
Please note that no continuing education credit is offered for this training.

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 & Training Information Sources

This brochure contains many important details about this program, including 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 contact information is at the end of this brochure and on the website.

Curriculum

Overview: In addition to thoroughly learning IFS theory and technique, 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 base 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: The training includes lecture, discussion, demonstration, video review, experiential exercise, and small group practice.

Program Hours: This training comprises six, 3-day sessions, totaling 90 program hours. Each 3-day session comprises 15 program hours. Session and daily schedules are listed 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 both Level 1 and 2 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 every New York Metro area Level 1 IFS training 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.

Training Schedule

2020: July 10-12, August 14-16, October 2-4, October 30-November 1, December 4-6
2021: January 8-10

Daily Schedule

Please note: This online training will meet according to the schedule below using the Eastern U.S. time zone in effect during each session of the training. Please refer to www.24timezones.com or a similar resource to determine how this relates to your time zone.

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/ CE Hours
Day 1 Friday	10-12:45	15 min	1:45-4:30	15 min	5
Day 2 Saturday	10-12:45	15 min	1:45-4:30	15 min	5
Day 3 Sunday	10-12:45	15 min	1:45-4:30	15 min	5
					15 hours total

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute and a participant must complete 75 of the 90 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.

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.

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
- Business and academic professionals
- 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. Application forms from other IFS trainings cannot be used for this training.

Enrollment 33 participants may enroll in this training.

Continuing Education Contact Hours

Continuing education credit is not offered 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:

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 by the trainers as the starting date of the training approaches.

Financial Assistance

Payment plans: Payment plans are listed on the program application. If you have questions about the plans, 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.

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 Tuition: \$3400 (\$500 of which is the program deposit)

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 balance (see program application for details).

Application Fee: A \$55 non-refundable, non-transferrable application fee is charged when your application is received.

Withdrawals/Refunds: Participants who wish to withdraw from the training program must do so in writing. Participants are responsible for paying for sessions attended or missed prior to withdrawal. **Deposit:** The \$500 deposit is refundable if written notice of withdrawal is received by the IFS Institute office 15 or more days before the 1st day of Session 1. 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 14-9 days before the 1st day of Session 1. 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 person who is withdrawing. The deposit is forfeited if written notice of withdrawal is received by the IFS Institute office 8 or fewer days before the 1st day of Session 1, 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 9 or more days before the 1st day of Session 1. One-half (1/2) of the tuition balance is forfeited if written notice of withdrawal is received by the IFS Institute office 8 or fewer days before the 1st day of Session 1, and 21 or more days before the 1st day of Session 2. The full 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 Session 2. 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

Billing and Credit Card matters for this training: 708.848.9963, Mary@IFS-Institute.com

U.S. Trainings (Level 1, 2, 3): 708.383.2519
Jen@IFS-Institute.com, or
Maryanne@IFS-Institute.com
For best service, please write to only 1 email address

Canadian & Organizational Trainings (Level 1, 2, 3): 301.655.6671
Jeff@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, etc.): 708.383.2659, Sandy@IFS-Institute.com

IFS Institute office:

Fax: 708.383.2399

Postal Mailing Address: P.O. Box 3969, Oak Park, IL 60303, USA

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