



**Internal Family Systems<sup>SM</sup> Therapy**  
**Level 2 Intensive Training Program (848)**  
***An IFS Approach to Working with***  
***Children and Adolescents***  
**July-August 2022**  
**Online Training (Live, Real Time)**  
**Eastern U.S. Time Zone**

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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, 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 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:** We are excited to offer you an opportunity to build on your Level 1 experiences with this IFS Level 2 Intensive training that focuses on children and adolescents. The training features a similar format to your Level 1 that includes didactic, video review, and large/small group experiential and small group practice elements. Like the Level 1, equal weight is given to didactic and experiential learning.

Trauma occurring during childhood or adolescence can have a substantial impact on development. Current literature suggests that early exposure to adverse experiences involving child maltreatment in a family setting negatively affects the developing brain in ways that increase risk of problems.

This training:

- Concentrates on the unique challenges of treating children and adolescents who have extreme protective systems and/or have experienced trauma.
- Informs the professional on the use of IFS when applied to therapeutic work with children and adolescents.
- Specifically addresses issues of internal and external polarizations, externalizing techniques, using in-sight and direct access, play therapy and sand tray techniques, and power dynamics in the external system.
- Emphasizes the importance of participation and involvement of parents/guardians/significant others in the lives of the child/adolescent.
- Deepens the participant's awareness of and relationship to their own parts by emphasizing the importance of the therapeutic relationship.
- Emphasizes the importance of the Self in both the child/adolescent and the therapist and includes opportunities for Self-exploration.

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

**Program Hours:** The training runs for two, 3-day segments and has a total of 32 program hours. The daily schedule is available later in this brochure.

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

### Trainers

**Lead Trainer: Pamela Krause, LCSW**, is a senior IFS trainer with a private practice in Pennsylvania. In addition to leading Level 1, 2, and 3 IFS trainings, Pam has developed programs addressing the use of IFS with children and adolescents, and direct access in IFS. She has also written a chapter about using IFS with children and adolescents in *Internal Family Systems: New Dimensions*, and co-authored a chapter on using IFS and EMDR in *EMDR Therapy and Adjunct Approaches with Children*. Pam is also trained in Hakomi therapy and is known for her lively and compassionate approach in her work.

**Assistant Trainer: Carmen Jimenez-Pride, LCSW, LISW-CP, ERYT, RCYT, RPTS**, is a trauma therapist experienced in the clinical treatment of children, adolescents, and adults with culturally diverse backgrounds addressing a wide range of concerns, and has a mental health career spanning more than 15 years. Together with Pamela Krause, Carmen is a developer of this current training. She is also the creative mind behind Focus on Feelings®, an emotional literacy curriculum, and is a Registered Play Therapist Supervisor, Certified AutPlay® Therapy Provider, Certified EMDR Therapist, Registered Children’s Yoga Teacher, and Certified LEGO® SERIOUS PLAY® Facilitator. She is also the developer of Diversity in Play Therapy Inc. and the Diversity in Play Therapy Summit. Carmen is an international speaker, award-winning author, business consultant, and a visionary in the therapeutic community, working to create and develop a wide range of educational tools to assist both clinician and client to reach optimum goals. With a focus on cultural humility and cultural diversity, Carmen educates clinical professionals to address racial and cultural trauma within their clinical practices. She currently serves as the South Carolina Association for Play Therapy President and is the recipient of the 2021 Association for Play Therapy Emerging Leader Award. She also serves as the Diversity and Inclusion Director of the Internal Sandtray Therapy Association.

## **Certificate of Completion**

A Certificate of Completion (non-CE) is awarded by IFS Institute, and **a participant must complete 27 of the 32 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](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 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 six (6) or more months before the first day of this Level 2. For example, if your Level 1 ended on October 1, 2021, you are eligible to apply for a Level 2 that begins on or after April 1, 2022.

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

## Training Dates

6-Day Training: July 31-August 2 and August 8-10, 2022

## Daily Schedule

	Morning Session	Afternoon Session	Afternoon Break	Training/ CE Hours
July 31, 2022	10:30 am – 1:00 pm	2:15-5:30 pm	15 min.	5.5
August 1, 2022	10:30 am – 1:00 pm	2:15-5:30 pm	15 min	5.5
August 2, 2022	10:30 am – 1:00 pm	2:15-5:30 pm	15 min	5.5
August 8, 2022	10:30 am – 1:00 pm	2:15-5:30 pm	15 min	5.5
August 9, 2022	10:30 am – 1:00 pm	2:15-5:30 pm	15 min	5.5
August 10, 2022	10:30 am – 12:30 pm	1:45-4:15 pm	x	4.5
				Total: 32

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](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 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](http://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](http://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 32 contact hours. CE covers all scheduled course sessions. The two, 3-day segments of this training count as one, single session for the purposes of CE.
- CE hours are awarded on a session-by-session basis, with full attendance required at sessions attended. Partial session CE credit is not offered. **For the purposes of CE, the two, 3-day segments are considered as one single session.**
- 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 training. 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](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 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 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. **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. **Ohio:** Board Counseling and Social Work, Provider RCS 030001.

**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 32.00 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 Board Marriage/ Family Therapy, Provider RTX 100501.

## **Pre-Training Suggested Reading**

Titles with an asterisk (\*) can typically be purchased from IFS Institute's online 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).

\*Biggs, A. (2013). Polly & Her Parts: Font & Center Press.

Homeyer, L. & Sweeey, D. (2017). Sandtray Therapy: A Practical Manual (3<sup>rd</sup> ed). New York, NY: Routledge.

Jimenez-Pride, C. (2021). Focus on Feelings: Learning More About My Feelings. Augusta, GA: Play Therapy with Carmen Publishing. Available at [www.Carmenpride.com](http://www.Carmenpride.com) or Amazon.

\*Kropp, J. (2012). Nathan Meets His Monsters. Lake Shore, Maryland: Day to Day Enterprises.

\*Mones, A. G. (2014). Transforming Troubled Children, Teens, and Their Families: An Internal Family Systems Model for Healing. New York, NY: Routledge.

Ray, D. C. (2016). A Therapist's Guide to Child Development: The Extraordinarily Normal Years. New York, NY: Routledge.

Schaefer, C. E., & Drewes, A.A. (Eds.). (2014). The Therapeutic Powers of Play: 20 Core Agents of Change (2<sup>nd</sup> ed). Hoboken, NJ: Wiley.

\*Schwartz, R. C. & Sweezy, M. (2020). Internal Family Systems Therapy (2nd ed.). New York, NY: Guildford Press.

\*Spiegel, L. (2017). Internal Family Systems with Children. New York, NY: Routledge.

BOOK CHAPTER:

\*Krause, P. IFS with Children and Adolescents (2013) in: M. Sweezy & E.L. Ziskind (Eds.), Internal family systems therapy: new dimensions (pp. 35-54). London, U.K.: Routledge.

## **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, are 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 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:** \$2250 (\$500 of which is the program deposit)

**Payment Plan:** If you have questions about the payment plan below, or about billing, receipts, or credit card matters, please contact IFS Institute Controller, Mary Mitrovich, [Mary@ifs-institute.com](mailto:Mary@ifs-institute.com).

The \$1750 balance will be charged on July 1, 2022 (\$2250 Tuition - \$500 Deposit = \$1750).  
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 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.

## **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.

## **Diversity, Equity, and Inclusion**

Please review IFS Institute's Diversity, Equity, and Inclusion statement at [www.IFS-Institute.com](http://www.IFS-Institute.com) – About Us tab.

## **Code of Conduct**

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

**ADA** If you have special needs, please contact [Training@ifs-institute.com](mailto:Training@ifs-institute.com) when you are accepted into the training.

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

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

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, Therapist/Practitioner Directory, everything else IFS: [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com)