

Internal Family SystemsSM Therapy
Level 2 Intensive Training Program (674)
IFS, Addictions and Eating Disorders
October 2021 :: Online Training (Live, Real Time)
Eastern U.S. Time Zone

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 essential details about this program, 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: IFS brings an innovative, new perspective to working with people with addictions and eating disorders. The current field is replete with treatment modalities and information that often offer conflicting ideas about how to best treat addictions and eating disorders. IFS can move us into a new dimension of treatment with this challenging population and offers ways to neutralize polarizations that can occur in the traditional treatment milieu. IFS also enables us to access and heal the beliefs, burdens, emotions and energies carried by parts of the client that are masked by addictions and eating disorders.

This training will focus on:

- Viewing addictions and eating disorders through the lens of IFS;
- Practical application of IFS to treatment; and
- The importance of Self-energy in the healing process.

Participants will learn:

- How to define and view addictions and eating disorders from the IFS perspective;
- How to apply basic, key concepts of IFS to addictions and eating disorders;
- To develop an IFS skill set, including techniques such as un-blending, collaboration and negotiation, and direct access with extreme firefighters;
- Steps for healing the shame, fear, trauma and legacy burdens underneath;
- How to identify and address treatment constraints;
- IFS-based family, couples, and group work with addictions and eating disorders; and
- Integration of IFS with other treatment modalities and self-help groups, including the 12 Step programs.

IFS theory and technique are important, but knowledge of the impact our selves and our parts have on clients is essential for a positive outcome. In the safe and nurturing atmosphere of the training, participants will be invited to explore their own parts that may affect their work with clients. In this context, participants will be encouraged to:

- Recognize and acknowledge their personal beliefs and reactions towards addictions and eating disorders (extreme firefighters);
- Explore their cultural/legacy burdens regarding addictions and eating disorders; and
- Experience ways to access and maintain Self-energy when working with clients.

Format: The format includes lecture, large and small group discussion, experiential exercises, practice in groups, and live demonstration.

Program Hours: The training runs for five consecutive days, and has a total of 32 program hours. The daily schedule is available later in this brochure.

Learning Objectives: Please visit www.IFS-Institute.com, FAQ page.

Trainers

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

Assistant Trainer: Kathy Cox, LICSW, has been a psychotherapist for 25 years. She has a private practice in Olympia, Washington where she works with adults, adolescents, couples and groups and provides consultation and supervision to therapists learning IFS. Kathy has a special interest in trauma, grief and loss, and spirituality, and is known for her humor and warmth.

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute, and **a participant must complete 27 of the 32 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 is listed later in this brochure.

IFS Certification

Participants are not IFS Certified until they successfully complete the IFS Certification process. Information about 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 3 IFS training program. Participants are not required to be IFS Certified to enroll in IFS trainings.

To Apply

Prerequisite: Those who have earned the Certificate of Completion from a Level 1 training program are eligible to apply to a Level 2.

Please note: To be eligible for this Level 2, the last day of your Level 1 must be 90 or more days before the first day of this Level 2.

Application Form: The application form for this training is on our website.

Enrollment 33 participants may enroll in this training.

Training Dates: October 17-21, 2021

Daily Schedule

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/ CE Hours
October 17, 2021	9 – 12:30	15 min.	2-6	15 min.	7
October 18, 2021	9 – 12:30	15 min.	2-6	15 min.	7
October 19, 2021	9 – 12:30	15 min.	2-6	15 min.	7
October 20, 2021	9 – 12:30	15 min.	2-6	15 min.	7
October 21, 2021	9 – 12:15	15 min.	1–2	X	4
					Total: 32

This online training will meet according to the dates and daily schedule listed using the Eastern U.S. time zone in effect during each day 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 New York, NY, in the Eastern U.S. time zone as a reference location to determine how the Eastern time zone relates to your own time zone.

About Online Sessions

- Online sessions take place on Zoom, an online platform for video conferencing.
- Please download and make sure that you understand Zoom software before the training begins. To do this, go to Zoom.us, sign in (or “sign up”), and create your account.
- If you have questions about downloading or using Zoom, please contact Zoom at 888.799.9666, or click “support” at the bottom of the 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 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.

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 training offers 32 contact hours. 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, along with other pertinent continuing education information.
- **If you would like CE credit for this training, you must sign up for it at the training. 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) after the training (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 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.

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 32.00 social work continuing education hours for re-licensure, in accordance with 258 CMR, NASW-MA Chapter CE Approving Program. Authorizations: D-81174.

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 by the New Jersey State Board of Social Work Examiners. **Ohio Board Counseling/Social Work:** Ohio Board of Counseling and Social Work Board, Provider RCS 030001.

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 32.00 hours of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. **Ohio Board MFT:** Provider RTX 100501.

Pre-Training Reading and Other Materials

If you need assistance with IFS Institute's website store (www.IFS-Institute.com), please call 708.383.2659 or email Sandy@IFS-Institute.com.

1. Pre-training required reading:

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

2. Pre-training suggested reading:

Schwartz, RC (2008). You Are the One You've Been Waiting For, Oak Park, IL: Trailheads Publications, IFS Institute, ISBN 978-0-615-24932-2.

M. Sweezy and E. Ziskind (Eds) (2013). Internal Family Systems – New Dimensions, New York, NY: Routledge.

Peltz, L. (2013). The Mindful Path to Addiction Recovery, Boston: Shambhala Publications, ISBN 978-1-59030-918-6. Available at Barnes & Noble.

3. 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.

4. 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

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: Details, including the scholarship application deadline, are on the website's Training FAQ page. The 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 non-refundable, non-transferrable \$15 application fee is charged when you apply for the training.

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

Program Tuition: \$2150 (\$500 of which is the program deposit).

Payment Plan: If you have questions about the payment plan below, billing, receipts, or credit card matters, please contact IFS Institute Controller, Mary Mitrovich, Mary@ifs-institute.com.

The \$1650 balance will be charged on September 1, 2021 (\$2150 Tuition - \$500 Deposit = \$1650). There is a \$20 fee for each late payment.

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. 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 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 see the website's "contact us" page for all IFS Institute contacts.

Billing, Receipts, Credit Card matters: 708.848.9963, Mary@IFS-Institute.com

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

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

U.S. Trainings (Level 1, 2, 3): 708.383.2519, Maryanne@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, Therapist/Practitioner Directory etc.): 708.383.2659, Sandy@IFS-Institute.com