



**Internal Family SystemsSM Therapy
Level 1 IFS Training Program (780)**

March-June 2022

Nickname: Mount Drum

Hybrid Training:

Onsite Sessions (Natick, MA) &

**Online Sessions (Live, Real Time, U.S. Eastern
Time Zone)**

➤ **This training has online and onsite sessions.**

- **The onsite sessions are only available onsite in Natick, MA.**
- **The online sessions (live, real time) are only available online.**

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 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, health and safety information regarding COVID-19, site and travel information, trainer biographies, and more. **For more about IFS, please visit other tabs of our website.**

Curriculum

Overview: In addition to thoroughly learning IFS theory and technique, the IFS 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, FAQ page.

Format and Program Hours: The training includes lecture, discussion, demonstration, video review, experiential exercise, and small group practice. This training comprises three, 4-day sessions totaling 80 program hours (26.5 or 27 hours per session), plus two separate 2-hour, sessions between the 4-day sessions. The two separate 2-hour sessions enable participants to have contact with their trainers and each other in order to further integrate material already presented.

Session and daily schedules, and details about which sessions are online or onsite, are listed later in this brochure.

Trainers

Lead Trainer: Ann L. Sinko, LMFT, Senior IFS Trainer, has more than 30 years of clinical experience and is a licensed marriage and family therapist in Connecticut. She is in private practice and has been teaching as an adjunct Professor in the Marriage and Family Therapy program at Central Connecticut State University for more than 25 years. Ann integrates IFS theory and technique into all facets of her creative work with families, couples, individuals, and groups, and establishes a safe environment in which clients experience unconditional acceptance. She also has a background in gestalt therapy and uses sandtray therapy in her work. Ann is passionate about teaching, believes that theory is best integrated through experiential learning, and brings a down-to-earth, concrete style and a sense of humor to her teaching. She is also a seasoned world traveler, loves the outdoors, and is an avid gardener.

Assistant Trainer: Leslie Petruk, LCMHC-S, NCC, BCC, has more than 23 years of clinical experience that includes working with children, adults, and couples. She also provides supervision and consultation groups. Leslie is in private practice in Charlotte, NC, where she serves as the Director of The Stone Center for Counseling & Leadership, and where IFS is used as the principal modality. Leslie's areas of special interest include play therapy, sand tray, and parenting. She has developed a parenting program using IFS and will soon publish a book on

parenting based on IFS. Previously, Leslie worked primarily with children as a play therapist and now supervises therapists who use play therapy and sand tray applying IFS. She is also a Board-Certified Coach, offering coaching programs related to work-life balance, parenting, and those seeking to make specific life changes.

About Online and Onsite Sessions

This training comprises both online (live, real time) and onsite (Natick, MA) sessions, and meets according to the dates and daily schedules below. Online sessions are only available online. Onsite sessions are only available onsite.

- **Online sessions use the U.S. Eastern Time Zone** that's in effect during each online session 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 U.S. Eastern time zone as a reference location to determine how the Eastern time zone relates to your own time zone for each online training session.
- **Online sessions meet on Zoom**
 - 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: 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 can 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.
- **Onsite sessions meet at a hotel in the Natick, MA area**, and detailed site information is listed at the end of this brochure.

Training Dates

4-Day Sessions:

Session 1: March 3-6, 2022 – **Onsite**

Session 2: May 12-15, 2022 – **Online**

Session 3: June 23-26, 2022 – **Onsite**

2-Hour Sessions:

Session 1: April 6, 2022, 7:00-9:00 PM – **Online**

Session 2: June 8, 2022, 7:00-9:00 PM – **Online**

Please note: Onsite sessions are only available at the site in Natick, MA. Online sessions are only available online (live, real time).

Daily Schedule

4-Day Session 1

	Morning Session	Morning Stretch	Afternoon Session	Afternoon Stretch	Training/CE Hours
March 3, 2022	9-12:15	15 min	1:30-6:00	15 min	7.25
March 4, 2022	9-12:15	15 min	1:30-5:45	15 min	7.0
March 5, 2022	9-12:15	15 min	1:30-5:45	15 min	7.0
March 6, 2022	9-12:15	15 min	1:15-4:00	X	5.75
					27.00

4-Day Session 2

	Morning Session	Morning Stretch	Afternoon Session	Afternoon Stretch	Training/CE Hours
May 12, 2022	9-12:15	15 min	1:30-5:45	15 min	7.0
May 13, 2022	9-12:15	15 min	1:30-5:45	15 min	7.0
May 14, 2022	9-12:15	15 min	1:30-5:45	15 min	7.0
May 15, 2022	9-12:15	15 min	1:15-3:45	X	5.5
					26.5

4-Day Session 3

	Morning Session	Morning Stretch	Afternoon Session	Afternoon Stretch	Training/CE Hours
June 23, 2022	9-12:15	15 min	1:30-5:45	15 min	7.0
June 24, 2022	9-12:15	15 min	1:30-5:45	15 min	7.0
June 25, 2022	9-12:15	15 min	1:30-5:45	15 min	7.0
June 26, 2022	9-12:15	15 min	1:15-3:45	X	5.5
					26.5

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute and **a participant must complete 70 of the 84 program hours offered in order to be eligible to earn this certificate.** This means each participant may miss a maximum of 14 training hours over the course of the entire training program, if necessary. Participants are responsible for ensuring that they attend enough training hours to earn the Certificate of Completion.

IFS Certification

Participants are not IFS Certified 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 IFS Certified 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.

Enrollment 33 participants may enroll in this 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 course offers a total of 80 contact hours. Continuing education credit is offered only for the 4-day sessions. Continuing education credit is not offered for the two separate 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 at the initial course session, along with other pertinent continuing education information.
- **If you would like CE credit for this training, you must sign up for it at the first session. 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) following each session that is eligible for CE (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 on the FAQ page at www.IFS-Institute.com.
- If you have questions regarding continuing education credit, please contact The Institute for Continuing Education (ICE): [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: 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:** This program has not been submitted to the New Jersey Board Social Work Examiners for pre-approval. **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 80.00 hours of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. **Ohio Board MFT:** Provider RTX 100501.

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. Required Training Materials:** Please bring the following supplies with you to the training:
 - A. Small box of crayons or sharpened colored pencils
 - B. Several sheets of unlined paper
 - C. Notebook (for things like journaling and taking notes)
- 3. 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 below. If you have questions about the plans or billing, 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.

IFS Institute tuition scholarships: Scholarship details, including deadline information, are on the website FAQ page. This 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 \$15 non-refundable, non-transferrable application fee is charged when you apply for the training.

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

Program Tuition: \$4100 (\$500 of which is the program deposit).

Room and Board are not included in tuition.

Payment Plans: Plans for this training are listed below, and you can select your plan when you apply for the training. If you have questions about the plans, billing, or credit card matters, please contact IFS Institute Controller, Mary Mitrovich, Mary@IFS-Institute.com.

Payment Plan 1: \$3600 (\$4100 Tuition - \$500 Deposit) charged on February 1, 2022. There is a \$20 fee for each late payment.

Payment Plan 2: Two (2) payments of \$1810 each on January 1 & February 1, 2022 (\$4100 Tuition – \$500 Deposit + \$20 Carrying Fee). There is a \$20 fee for each late payment.

Withdrawal/Refund Policy: Participants who wish to withdraw from the training program must do so in writing (send to Training@ifs-institute.com). 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 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.

Health and Safety Protocols for Onsite Sessions

IFS Institute will be following the guidance of the training venue and/or relevant government agencies with respect to health and safety protocols for the onsite portions of this training. As such, it may be necessary for all training participants and staff to observe health and safety protocols at the training site (for example,

wearing a mask, practicing social distancing, being vaccinated) if required by the training venue and/or relevant government agencies. As has been the case previously, required protocols can change, and can be imposed or lifted at any time before the training starts, and while the training is in session.

Given your own personal circumstances, if you are unable, or do not wish to abide by the protocols that may be required for this training, or if you may need or want something other than these protocols, we suggest you consider a fully online training.

If Running the Onsite Sessions Online Is Required

IFS Institute is eager and fully intends to run the onsite sessions at the site listed for this training. However, if circumstances change and COVID-19 health and safety restrictions are imposed by government or other entities with authority, it may be necessary to move one or both onsite sessions to an online platform. If any onsite sessions must be moved online, IFS Institute will act as quickly as possible and keep training members informed. IFS Institute will then run the affected session(s) online on the dates scheduled, and a \$250 tuition refund will be given to each participant for each onsite session moved online.

ADA If you have special needs, please contact Training@ifs-institute.com when you are accepted to the training.

SITE and TRAVEL INFORMATION

Training Site – For Onsite Sessions Only:

Hampton by Hilton Boston – Natick
319 Speen Street
Natick, MA 01760
508.653.5000
<https://www.hilton.com/en/hotels/bosnthx-hampton-boston-natick/>

Questions about the site: Please review this page and other relevant parts of this brochure, as well as the site's website for more information (see above for contact information). If you need additional information, please contact Alexandra@IFS-Institute.com.

Lodging and meals: We realize that this training, with a mix of online and onsite sessions, may include training members who live locally and others who may come from a distance. We also know that people have different budgets, needs, and preferences for lodging and meals, especially since COVID entered our lives. For these reasons, IFS Institute is not providing lodging or meals for this training.

Hampton by Hilton Boston – Natick reservations and information: If you would like to stay at the Hampton by Hilton Boston - Natick, please contact the Hampton by Hilton Boston – Natick directly, and we recommend that you do this at your earliest convenience. Hampton by Hilton Boston – Natick sets its own policies and prices, and bills you directly. If you would like to know more about the Hampton by Hilton Boston – Natick, please visit their website or call them directly.

Travel information: Please visit your favorite travel websites or contact a travel agent for information about airlines, rental cars, restaurants, alternative lodging options, and other travel needs. The Hampton by Hilton Boston – Natick website may also have some of this information.

Individual requests: We will do everything reasonably possible to enhance your experience at the training site, but it may not be possible to address each person's unique or individual needs or requests as may be possible when on a vacation, visiting a spa, or going on a personal retreat experience.

IFS Institute Contact Information

Please also see the "contact us" page at www.IFS-Institute.com

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

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

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

U.S. Trainings (Level 1, 2, 3): Maryanne@IFS-Institute.com

Webinars – IFS Circle/Continuity: Help@IFS-Institutue.com

IFS Certification: Certification@IFS-Institute.com

Annual Conference: Ashley@IFS-Institute.com

IFS Store, Workshops, Therapist/Practitioner Directory: Sandy@IFS-Institute.com