

## 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 & 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:** We are excited to offer you an IFS curriculum that builds on your Level 1 experiences. It features a similar format, including didactic, video review, and large group experiential and small group practice elements. So, like the Level 1 training, this Level 2 Intensive gives equal weight to didactic and experiential learning. The training:

- Concentrates on the challenges of treating clients who have extremely protective systems and/or have experienced childhood trauma.
- Focuses on expanding the participant's knowledge of essential processes unique to IFS, such as working with internal polarizations, working with dangerous firefighters, and unburdening.
- Emphasizes the importance of the therapeutic relationship by deepening the participant's awareness of and relationship to their own parts.
- Emphasizes the importance of the Self in both the client and therapist and includes many opportunities for self-exploration.

**Learning Objectives:** Please visit [www.IFS-Institute.com](http://www.IFS-Institute.com), FAQ page.

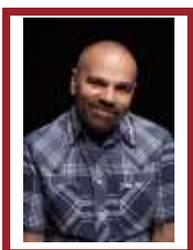
**Format:** The training includes lecture, discussion, demonstration, video review, experiential exercises and small group practice.

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

## Trainers



**Lead Trainer: Pamela Krause, LCSW**, is a senior IFS trainer with a private practice in Pennsylvania. In addition to leading Level 1, 2 and 3 IFS trainings, Pam has developed programs addressing the use of IFS with children and adolescents, and direct access in IFS. She wrote a chapter on using IFS with children and adolescents in *Internal Family Systems: New Dimensions*, and co-authored a chapter on using IFS and EMDR in *EMDR Therapy and Adjunct Approaches with Children*. Pam is also trained in Hakomi therapy and is known for her lively and compassionate approach in her work.



**Assistant Trainer: Jim Andralis, LCAT**, is a Manhattan-based psychotherapist in private practice. He has also been trained in EMDR and studied integrated trauma treatment at the Institute for Contemporary Psychotherapy's Trauma Studies Center. Jim has been involved in many New York Metro area Level 1 IFS trainings since 2011, and loves being part of the growing network of IFS people here. He and his husband, Larry, live in Manhattan's East Village.

## 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 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 3 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:** Anyone who has completed a Level 1 IFS training program is invited to apply.

**Application Form:** The application form for this training is on our website. Application forms from other IFS trainings cannot be used for this training.

**Enrollment** 36 participants may enroll in this training.

**Training Schedule** March 17-22, 2021

## Daily Schedule

	Morning Session	Afternoon Session	Afternoon Break	Training/CE Hours
March 17	10 am – 12:30 pm	1:30pm-4:45pm	15 min	5.5
March 18	10 am – 12:30 pm	1:30pm-4:45pm	15 min	5.5
March 19	10 am – 12:30 pm	1:30pm-4:45pm	15 min	5.5
March 20	10 am – 12:30 pm	1:30pm-4:45pm	15 min	5.5
March 21	10 am – 12:30 pm	1:30pm-4:45pm	15 min	5.5
March 22	10 am – 12:00 pm	1:00pm-3:30pm	x	4.5
				Total: 32

**Please note:** This online training will meet according to the dates and daily schedule below using the Mountain (U.S.) time zone in effect during each day 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 that you account for Standard vs. Daylight Savings time.

You can use Boulder, CO, in the Mountain (U.S.) time zone as a reference location to determine how the Mountain time zone relates to your own time zone..

## 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 need to sign up for it at the training, and you will need your license information (as applicable) to sign up for CE credit. No late CE applications can be accepted after the deadline that will be specified in the materials you receive at the training.**
- 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 32.00 social work continuing education hours for re-licensure, in accordance with 258 CMR, NASW-MA Chapter CE Approving Program. Authorization D-80953. **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 32.00 hours of continuing education credit. for LMFTs, CSWs, LPCC, as required by the California Board of Behavioral Sciences. Credit is awarded per session.

## 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:** 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.

**Program Tuition:** \$2050 (\$500 of which is the program deposit)

**Application Fee:** A non-refundable, non-transferrable \$15 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 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 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.

## Pre-Training Reading and Other Materials

All books listed below are available at IFS Institute's website Store. [www.IFS-Institute.com](http://www.IFS-Institute.com) If you need assistance with the Store, please call 708.383.2659 or email [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com).

### 1. Required reading before the training starts:

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

### 2. Recommended reading before the trainings starts:

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.

### 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.

**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 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 Fax: 708.383.2399