

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: The growth of IFS is a testament to the power of its healing capacity. With IFS, individuals are able to rapidly unload traumatically held beliefs, sensations and emotions that burden their lives, allowing for Self-led transformation. The last decade has shown a similar expanse in neuroscience knowledge. We now have a greater explanation for what is happening in the brain during psychotherapy and how this leads to changes in functioning.

Each day of this training will have a different theme that will help participants to master the skills required to treat trauma and dissociation as it relates to the IFS model of therapy. Participants will learn about:

- Identifying and working with traumatized parts using meditation, bodywork, un-blending, and direct access;
- Using their Self and the Self of the client with Dissociative Identity Disorder (DID) and Attachment trauma's;
- Working with extreme parts that are hyper- as well as hypo-aroused, including suicidal, self-harming, substance abusing, dissociative, and shame-based parts;
- Unburdening exiles, updating the system, and re-establishing trust in Self; and
- Integrating other therapies with IFS.

In addition to reinforcing the learning of IFS theory and technique, the training invites participants to explore parts of themselves that get activated when working with trauma, in the safe, nurturing environment of the training itself. Participants will be helped to:

- Understand the particular components of the IFS model that are relevant to the treatment of trauma;
- Apply IFS techniques when working with Dissociative clients; and
- Take advantage of experiential learning to foster personal growth and development.

Format: The training includes lectures, large and small group discussions, live and video demonstrations, and experiential practice groups.

Program Hours: The training runs for two, 3-day segments 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

Lead Trainer: Frank Guastella Anderson, MD, is a psychiatrist who has spoken extensively on the Neurobiology of Post-Traumatic Stress Disorder and Dissociation. After discovering Internal Family Systems, his passion has evolved into the integration of neuroscience, trauma and IFS. He is Chair of the Foundation for Self Leadership and has served on the Research Advisory Committee and Speakers Bureau for IFS Institute. He wrote a chapter in *Internal Family Systems Therapy: New Dimensions*, "Who's Taking What?" Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma. He is a supervisor at The Trauma Center in Brookline, MA, and maintains a private practice.

Assistant Trainer: Frances D. Booth, LISCW, is a long-time IFS therapist who seeks to cultivate Presence in work and in life. She graduated from Cornell University and Simmons School for Social Work, and has held faculty positions at Smith College School for Social Work, Tufts Medical School, and The Massachusetts School for Professional Psychology. She practices in Andover, MA, and at the Virginia Thurston Healing Garden Cancer Center in Harvard, MA. Fran's specialties include trauma, anxiety, depression, cancer, eating disorders, and attachment disorders. She loves to sing, dance, laugh, dine, and attend the theater.

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 2021: October 21, 22, 23 and 25, 26, 27

Daily Schedule

	Morning Session	Afternoon Session	Afternoon Break	Training/ CE Hours
October 21	10:30 am – 1:00 pm	2:00-5:15 pm	15 min.	5.5
October 22	10:30 am – 1:00 pm	2:00-5:15 pm	15 min	5.5
October 23	10:30 am – 1:00 pm	2:00-5:15 pm	15 min	5.5
October 25	10:30 am – 1:00 pm	2:00-5:15 pm	15 min	5.5
October 26	10:30 am – 1:00 pm	2:00-5:15 pm	15 min	5.5
October 27	10:30 am – 12:30 pm	1:30-4:00 pm	x	4.5
				Total: 32

This online training will meet according to the dates and daily schedule above 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 (delete section if there are none)

- 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, 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. For the purposes of CE, the two, 3-day segments count as one single session.
- 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 psychologist, #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. Authorization D-81433. **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 SW-0025. **New Jersey**: This training has not been submitted for pre-approval for CE credit for New Jersey social workers.

Marriage/Family Therapy: **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 Marriage and Family Therapists. Provider MFT-0012. **Illinois**: The Institute for Continuing Education is recognized as a provider of continuing education by the Illinois Board of Marriage and Family Therapy, Provider 168-00108. **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 32.00 hours per session of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. **Ohio**: The Institute for Continuing Education is recognized by the Ohio Board Marriage/Family Therapy, Provider RTX 100501.

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. If you need assistance with the Store, please call 708.383.2659 or email Sandy@IFS-Institute.com.

Required reading before the training:

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

We strongly recommend that you read the following texts before the training begins, even if you've read them before:

M. Sweezy and E. Ziskind (Eds) (2013). [Internal Family Systems Therapy - New Dimensions](#), New York, NY: Routledge.

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.

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.

Anderson, Frank (2021). [Transcending Trauma: Healing Complex PTSD with Internal Family Systems](#), PESI Publishing, ISBN: 9781683733973.

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

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

IFS Institute Fax: 708.383.2399

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