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. IFS℠ 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:

- 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 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, 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.

Senior Trainer

This is a great opportunity to deepen your IFS knowledge and skills with Senior IFS Trainer, Cece Sykes, and if you have completed a Level 2 IFS training, we invite you to take your IFS experience to the next level in this training.

Cece Sykes, LCSW, ACSW, IFS Certified, is a senior IFS trainer for U.S. and international trainings. She has more than 30 years of clinical experience working with individuals, couples, and families, and specializes in working with the effects of trauma and addiction. Cece also has a special interest in how various spiritual practices intersect with therapy, and with the impact of psychotherapy upon the life of the therapist. She frequently offers workshops and consultation on these and other related topics. Cece lives and works in Chicago.

Training Dates  November 28 – December 2, 2022 (Monday-Friday)

Daily Schedule

This online training will meet according to the dates and daily schedule below using the U.S. Central time zone in effect each training day. 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 Chicago, IL, in the U.S. Central time zone as a reference location to determine how the Central time zone relates to your own time zone each day.
<table>
<thead>
<tr>
<th>Day</th>
<th>Morning Session</th>
<th>15 min. Break</th>
<th>Afternoon Session</th>
<th>15 min. Break</th>
<th>Total Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Days 1-4</td>
<td>10:00-1:15</td>
<td>yes</td>
<td>2:00-4:45</td>
<td>yes</td>
<td>5.5 training hours (5 CE, .5 personal growth)</td>
</tr>
<tr>
<td>Day 5</td>
<td>10:00-1:15</td>
<td>yes</td>
<td>2:00-4:45</td>
<td>yes</td>
<td>5.5 training hours (personal growth)</td>
</tr>
</tbody>
</table>

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.
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.

Please note: To be eligible for this Level 3, the last day of your Level 2 must be three (3) or more months before the first day of this Level 3. For example, if your Level 2 ended on October 1, 2021, you are eligible to apply for a Level 3 that begins on or after January 1, 2022.

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

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.


- If you have questions regarding continuing education credit, please contact The Institute for Continuing Education: 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 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 relicensure, 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. **Ohio Board MFT:** Provider RTX 100501. **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.

**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.

1. **Required reading before the training begins:**

   Journal Articles (that’s the title!)


2. **Suggested reading:**

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:** Scholarship information, including deadlines and the application form, is available at [www.IFS-Institute.com](http://www.IFS-Institute.com) – Training tab.

**Repeater tuition:** Information regarding tuition if you are repeating a training is on IFS Institute’s website FAQ page.

**Tuition and Fees**

All amounts are in U.S. Dollars (USD).

**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:** $2350 ($500 of which is the program deposit).

**Payment Plan:** The $1,850 balance will be charged on November 1, 2022 ($2,350 Tuition – $500 Deposit = $1,850). 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.

**Withdrawal:** Participants who wish to withdraw from the training program must do so in writing (please email 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 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.

**Admission/withdrawal:** Internal Family Systems Institute, Inc. reserves the right to deny acceptance to any training program applicant and to withdraw a training participant from all or part of a training program at any time if IFS Institute determines a participant’s behavior could damage the quality of a training program. IFS Institute, in its sole discretion, may terminate a participant’s participation at any time and, in such event, will refund tuition paid to IFS Institute for portions of the training the participant will not attend as a result of their
termination. If IFS Institute terminates a participant’s participation, the participant is not eligible for a Certificate of Completion from IFS Institute.

**Diversity, Equity, and Inclusion**

Our goal at IFS Institute is to create learning environments and a community that teach and support the internal welcoming of parts that have been exiled, shamed, or marginalized within our systems so that they may be seen, heard, valued, and ultimately healed. Our hope is that this work will lead to greater Self leadership where all of us are more connected, curious, and compassionate with ourselves and with each other.

We recognize that IFS was developed and is still primarily taught and managed through a white lens. This has made it difficult to create an inviting space for everyone to feel safe and welcome and to contribute fully to the evolution and growth of the community. As a result, we have not been as effective as we could be in the ongoing fight for freedom and healing for all peoples.

To focus our efforts and hold ourselves accountable, we have developed specific commitments to reflect our desire for all peoples to find solace and healing from IFS, while we hold space for individuals to contribute their unique gifts, voices, and perspectives to the IFS movement.

Please review IFS Institute’s commitments regarding diversity, equity, and inclusion [here](#).

**Substance Use at Trainings**

IFS Institute understands that many people have had positive therapeutic experiences with psychedelics, however, due to health and safety concerns for all of our participants, please refrain from taking psychedelics or other consciousness-altering substances during IFS Institute’s trainings.

**ADA**

If you have special needs, please contact Training@ifs-institute.com when you are accepted into this training.

**Code of Conduct**

Please review IFS Institute’s Code of Conduct at [www.IFS-Institute.com](http://www.IFS-Institute.com) – FAQ page, or on your copy of your program application.

**IFS Institute Contact Information**

Please also see the “contact us” page at [www.IFS-Institute.com](http://www.IFS-Institute.com)

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

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

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

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

IFS Certification:  Certification@IFS-Institute.com

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