Internal Family Systems℠ Therapy
Level 1 IFS Training Program (656)
2021-2022
Online (Live, Real Time) & In-Person Sessions
Mountain Time Zone & Boulder, CO Area
Nickname: University Peak

Please Note:
➢ This training includes both online (live/real time) and in-person sessions (details below). As scheduled, the in-person session is offered on-site only.
➢ Continuing Education credit is not available for this training.

The Internal Family Systems Model

Internal Family Systems℠ is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients’ intuitive wisdom. IFS℠ 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:

• 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 about this program, including, Certificate of Completion attendance requirements, finances, session and daily schedules, required readings, site information, health and safety information regarding COVID-19, 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, FAQ page.

Format and Program Hours: We are excited to offer a new training format inspired by established learning experiences in an academic setting and the benefits of a multi-day session to integrate and conclude the training. It includes lecture, discussion, demonstration, video review, experiential exercise, small group practice, and homework. The training comprises fourteen 4-hour sessions online (live/real time), and one 4-1/2-day session in-person, totaling 84 program hours. Session and daily schedules are listed later in this brochure.

Trainers

Lead Trainer: Ann L. Sinko, LMFT, has over 30 years of clinical experience and is a licensed marriage and family therapist in Connecticut. She is in private practice and has been teaching as an adjunct Professor in the Marriage and family therapy program at Central Connecticut State University for 26 years. She has integrated IFS theory and technique into all facets of her creative work with families, couples, individuals and groups. She establishes a safe environment in which clients experience unconditional acceptance. She has a background in gestalt therapy and uses sandtray therapy in her work. Ann is passionate about teaching and believes that theory is best integrated through experiential learning. She brings a down to earth, concrete style along with a sense of humor to her teaching. Ann is a seasoned world traveler, loves the outdoors, and is an avid gardener.

Katelyn Staecker, LCSW, is a psychotherapist, teacher and workshop leader who is also a Certified Practitioner of Psychodrama, Sociometry and Group Psychotherapy. Katelyn facilitates workshops and retreats on spirituality, and personal growth and relationship skills. She also has a special interest in developing communities of all types and teaching the interpersonal skills necessary for their sustainability. Katelyn has been in private practice in Oregon for over 30 years. She works with her gifted co-therapist, Sonny, who is a Bernedoodle and “oh so sweet”.

Training Schedule

This training comprises both online (live, real time) and onsite sessions, and meets according to the dates and daily schedules below.

- **Online sessions use the U.S. Mountain Time Zone** in effect during each online 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 Boulder, CO, in the U.S. Mountain time zone as a reference location to determine how the Mountain time zone relates to your own time zone for each online training session.

- **Online sessions meet on Zoom**
  - 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.

- **The in-person session meets in the Boulder, CO area**, and detailed site information is listed at the end of this brochure.

**Daily Schedule – 14 Online Sessions**

Each online session meets 2:00-6:15 pm, Mountain Time. There are four training hours and one 15-minute break in each online session.

1. November 8, 2021
2. November 22, 2021
3. December 6, 2021
4. December 20, 2021
5. January 3, 2022
6. January 17, 2022
7. January 31, 2022
8. February 7, 2022 (yes, this is correct, and it’s 1 week after January 31!)
9. February 21, 2022
10. March 7, 2022
11. March 21, 2022
12. April 4, 2022
13. April 18, 2022
14. May 2, 2022

Daily Schedule: In-person Session – May 18-22, 2022

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<thead>
<tr>
<th></th>
<th>Morning Session</th>
<th>Morning Break</th>
<th>Afternoon Session</th>
<th>Afternoon Break</th>
<th>Training Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 18</td>
<td>9:00-12:30</td>
<td>15 min</td>
<td>2:00-6:00</td>
<td>15 min</td>
<td>7</td>
</tr>
<tr>
<td>May 19</td>
<td>9:00-12:30</td>
<td>15 min</td>
<td>2:00-6:00</td>
<td>15 min</td>
<td>7</td>
</tr>
<tr>
<td>May 20</td>
<td>9:00-12:00</td>
<td>15 min</td>
<td>1:30-2:45</td>
<td>x</td>
<td>4</td>
</tr>
<tr>
<td>May 21</td>
<td>9:00-12:30</td>
<td>15 min</td>
<td>2:00-6:00</td>
<td>15 min</td>
<td>7</td>
</tr>
<tr>
<td>May 22</td>
<td>9:00-12:15</td>
<td>15 min</td>
<td>x</td>
<td>x</td>
<td>3</td>
</tr>
</tbody>
</table>

|                |                |               |                  |                | 28 hours       |

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute and a participant must complete 70 of the 84 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.

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 CE credit is not available for this training.

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). Bundle pricing may be available. If you need assistance with the Store, please call 708.383.2659 or email Sandy@IFS-Institute.com.

Required reading before the training begins:


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:


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

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:** $4100 ($500 of which is the program deposit)

**Lodging and meals** 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.

Payment Plan 1: $3600 ($4100 Tuition - $500 Deposit) charged on October 1. There is a $20 fee for each late payment.

Payment Plan 2: Two (2) payments of $1810 each on September 1 and October 1 ($4100 Tuition – $500 Deposit + $20 Carrying Fee). There is a $20 fee for each late payment.

**Withdrawal/Refund Policy:** 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. 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 1st day of the program. The full 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.

**Health and safety protocols at the May 18-22 in-person session**

IFS Institute will be following the guidance of the training venue and/or relevant government agencies with respect to health and safety protocols for the in-person portion of this training. As such, it may be necessary for all training participants and staff to observe health and safety protocols at the training site (e.g., wearing a mask, practicing social distancing) if required by the training venue and/or relevant
government agencies. As has been the case previously, required protocols can change, and can be imposed or lifted at any time before the training starts, and while the training is in session.

Given your own personal circumstances, if you are unable or do not wish to abide by the protocols that may be required for this training, or if you may need or want something other than these protocols, we suggest you consider a fully online training.

If running the May 18-22 in-person session online is required

IFS Institute is eager and fully intends to run the in-person session at the site listed for this training. However, if circumstances change and COVID-19 health and safety restrictions are imposed by government or other entities with authority, it may be necessary to move the in-person session to an online platform. If the in-person session must be moved online, IFS Institute will act as quickly as possible and keep training members fully informed. IFS Institute will then run the training online on the dates scheduled, and a $250 tuition refund will be given to each participant.

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

Site and Travel Information: May 18-22 Session

Training Site: Residence Inn by Marriott: Boulder-Broomfield-Interlochen
455 Zang Street
Broomfield, CO 80021
Phone: 303.466.7007
www.marriott.com/denof

Lodging and meals: We realize that this training, with a mix of online and in-person sessions, may have training members who live locally and others who may come from a distance. We also know that people have different budgets, needs, and preferences for lodging and meals, especially since COVID entered our lives. For these reasons, IFS Institute is not providing lodging or meals for this training.

Residence Inn reservations and information: If you would like to stay at the Residence Inn, please contact the Residence Inn directly, and we recommend that you do this at your earliest convenience. If you would like to know more about the Residence Inn, please visit their website or call them directly.

Travel information: Please visit your favorite travel websites or contact a travel agent for information about airlines, rental cars, restaurants, alternative hotels, and other travel needs. The Residence Inn website may also have some of this information.

Altitude: Boulder, CO, is approximately 5,300 feet above sea level. For comparison, Denver, CO, is at 5,000 feet, and the Grand Canyon is at 6,600 feet. Clevelandclinic.org defines high altitude as 8,000 feet or more. To find out more about how a higher elevation may affect you and what you can do about it, please feel free to visit websites such as https://my.clevelandclinic.org/health/diseases/15111-altitude-sickness, and to pursue additional information you may need.
IFS Institute Contact Information

Please also see the “contact us” page: www.ifs-institute.com

Billing, Receipts, Credit Card matters: Mary@IFS-Institute.com

Canadian & Organizational Trainings (Level 1, 2, 3): Jeff@IFS-Institute.com

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

U.S. Trainings (Level 1, 2, 3): Maryanne@IFS-Institute.com

Webinars – IFS Circle/Continuity: Help@IFS-Institute.com

IFS Certification: Certification@IFS-Institute.com

Annual Conference: Ashley@IFS-Institute.com

Everything Else IFS (Store, Workshops, Therapist/Practitioner Directory, etc.): Sandy@IFS-Institute.com