



**Internal Family Systems<sup>SM</sup> Therapy  
Level 1 IFS Training Program (841)**

**2022-2023**

**Online Training (Live, Real Time)**

**U.S. Eastern Time Zone**

**Nickname: Poplar Peak**

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**PLEASE NOTE:**

- **This training will be conducted entirely in Spanish and is available to those in the Americas for whom the Spanish language is integral to their personal or cultural identity.**
  - Fluency in spoken and written Spanish is required, and no services for translation or transcription into other languages can be provided.
  - Training members also need to have a functional understanding of spoken and written English for administrative purposes.
- **Continuing Education credit is not available for this training.**

### **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, 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**

**This brochure** contains essential details about this training, including 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:** 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](http://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 has four, 4-day sessions totaling 84 program hours. There are 21 training hours in each session.

**Session and daily schedules are listed later in this brochure.**

## **Training Language**

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## Trainers

**Lead Trainer: Imma Lloret** Es psicóloga y psicoterapeuta desde hace más de 30 años en Barcelona. Como cofundadora del Instituto IFS en España, organiza formaciones de IFS, supervisa y facilita grupos junto con su consulta privada donde ofrece psicoterapia individual y de pareja. Imma ha trabajado como profesora asociada en el grado de Psicología de la UOC (Universidad Abierta de Cataluña). Está certificada en Psicoterapia Sensoriomotriz y Experiencia Somática, y tiene formación avanzada en AEDP. IFS ha transformado su vida, su visión del mundo y se siente honrada de poder contribuir a su difusión.

Imma Lloret (Psychologist, IFS Certified), has been a psychologist and psychotherapist for more than 30 years in Barcelona. As co-founder of Instituto IFS in Spain, she organizes IFS trainings, supervises and facilitates groups together with her private practice where she offers individual and couples psychotherapy. Imma has worked as an associate professor in Psychology at the Open University of Catalonia, UOC. She is also certified in Sensorimotor Psychotherapy and Somatic Experiencing, and has advanced training in AEDP. IFS has transformed her life and her vision of the world, and she feels honored to be able to contribute to its growth around the world.

**Lead Trainer: Pilar De La Torre** es terapeuta certificada por IFS Institute. Es una de las organizadoras oficiales para la formación IFS en España ella es fundadora y directora del Instituto de Comunicación No Violenta y formadora en Comunicación No Violenta certificada por el Center for NonViolent Communication. Pilar es licenciada en Psicología por la Universidad Complutense de Madrid. Es Psicoterapeuta Gestáltica por la Escuela Madrileña de Terapia Gestalt y por l'Ecole Parisienne de Therapie Gestalt. Ella es especializada en psicoterapia corporal por l'Ecole de Therapie Gestalt de Bruxelles. Pilar es Psicopedagoga por oposición en excedencia de la Comunidad de Madrid. Es titulada por Sociogest (Montréal-Quebec) en el modelo de Sociocracia y en Círculos Restaurativos por Dominique Barter (Suiza). Pilar tiene más de 30 años de experiencia como psicoterapeuta formadora y psicoterapeuta, y es Directora del Instituto IFS de Madrid.

Pilar De La Torre (Psychologist, IFS Certified) is one of the official organizers for IFS trainings in Spain. She is founder and director of the Institute for Nonviolent Communication and a certified trainer in Nonviolent Communication by the Center for NonViolent Communication. Pilar holds a degree in Psychology from the Complutense University of Madrid. She is a Gestalt Psychotherapist through the Madrileña de Terapia Gestalt School and l' Ecole Parisienne de Therapie Gestalt. She is specialized in body psychotherapy by l'Ecole de Therapie Gestalt de Bruxelles, and is a Psychopedagogue on leave of absence from the Community of Madrid. She is qualified by Sociogest (Montréal-Quebec) in the Sociocracy model and in Restorative Circles by Dominique Barter (Switzerland). Pilar has more than 30 years of experience as a psychotherapist trainer and psychotherapist, and is Director of Instituto IFS de Madrid.

**Assistant Trainer: Analía Castaños-Davis**, MA, LMHC, es terapeuta certificada IFS. Recibió su maestría en psicología sistémica en el año 2009 en la Universidad Bastyr en Seattle, Washington y ha trabajado en agencias de salud mental comunitarias y en su consultorio privado desde entonces, principalmente con adultos y parejas de habla hispana en la ciudad de Seattle. Analía creó el primer curso en línea de Introducción al Sistema de Familia Interna en español en Estados Unidos y también está en camino a convertirse en una terapeuta psicodélica certificada a través de la Asociación Multidisciplinaria de Estudios Psicodélicos (MAPS). Analía es originaria de Guadalajara, México; ha vivido en Seattle por 20 años y está por pasar un año en su México natal aprendiendo chamanismo y mostrando la belleza Mexicana a su hijo y a su esposo.

Analía Castaños-Davis (MA, LMHC, IFS Certified) received her master's degree in systems counseling in 2009 from Bastyr University in Seattle, WA, and has worked in community mental health and private practice since then, primarily with Spanish-speaking individuals and couples. Analía created the first online IFS Intro in Spanish in the U.S., and is also on a path to becoming a certified psychedelic therapist through the Multidisciplinary Association of Psychedelic Studies (MAPS). Analía has lived in Seattle for the last 20 years, and is about to spend a year in her native land in México learning shamanism and showing her son and husband the beauty of Mexico.

## Training Schedule

This online training meets according to the dates and daily schedule below using the **U.S. Eastern time zone** in effect during each session of the training. Please refer to <http://www.24timezones.com/> [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 for each training session.**

## Training Dates

Session 1: December 1-4, 2022

Session 2: December 8-11, 2022

Session 3: January 19-22, 2023

Session 4: January 26-29, 2023

## Daily Schedule for All Sessions

<b>~ <u>All times are listed in the U.S. Eastern Time Zone</u> ~</b>					
	<b>Morning Session</b>	<b>Morning Stretch</b>	<b>Afternoon Session</b>	<b>Afternoon Stretch</b>	<b>Training Hours</b>
<b>Day 1</b>	9:00am – 12:15pm	15 minutes	12:45 – 4:00pm	15 minutes	6.0
<b>Day 2</b>	9:00am – 12:15pm	15 minutes	12:45 – 4:00pm	15 minutes	6.0
<b>Day 3</b>	9:00am – 12:15pm	15 minutes	12:45 – 4:00pm	15 minutes	6.0
<b>Day 4</b>	9:00am – 12:15pm	15 minutes	X	X	3.0
					21.00 Training Hours Total

## About Online Trainings

- Online trainings take place on Zoom, an online platform for video conferencing.
- Please download and take some time to understand Zoom software before the training begins. To do this, go to [Zoom.us](https://zoom.us), sign in (or “sign up”), and create your Zoom account.
- If you have questions about downloading or using Zoom, please contact Zoom at 888.799.9666, or click “support” on 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 devices or Internet provider.
- Training members will receive Zoom links shortly before the training begins, and these links are how you can access this online training.

- Please note that the training is only for training members, and we ask that you take care to be in a private space while attending the training.

## **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**

Level 1 training graduates may pursue 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](mailto: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**

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- Fluency in spoken and written **Spanish** is required.
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### **We accept 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:**

- Applicants to this training will complete the application form in Spanish.
- The application form will be on our website.

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

1. **Reading Materials: Books listed below are available at IFS Institute's 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).

**Required reading before the training begins:**

Spanish edition: Schwartz, Richard C., Introduccion al Modelo de los Sistemas de la Familia Interna, Oak Park IL: Trailheads Publications, The Center for Self Leadership. Class content is designed on the assumption that the reading is completed.

**OR**

English edition: Schwartz, Richard C. (2001), Introduction to the Internal Family Systems Model, Oak Park IL: Trailheads Publications, The Center for Self Leadership, ISBN 0-97211480-0-0. Class content is designed on the assumption that the reading is completed.

**Suggested 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.

**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:** Everyone involved with the training should bring the following supplies 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**

**Tuition 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](mailto: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:** IFS Institute is pleased to provide scholarships to help defray tuition expenses for those who qualify. 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 available at [www.ifs-institute.com](http://www.ifs-institute.com) -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.

**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:** \$3600 (\$500 of which is the program deposit)

**Payment Plans:** Tuition payment 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](mailto:Mary@IFS-Institute.com).

Payment Plan 1: \$3100 (\$3600 Tuition - \$500 Deposit) charged on November 1, 2022. There is a \$20 fee for each late payment.

Payment Plan 2: Two (2) payments of \$1560 each on October 1 & November 1, 2022 (\$3600 Tuition – \$500 Deposit + \$20 Carrying Fee). There is a \$20 fee for each late payment.

**Withdrawal: Participants who wish to withdraw** from the training program must do so in writing (please email [Training@IFS-Institute.com](mailto: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 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 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.

**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](mailto: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**

Billing, Receipts, Payment Plans, and Credit Card matters: [Mary@IFS-Institute.com](mailto:Mary@IFS-Institute.com)

This training and other North American Trainings (Level 1, 2, 3): [Maryanne@IFS-Institute.com](mailto:Maryanne@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)

IFS Store, Workshops, Find a Professional Directory, everything else IFS: [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com)