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## 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 important details about this program, including continuing education credit, certificate of completion attendance requirements, finances, session and daily schedules, required readings, 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.

## Senior Lead Trainer



Cece Sykes, **LCSW, ACSW**, is a senior IFS trainer for U.S. and international trainings. She has more than 30 years of clinical experience working with individuals, couples, and families, and specializes in working with the effects of trauma and addiction. Cece also has a special interest in how various spiritual practices intersect with therapy, and with the impact of psychotherapy upon the life of the therapist. She frequently offers workshops and consultation on these and other related topics. Cece lives and works in Chicago.

## The Training Program

Don't miss this rare opportunity to deepen your IFS knowledge and skills with Senior IFS Trainer, Cece Sykes. 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 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. More information is available in the Continuing Education section of this brochure and on the schedule below.

**Training Dates** October 27-31, 2020

## Daily Schedule

This online training will meet according to the schedule below using the U.S. Central time zone in effect during each day 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 you account for Standard vs. Daylight Savings time.

You can use Chicago, IL, in the U.S. Central time zone as a reference location to determine how the Central time zone relates to your own time zone for each training session.

Day	Morning Session	15-min Break	Afternoon Session	15-min Break	Total Hours Per Day
Days 1-4	10:00am-1:15pm	yes	2:00-4:45pm	yes	5.5 training hours (5 CE, .5 personal growth)
Day 5	10:00am-1:15pm	yes	2:00-4:45pm	yes	5.5 training hours (personal growth)
					<b>Total:</b> 20 CE, 7.5 personal growth

## 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 7.5 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 Level 1 and Level 2 IFS training programs or who has completed the Seattle Modular Training (166) is invited to apply for a Level 3 training.

**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** 28 participants may enroll in this training.

## 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.
- This training includes 7.5 personal growth hours and 20 instructional/continuing education contact hours.
- CE hours are awarded for full attendance only. Partial 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 would like CE credit for this training, be sure to sign up for it when you receive CE forms from IFS Institute. You will need your license information (if applicable) to sign up for CE. 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](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:

For counselors seeking CE credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program. This website will be updated regarding accreditation. **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 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.

### 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.

**Ohio:** The Institute for Continuing Education is recognized by the Ohio Board Marriage-Family Therapy as an approved provider of continuing education for licensed MFTs, Provider RTX 100501.

## Required Pre-Training Reading and Other Materials

Required and suggested readings are available for order at the 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 [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com).

### 1. Required reading before the training begins:

#### Journal Articles (that's the title)

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

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

**Tuition** is \$2,100 (\$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.

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

Billing and Credit Card matters for this training: 708.848.9963  
[Mary@IFS-Institute.com](mailto:Mary@IFS-Institute.com)

U.S. Trainings (Level 1, 2, 3): 708.383.2519  
[Jen@IFS-Institute.com](mailto:Jen@IFS-Institute.com), or  
[Training@IFS-Institute.com](mailto:Training@IFS-Institute.com) or  
[Maryanne@IFS-Institute.com](mailto: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](mailto:Jeff@IFS-Institute.com)

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

Webinars – IFS Circle/Continuity: 406.962.5598, [Help@IFS-Institute.com](mailto:Help@IFS-Institute.com)

IFS Certification: 828.215.6307, [Certification@IFS-Institute.com](mailto:Certification@IFS-Institute.com)

Annual Conference: 401.601.0445, [Ashley@IFS-Institute.com](mailto:Ashley@IFS-Institute.com)

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

IFS Institute office:

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