

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: Anxiety and depression are the most presented symptoms of people seeking psychotherapy, and shame is frequently the engine that fuels both. This IFS Level 2 training provides an innovative way of understanding and working with the universal human problems of anxiety, depression, and shame with an evidence-based theory. This intensive training is an in-depth exploration of shame, depression, and anxiety through the lens of the IFS model, providing a framework that makes entrenched symptoms workable. This training will deepen your IFS skills and provide more tools for your IFS toolbox. The training structure is similar to that of a Level 1, with a mix of lectures, demonstrations, experiential exercises and practice. The training:

- Explores the IFS paradigm of depression, anxiety, and shame, not as a disorder, but as a coping mechanism of parts responding to a constraint in the internal or external system.
- Shows how this understanding provides a foundation for a uniquely powerful approach to these all-too-common symptoms.
- Introduces the organizing nature of shame.
- Focuses on expanding the participant's knowledge of essential processes unique to IFS, such as polarizations, working with extreme managers and firefighters, and unburdening.
- Emphasizes advanced techniques: working with legacy burdens, phobias, despair and inner critics.
- Continues the focus on Self as the healing agent in both the client and therapist. Includes opportunity for self-exploration and development of the Self of the therapist.

Format: The training includes lecture, discussion, live and video demonstration, experiential exercises, and small group practice.

Program Hours: The training runs for two, 4-day sessions and has a total of 42 program hours. The daily schedule is available later in this brochure.

Learning Objectives: Please visit www.IFS-Institute.com, FAQ page.

Training Recording

The plenary portions of this training, for example, group meditations, trainer lectures, Q&A periods, and trainer-led demonstrations, will be recorded (audio and visual) by IFS Institute's trainers and/or agent for IFS Institute's internal use only. For example, recordings will be used as a tool to prepare current and future IFS trainers for their teaching responsibilities and to prepare instructional materials. There is no compensation for being present in the recordings, the recordings remain the property of IFS Institute, and IFS Institute retains all rights to the recordings. The recordings will not be for sale and will not be available for viewing by anyone other than select IFS Institute administrators and trainers.

Trainers

Lead Trainers:

Michael Elkin, MA, LMFT, is a senior IFS trainer whose unique style is founded in strategic and hypnotic therapy. Mike has been practicing and spreading the work of IFS since 1995. He became an IFS trainer in 1999 and has enthusiastically trained therapists in IFS throughout the US and Europe. He is known for his creative and effective approaches to addictive and compulsive behavior, phobia, and anxiety. As a teacher,

Mike's wisdom is wholeheartedly shared from over 40 years of clinical experience. He is the author of *Families Under the Influence*, and several articles.

Ann L. Sinko, LMFT, is a senior trainer who 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 sand tray 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:

Tamala Floyd, LCSW, has been a psychotherapist for over 25 years. She has an online private practice specializing in women's trauma, depression, and anxiety. She also provides IFS consultation, business consultation to therapists, and workshops. Tamala combines IFS with mindful and meditation practices.

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute, and **a participant must complete 35 of the 42 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

Session 1: January 6-9, 2022
Session 2: January 19-22, 2022

Daily Schedule

Sessions 1 & 2

	Morning Session	Afternoon Session	Afternoon Stretch	Training/ CE Hours
Day 1	10 am – 12:30 pm	1:30 – 4:45 pm	15 min.	5.5
Day 2	10 am – 12:30 pm	1:30 – 4:45 pm	15 min	5.5
Day 3	10 am – 12:30 pm	1:30 – 4:45 pm	15 min	5.5
Day 4	10 am – 12:30 pm	1:30 – 3:30 pm	x	4.5
				Total: 21

Time Zone: This online training will meet according to the dates and daily schedule listed, 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

- 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 or services.
- 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 42 contact hours. CE covers all scheduled course 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, 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) 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 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: Application for social work continuing education credits has been submitted. This website will be updated regarding accreditation approval. **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.

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 42.00 hours of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences.

Pre-Training Reading and Other 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.

1. Required reading before the training starts:

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

2. Recommended reading (as helpful reference material):

M. Sweezy and E. Ziskind (eds) (2017). *Innovations and Elaborations in IFS*, New York, NY: Routledge.

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. Other suggested reading:

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.

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.

4. 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: \$2550 (\$500 of which is the program deposit)

Payment Plan: The \$2050 balance will be charged on December 1, 2021 (\$2550 Tuition - \$500 Deposit = \$2050). There is a \$20 fee for each late payment. If you have questions about the payment plan, billing, receipts, or credit card matters, please contact IFS Institute Controller, Mary Mitrovich, 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 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: Mary@IFS-Institute.com

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

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

IFS Certification: Certification@IFS-Institute.com

Annual Conference: Ashley@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