

## 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



*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](http://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, 2-hour sessions, totaling 84 program hours. Session and daily schedules are available later in this brochure.

## Trainers



**Lead Trainer: Kay Gardner, MS, LCPC**, is a longstanding IFS senior lead trainer who has been in private practice in Chicago for 30 years. In addition to teaching IFS Level 1 and 2 trainings, Kay has taught programs such as the Women's Circle, Persephone's Journey, and Men and Their Mothers. Kay is trained in Hakomi therapy, was a Hakomi teacher, and has a 40-year personal yoga and a meditation practice. Known for her passion for IFS, both as a trainer and practitioner, Kay uses a body-mind-spirit approach and integrates South American shamanism ideas into her work.



**Assistant Trainer: Terrilee Dalton, PhD, LCSW, CSDC**, is a clinical social worker in private practice, teacher and long-time outdoor retreat leader with more than 30 years of experience working with complex trauma, addictions, anxiety and depression. She has specialized in individual and groupwork with women, adolescents and children using mind body practices including her work as a yoga teacher and teacher of Authentic Movement. IFS has been a passion of hers for more than a decade as a solid foundation in her vision of healing lives that began early in her life growing up hiking and backpacking the Sierra Nevada Mountains of Central California where she grew up. Since that time, she has continued her vision bringing children and women into healing wilderness retreat experiences in the outdoors of the Sierras, Appalachians, Rockies, Olympics and most recently a 500 mile walk across Spain. IFS is now the lens for her vision personally and professionally. She lives with her family in both the Chicago area and the forest outside Olympia, Washington.

## 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](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 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](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.

- 4-Day Session 1: April 8-11, 2021
- 4-Day Session 2: May 13-16, 2021
- 4-Day Session 3: August 5-8, 2021

- 2-Hour Session 1: Monday, April 19, 2021, 6-8pm
- 2-Hour Session 2: Monday, July 12, 2021, 6-8pm

## Daily Schedules for 4-Day Sessions

### Session 1

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/CE Hours
April 8	9-12:15	15 min.	1:30-6:00	15 min	7.25
April 9	9-12:15	15 min.	1:30-5:45	15 min	7.0
April 10	9-12:15	15 min.	1:30-5:45	15 min	7.0
April 11	9-12:15	15 min.	1:15-4:00	X	5.75
					27.00

### Session 2

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/CE Hours
May 13	9-12:15	15 min.	1:30-5:45	15 min	7.0
May 14	9-12:15	15 min.	1:30-5:45	15 min	7.0
May 15	9-12:15	15 min.	1:30-5:45	15 min	7.0
May 16	9-12:15	15 min.	1:15-3:45	X	5.5
					26.5

### Session 3

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/CE Hours
August 5	9-12:15	15 min.	1:30-5:45	15 min	7.0
August 6	9-12:15	15 min.	1:30-5:45	15 min	7.0
August 7	9-12:15	15 min.	1:30-5:45	15 min	7.0
August 8	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, 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 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. ***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:** 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 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.

## 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](mailto: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 on the program application. If you have questions about the plans, please contact the IFS Institute Controller, Mary Mitrovich, at [Mary@IFS-Institute.com](mailto: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.

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

**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 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.

## 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, [Maryanne@IFS-Institute.com](mailto:Maryanne@IFS-Institute.com)

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

IFS Institute office fax: 708.383.2399