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**NOTE: THIS TRAINING WILL BE HELD ONLINE!**

## 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,



*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, finances, session and daily schedules, required readings, site information, and more. For more information about IFS, please visit other tabs on 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.

### Senior Lead Trainer



Toni Herbine-Blank, MS, CS-P, Senior IFS Trainer, has earned a reputation as an experienced, compassionate, and empowering group facilitator. Toni develops and presents trainings, workshops, and retreats, and has created curriculum to train therapists in IFS couples therapy. Drawing on 20 years as a therapist and her 18-year marriage to her best friend and partner, Toni brings humor, depth, and skill to all her teaching.

#### ***A note from Dick Schwartz...***

*"I feel extremely lucky to entrust participants in our Level 3 trainings to such a gifted and dedicated IFS trainer. Toni has been an IFS trainer since 2004, and an IFS Senior Trainer since 2011. She is the founder and developer of Intimacy from the Inside Out® programs that adapt IFS principles to couples work, and trains students in IFIO® throughout the US and internationally. Toni not only knows IFS exceptionally well, she is also able to create wonderful healing environments in which participants feel safe to explore themselves, to learn, and to grow."*

Training Dates The training meets March 28 – April 1, 2020

Daily Schedule – **TIMES LISTED ARE FOR ALBUQUERQUE, NM TIME ZONE**

|                   |  | Morning Session |  | Afternoon/ Evening Session | Afternoon Break |  | Total Hours |
|-------------------|--|-----------------|--|----------------------------|-----------------|--|-------------|
| Day 1<br>March 28 |  | 9 - Noon        |  | 1-5                        | 15 min.         |  | 6.75        |
| Day 2<br>March 29 |  | 9 - Noon        |  | 1-5                        | 15 min.         |  | 6.75        |
| Day 3<br>March 30 |  | 9 - Noon        |  | 1-5                        | 15 min.         |  | 6.75        |
| Day 4<br>March 31 |  | 9 - Noon        |  | 1-5                        | 15 min.         |  | 6.75        |
| Day 5<br>April 1  |  | 9-Noon          |  | X                          | X               |  | 3           |
|                   |  |                 |  |                            |                 |  | 30          |

## The Training Program

Don't miss this rare opportunity to deepen your IFS knowledge and skills with Senior IFS Trainer, Toni Herbine-Blank. If you have completed a Level 2 IFS training, we invite you to take your IFS experience to the next level in this training.

**Overview:** In the Level 3 training, you will work intensively with a group of advanced practitioners who have learned the theory and technique of IFS and are now interested in expanding the depth of their knowledge. You are a good fit for this program if your goal is not only to become a better therapist or consultant, but also to:

- Learn about and unburden your personal triggers and blind spots;
- Hold Self-energy in daily life and when provoked;
- Clarify your visions for your career and your life path in general;
- Practice giving and receiving Self-led feedback;
- Discover some key trailheads;
- Explore your spirituality;
- Create a small Self-led community.

**Learning Objectives:** Please visit [www.IFS-Institute.com](http://www.IFS-Institute.com), FAQ page.

**Format:** The training will include demonstrations, experiential group exercises, large and small group discussions, extended mediations and intensive personal work.

**Program Hours:** This training meets for five consecutive days (see above for schedule).

## Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute and a **participant must complete 16 of the 20 instructional/contact hours offered in order to be eligible to earn this certificate** (Level 3 trainings include 10 personal growth hours and 20 instructional/contact hours). 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).

## To Apply

**Who Should Apply:** Anyone who has completed a Level 1 and Level 2 IFS training program or who has completed the Seattle Modular Training (166) is invited to participate in the Level 3 training.

**Application Form:** Please use the application form for this training found on our website.

## CONTINUING EDUCATION CONTACT HOURS

### Online Training Session Information – Updated March 18, 2020

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](mailto: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](mailto:instconted@aol.com).

- 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.
- This training includes 10 personal growth hours and 20 instructional/continuing education contact hours.
- 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. **These materials will be emailed to you.**
- Applications for continuing education contact hours will be available at the initial course session, along with other pertinent continuing education information. **The application form will be emailed to you.**
- If you want CE credit for this training, you need to sign up for it during the training session, and you must have your license information (as applicable) available to fill out the forms. You will send your completed CE “paperwork” to IFS Institute via email, fax, or if necessary, postal mail, right after the training ends. No late CE applications can be accepted. **More details about this process will be in an email you will receive from IFS Institute about this training.**
- 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. **(This is the same as if the training were in-person.)**

**Counseling:** The Institute for Continuing Education and the 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. **(This is the same as if the training were in-person.)**

**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. **(This is the same as if the training were in-person.)**

**Social Work:** This program has been approved for 20.00 social work continuing education hours for re-licensure, in accordance with 258 CMR NASW-MA Chapter CE Approving Program. Authorization No. D-80782. **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. **(All Social Work CE statements are the same as if the training were in-person.)**

**Marriage/Family Therapy:** 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 20.00 hours 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. **(All MFT statements are the same as if the training were in-person.)**

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

Required and suggested readings are available for order at IFS Institute website store ([www.IFS-Institute.com](http://www.IFS-Institute.com)). If you need assistance with the Store, please call 708.383.2659 or email [info@IFS-Institute.com](mailto:info@IFS-Institute.com).

1. **Required reading before the training begins:** Journal Articles (that's the title). If you can't get this in time for the training due to current circumstances, we understand.

2. **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.

3. **Additional Training Materials:** Your program's trainer may ask you 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

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

**Repeater tuition:** Information regarding tuition when repeating a training is in IFS Institute's website FAQs.

## Tuition and Fees – **NEW REDUCED ONLINE TUITION RATE**

**Program Deposit:** The \$500 deposit is charged when you are accepted into the training, and this is required to secure your place.

**Tuition:** \$1,785 (\$500 of which is the program deposit).

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

**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 1<sup>st</sup> 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 1<sup>st</sup>

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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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.

## IFS Institute, Inc.

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

**Email:** Level 1, 2, 3 North American Trainings:  
[Jen@IFS-Institute.com](mailto:Jen@IFS-Institute.com)

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Everything Else IFS, including IFS Store, Workshops, etc.:  
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