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## **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, 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, finances, session and daily schedules, required readings, and more. **For more information about IFS, please visit other tabs on our website.**

## The Training Program

**Overview:** In the Level 3 training, you will work intensively with a group of advanced practitioners who have learned the theory and technique of IFS and are now interested in expanding the depth of their knowledge. You are a good fit for this program if your goal is not only to become a better therapist or consultant, but also to:

- Learn about and unburden your personal triggers and blind spots;
- Hold Self-energy in daily life and when provoked;
- Clarify your visions for your career and your life path in general;
- Practice giving and receiving Self-led feedback;
- Discover some key trailheads;
- Explore your spirituality;
- Create a small Self-led community.

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

**Format:** The training will include demonstrations, experiential group exercises, large and small group discussions, extended mediations and intensive personal work.

**Program Hours:** This training meets for five consecutive days.

## Lead Trainer

Richard C. Schwartz, PhD, began his career as a systemic family therapist and an academic at the University of Illinois at Chicago, and at Northwestern University. Grounded in systems thinking, Dr. Schwartz developed the Internal Family Systems model in response to clients' descriptions of various parts within themselves. In 2000, he founded IFS Institute. Dr. Schwartz is a featured speaker for national and international professional organizations and has published numerous books and articles about IFS.

**Training Dates**      **March 3-7, 2022**

## Daily Schedule

This online training will meet according to the dates and daily schedule below using the U.S. Eastern time zone in effect each training day. 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 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 each day.**

<b>Day</b>	<b>Morning Session</b>	<b>15-min Break</b>	<b>Afternoon Session</b>	<b>15-min Break</b>	<b>Total Hours</b>
Days 1-4	10:00-1:15	yes	2:00-4:45	yes	5.5 training hours (5 CE, .5 personal growth)
Day 5	10:00-1:15	yes	2:00-4:45	yes	5.5 training hours (personal growth)

Total: 20 CE/7.5 personal growth

## **About Online Sessions**

- 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](https://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](https://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.

## **Certificate of Completion**

A Certificate of Completion (non-CE) is awarded by IFS Institute and a **participant must complete 16 of the 20 instructional/contact hours offered in order to be eligible to earn this certificate** (Level 3 trainings include 7.5 personal growth hours and 20 instructional/contact hours). Participants are responsible for ensuring that they attend sufficient 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](mailto:Certification@IFS-Institute.com).

## **To Apply**

**Prerequisites:** Anyone who has completed Level 1 and Level 2 IFS training programs or the Seattle Modular Training (166) is eligible to apply for a Level 3 training. To be eligible for this Level 3, the last day of your Level 2 must be three or more months before the first day of this Level 3.

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

**Enrollment** 36 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.

- This training includes 7.5 personal growth hours and 20 instructional/continuing education contact hours.
- 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. You will need your license information (as applicable) to complete the forms. Please note: No late CE applications can be accepted.**
- 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.
- 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](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. **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:** For counselors seeking credit, The Institute for Continuing will submit a co-sponsorship application to NBCC for this program. This website will be updated regarding approval. **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 20.00 social work continuing education hours for re-licensure, in accordance with 258, NASW-MA Chapter CE approving Program. Authorization: D-90327. **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 20.00 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

## **Required Pre-Training Reading and Other Materials**

Required and suggested readings are available for order at the IFS Institute 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 begins:**

Journal Articles (that's the title)

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

### **2. 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.

### **3. Additional Training Materials:** Your program's trainer may ask you 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. 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.

**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.

**Tuition** is \$2,500 (500 of which is the program deposit).

**Payment Plan:** The \$2000 balance will be charged on February 1, 2022 (\$2500 Tuition – \$500 Deposit = \$2000). There is a \$20 fee for each late payment. If you have questions about billing or credit card matters, please contact IFS Institute Controller, Mary Mitrovich, [Mary@ifs-institute.com](mailto:Mary@ifs-institute.com).

**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. 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 1<sup>st</sup> 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 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.

**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:** [Mary@IFS-Institute.com](mailto:Mary@IFS-Institute.com)

**Webinars – IFS Circle/Continuity:** [Help@IFS-Institutue.com](mailto:Help@IFS-Institutue.com)

**IFS Certification:** [Certification@IFS-Institute.com](mailto:Certification@IFS-Institute.com)

**Annual Conference:** [Ashley@IFS-Institute.com](mailto:Ashley@IFS-Institute.com)

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

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

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

**General Questions, IFS Store, Workshops, Therapist/Practitioner Directory:** [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com)