

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 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 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 main 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 training will meet for three, 4-day sessions, plus two separate 2-hour sessions, totaling 84 program hours. The 4-day sessions have a total of 80 training hours, and the 2-hour sessions have a total of four training hours. Session and daily schedules are available later in this brochure.

Trainers



Lead Trainer: Cece Sykes, LCSW, ACSW, is an IFS Senior 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.



Assistant Trainer: Mary DuParri, MA, LPC, is based in St. Louis and has been in private practice for 20 years. Formerly a microbiologist, Mary was drawn to counseling following her own therapy. When introduced to IFS, she appreciated how it invited her innate Self to emerge, and taught her how to guide people to deeper levels of healing. Mary works with individuals and couples, and enjoys mentoring new IFS therapists.

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 for this training is located 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
- Masters or doctoral students
- Dance, art, and music therapists
- Health care professionals in 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.

Enrollment 33 participants may enroll in this training.

Training Schedule

This online training will meet according to the dates and daily schedule below using the U.S. Central time zone in effect during each session 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 to 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.

4-Day Session 1: April 22-25, 2021
4-Day Session 2: June 24-27, 2021
4-Day Session 3: August 26-29, 2021

2-Hour Session 1: May 25, 2021, 6-8pm
2-Hour Session 2: July 20, 2021, 6-8pm

Daily Schedules for 4-Day Sessions

Session 1

	Morning Session	Morning Stretch	Afternoon Session	Afternoon Stretch	Training/CE Hours
April 22	9-12:15	15 min	1:30-6:00	15 min	7.25
April 23	9-12:15	15 min	1:30-5:45	15 min	7.0
April 24	9-12:15	15 min	1:30-5:45	15 min	7.0
April 25	9-12:15	15 min	1:15-4:00	X	5.75
					27.00

Session 2

	Morning Session	Morning Stretch	Afternoon Session	Afternoon Stretch	Training/CE Hours
June 24	9-12:15	15 min	1:30-5:45	15 min	7.0
June 25	9-12:15	15 min	1:30-5:45	15 min	7.0
June 26	9-12:15	15 min	1:30-5:45	15 min	7.0
June 27	9-12:15	15 min	1:15-3:45	X	5.5
					26.5

Session 3

	Morning Session	Morning Stretch	Afternoon Session	Afternoon Stretch	Training/CE Hours
August 26	9-12:15	15 min	1:30-5:45	15 min	7.0
August 27	9-12:15	15 min	1:30-5:45	15 min	7.0
August 28	9-12:15	15 min	1:30-5:45	15 min	7.0
August 29	9-12:15	15 min	1:15-3:45	X	5.5
					26.5

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 4-day sessions. Continuing education credit is not offered for the two separate 2-hour 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 would like CE credit for this training, you need to sign up for it at the first session. You'll need**

your license information (as applicable) to complete the CE forms. No late CE applications can be accepted.

- CE verification is mailed to participants by ICE following each 4-day 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.
- Instruction Methodology: May include didactic, lecture, audio-visuals, demonstrations, experiential exercises, case examples, small and large group discussions.
- Canadian Professionals: The Institute for Continuing Education holds no CE provider status with any Canadian licensing/certification boards. It is your responsibility to check the regulations of your licensing/certification board to determine CE requirements for training activities.

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 are co-sponsors of this program. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing education provider, No. 5643. The Institute for Continuing Education is solely 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 80.00 social work continuing education hours for re-licensure, in accordance with 258 CMR NASW-MA Chapter CE Approving Program, Authorizations: D-81718-1; D-81718-2; D-81718-3. **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 has not been submitted for pre-approval for New Jersey social workers.

Marriage/Family Therapy. The Institute for Continuing Education is recognized as a provider of continuing education in marriage-family therapy by New York State Education Department's State Board for MFT, 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 a total of 80.00 hours of continuing education credit. for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. Credit is awarded per session.

Required Pre-Training Reading and Other Materials

1. **Reading Materials:** All books listed below are available at IFS Institute's website store. 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: These are listed below. If you have questions about the plans or about billing, 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

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: \$3450 (\$500 of which is the program deposit)

Application Fee: The \$15 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 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.

Payment Plans

Payment Plan 1: \$2950 (\$3450 Tuition - \$500 Deposit) charged on April 1, 2021. There is a \$20 fee for each late payment.

Payment Plan 2: Two (2) payments of \$1485 each on April 1 and May 1, 2021 (\$3450 Tuition – \$500 Deposit + \$20 Carrying Fee). There is a \$20 fee for each late payment.

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, Maryanne@IFS-Institute.com

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 Fax: 708.383.2399