

## **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 and Training Information Sources**

**This brochure** contains essential details, including Continuing Education credit, Certificate of Completion attendance requirements, finances, session and daily schedules, required readings, trainer biographies, and more. **For more about IFS, please visit other tabs of our website.**

## Curriculum

**Overview:** In addition to thoroughly learning IFS theory and technique, the IFS 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](http://www.IFS-Institute.com), FAQ page.

**Format and Program Hours:** The training includes lecture, discussion, demonstration, video review, experiential exercise, and small group practice. This training comprises six, 3-day sessions totaling 108 program hours (18 hours per session).

Session and daily schedules are listed later in this brochure.

## Trainers

**Lead Trainer: Mary Kruger, MS, LMFT**, founded Rimmon Pond Counseling, an IFS-based private practice in Connecticut, and has specialized in addictions, eating disorders, trauma, and relationships for over 20 years. Mary incorporates IFS with her own penchant for the experience, and has developed a variety of creative ways to work with parts and access Self-energy in individual, relational, and group contexts. She enjoys sharing her experience in her teaching and consulting on a national level. Mary is noted for her humor, creativity, passion, and love of dancing and people.

**Assistant Trainer: Gwen Hurd, LCSW**, graduated from the University of Chicago with her MSW in 1994. She was introduced to IFS during her graduate program and began her Level 1 in 1998. She has worked as a Child Protection Investigator in the Chicago area and with at-risk youth and families both as a therapist and program director, in northwest Indiana. She moved to St George in 2009 and is the Clinical Director and Therapist/Custody Evaluator at Sage Circle Counseling Center in St George.

**Assistant Trainer Mentorship Program:** In addition to the Lead and Assistant Trainers, we are pleased that Fatimah Finney, LMHC, will be this training's Assistant Trainer Mentee (ATM). The Assistant Trainer Mentorship Program helps evaluate and serves as a bridge for future AT candidates with strong potential. The ATM is an apprentice of sorts who, while technically a Program Assistant, shadows the AT and provides additional administrative and leadership support within the training.

**Assistant Trainer Mentee** Fatimah Finney, LMHC, is a serial goal-setter, lover of new ideas, and imaginative thinker. She works in private practice serving BIPOC, young adults, and clients seeking short-term support through Employee Assistance Programs (EAP). Prior to opening her private practice, Fatimah spent the majority of her career providing in-home therapy to children, adolescents and adults in Boston, MA. Fatimah is also a skilled consultant and qualified administrator of the Intercultural Development Inventory. She supports individuals and organizations striving to establish sustainable diversity, equity and inclusion initiatives in their work and their lives. Fatimah believes that IFS is a powerful framework for healing and applies it in her personal and professional life.

## 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](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 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.

### Training Dates:

#### **3-day sessions:**

November 5-7, 2021

January 14-16, 2022

March 11-13, 2022

May 13-15, 2022

June 10-12, 2022

July 22-24, 2022

### About Online Sessions

- Online sessions take place on Zoom, an online platform for video conferencing.
- Please download and take some time to understand Zoom software well before the training begins. To do this, go to [Zoom.us](https://zoom.us), sign in (or “sign up”), and create your account.
- If you have questions about downloading or using Zoom, please contact Zoom: 888.799.9666, or click “support” at the bottom of the [Zoom.us](https://zoom.us) home page. IFS Institute cannot provide this type of technical support.
- Please ensure that your computer, any related equipment, and your internet connection are sufficient to attend a live Zoom event. IFS Institute cannot provide technical support related to your system.
- Training members will receive Zoom links close to the start of the training, and these links are how you can access this online training.
- Please note that the training is only for training members, so please take care to be in a private space when attending the training.

### Daily Schedule

	Morning Session	Morning Stretch	Afternoon Session	Afternoon Stretch	Training/ CE Hours
Day 1	9:30-12:30	15 min	2 – 6	15 min	6.5
Day 2	9 - 12:30	15 min	2 – 6	15 min	7.0
Day 3	9 – 11:30	X	Noon – 2	X	4.5
					18 Total

## **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 enough training hours to earn the Certificate of Completion.

## **IFS Certification**

Participants are not IFS Certified 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 IFS Certified 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.

**Enrollment** 33 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.
- 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 at the initial course

session, along with other pertinent continuing education information.

- **If you would like CE credit for this training, you must sign up for it at the first session. You will 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 (the CE sponsor) following each session that is eligible for CE (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.
- **Non-U.S. Professionals:** The Institute for Continuing Education holds no CE provider status with any Canadian or other non-U.S. licensing/certification boards. It is your responsibility to check the regulations of your licensing/certification board to determine CE requirements for training activities.
- Learning objectives are 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 (ICE): [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. **New York:** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0043.

**Counseling:** The Institute for Continuing Education and Internal Family Systems Institute 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, No. 5643. The Institute for Continuing Education solely is 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 18.00 social work continuing education hours, per session, for re-licensure, in accordance with 258 CMR, NASW-MA Chapter CE Approving Program. Authorization: D-90066-1 thru D-90066-6. **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 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 [Sandy@IFS-Institute.com](mailto:Sandy@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 by the trainers as the starting date of the training approaches.

## **Financial Assistance**

**Payment plans:** Payment plans are listed below. If you have questions about the plans or billing, 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.

**IFS Institute tuition scholarships:** Scholarship details, including deadline information, are on the website

FAQ page. This training's scholarship application will be on the training's webpage.

**Repeater tuition:** Information regarding tuition if you are repeating a training is on IFS Institute's website FAQ page.

## **Tuition and Fees**

**Application Fee:** A \$15 non-refundable, non-transferrable application fee is charged when you apply for the training.

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

**Program Tuition:** \$3,450 (\$500 of which is the program deposit)

**Room and Board** are not included in tuition.

**Payment Plans:** Plans for this training are listed below, and you can select your plan when you apply for the training. If you have questions about the plans, billing, or credit card matters, please contact IFS Institute Controller, Mary Mitrovich, [Mary@IFS-Institute.com](mailto:Mary@IFS-Institute.com).

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

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

**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. One-half (1/2) of the deposit is refundable 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. The full 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.

## **IFS Institute Contact Information**

Please also see the "contact us" page at [www.IFS-Institute.com](http://www.IFS-Institute.com)

**Billing, Receipts, Credit Card matters:** 708.848.9963, [Mary@IFS-Institute.com](mailto:Mary@IFS-Institute.com)

**Canadian & Organizational Trainings** (Level 1, 2, 3): 301.655.6671, [Jeff@IFS-Institute.com](mailto:Jeff@IFS-Institute.com)

**International Trainings** (Level 1, 2, 3): 401.601.0445, [Ashley@IFS-Institute.com](mailto:Ashley@IFS-Institute.com)

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

**Webinars – IFS Circle/Continuity:** 406.962.5598, [Help@IFS-Institutue.com](mailto:Help@IFS-Institutue.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, Therapist/Practitioner Directory, etc.):** 708.383.2659, [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com)

**IFS Institute Fax:** 708.383.2399