)