

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 important details about this program, including continuing education credit, certificate of completion attendance requirements, trainer biographies, finances, session and daily schedules, required readings, 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: The growth of IFS is a testament to the power of its healing capacity. With IFS, individuals are able to rapidly unload traumatically held beliefs, sensations and emotions that burden their lives, allowing for Self-led transformation. The last decade has shown a similar expanse in neuroscience knowledge. We now have a greater explanation for what is happening in the brain during psychotherapy and how this leads to changes in functioning.

Each day of this training will have a different theme that will help participants to master the skills required to treat trauma and dissociation as it relates to the IFS model of therapy. Participants will learn about:

- Identifying and working with traumatized parts using meditation, bodywork, un-blending, and direct access;
- Using their Self and the Self of the client with Dissociative Identity Disorder (DID) and Attachment trauma's;
- Working with extreme parts that are hyper- as well as hypo-aroused, including suicidal, self-harming, substance abusing, dissociative, and shame-based parts;
- Unburdening exiles, updating the system, and re-establishing trust in Self; and
- Integrating other therapies with IFS.

In addition to reinforcing the learning of IFS theory and technique, the training invites participants to explore parts of themselves that get activated when working with trauma, in the safe, nurturing environment of the training itself. Participants will be helped to:

- Understand the particular components of the IFS model that are relevant to the treatment of trauma;
- Apply IFS techniques when working with Dissociative clients; and
- Take advantage of experiential learning to foster personal growth and development.

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

Format: The training includes lectures, large and small group discussions, live and video demonstrations, and experiential practice groups.

Program Hours: The training has a total of 32 program hours. The daily schedule is available later in this brochure.

Trainers



Lead Trainer: Frank Guastella Anderson, MD, is a psychiatrist who has spoken extensively on the Neurobiology of Post-Traumatic Stress Disorder and Dissociation. After discovering Internal Family Systems, his passion has evolved into the integration of neuroscience, trauma and IFS. He is Chair of the Foundation for Self Leadership and has served on the Research Advisory Committee and Speakers Bureau for IFS Institute. He wrote a chapter in *Internal Family Systems Therapy: New Dimensions*, “Who’s Taking What?” Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma. He is a supervisor at The Trauma Center in Brookline, MA, and maintains a private practice.



Assistant Trainer: Frances D. Booth, LISCW, is a long-time IFS therapist who seeks to cultivate Presence in work and in life. She graduated from Cornell University and Simmons School for Social Work, and has held faculty positions at Smith College School for Social Work, Tufts Medical School, and The Massachusetts School for Professional Psychology. She practices in Andover, MA, and at the Virginia Thurston Healing Garden Cancer Center in Harvard, MA. Fran’s specialties include trauma, anxiety, depression, cancer, eating disorders, and attachment disorders. She loves to sing, dance, laugh, dine, and attend the theater.

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute, and **a participant must complete 27 of the 32 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 available 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 3 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: Anyone who has completed a Level 1 IFS training program is invited to apply.

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

Enrollment 33 participants may enroll in this training.

Training Schedule 2020: October 28-30 AND November 8-10, 2020

Daily Schedule

This online training will meet according to the dates and daily schedule below using the U.S. Mountain time zone in effect during each day of the training. Please refer to www.24timezones.com, www.timeanddate.com, or a similar resource to determine how this relates to your own time zone. Please be sure you account for Standard vs. Daylight Savings time.

You can use Boulder, CO, as a reference location to determine how the Mountain time zone relates to your own time zone for each training session.

	Morning Training Times	Afternoon Training Times	Training/CE Hours
October 28	10:30 am – 1:00 pm	2:00 pm – 5:00 pm	5.5
October 29	10:30 am – 1:00 pm	2:00 pm – 5:00 pm	5.5
October 30	10:30 am – 1:00 pm	2:00 pm – 5:00 pm	5.5
November 8	10:30 am – 1:00 pm	2:00 pm – 5:00 pm	5.5
November 9	10:30 am – 1:00 pm	2:00 pm – 5:00 pm	5.5
November 10	10:30 am – 12:30 pm	1:30 pm – 4:00 pm	4.5
			Total: 32

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 training offers 32 contact hours. CE covers all scheduled course sessions.
- CE hours are awarded for full attendance only.
- 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 would like CE credit for this training, you need to sign up for it at the October 28-30 portion of the training. You will need your license information (as applicable) to sign up for 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](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: For counselors seeking CE credit, The Institute for Continuing Education 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 32.00 social work continuing education hours for re-licensure, in accordance with 258 CMR NASW-MA Chapter CE Approving Program. Authorization D-81433 **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:** This program is not pre-approved for New Jersey social workers.

Marriage-Family Therapy: 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 Marriage and Family Therapists. Provider MFT-0012. **California:** 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 32.00 hours 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.

Financial Assistance

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

Employers can also 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: \$2100 (\$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.

Application Fee: A non-refundable, non-transferrable \$55 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 is 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.

Pre-Training Reading and Other Training Materials

1. **Reading Materials:** All books listed below are available at IFS Institute's website store. www.IFS-Institute.com. If you need assistance with the Store, please call 708.383.2659 or email Sandy@IFS-Institute.com.

Required reading before the training:

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

We strongly recommend that you read the following texts before the training begins, even if you've read them before:

M. Sweezy and E. Ziskind (Eds) (2013). Internal Family Systems Therapy - New Dimensions, New York, NY: Routledge.

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.

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.

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.

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

IFS Institute Contact Information

Please also see the “contact us” page at www.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

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

Webinars – IFS Circle/Continuity: 406.962.5598, Help@IFS-Institutue.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 office:

Fax: 708.383.2399

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