Internal Family Systems[SM] Therapy
Level 1 IFS Training Program (876)
2023
Online Training (Live, Real Time)
U.S. Eastern Time Zone
Rose Quartz

IFS and Training Information

This brochure contains essential details about this training, including session and daily schedules, finances, Certificate of Completion attendance requirements, Continuing Education credit, required readings, trainer biographies, and more. **For more about IFS, please visit our website.**

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The Internal Family Systems Model

Internal Family Systems[SM] is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFS[SM] 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

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, 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 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).

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, FAQ page.

Format and Program Hours: The training includes lecture, discussion, demonstration, video review, experiential exercise, and small group practice. This training comprises three, 4-day sessions totaling 80 program hours (26.5 or 27 hours per session), plus two separate practice days totaling 9.5 program hours (4.75 program hours per day).

Session and daily schedules are listed later in this brochure.

Trainers

Lead Trainer: **Paul Ginter, Ed.D, IFS Certified,** Senior IFS Trainer, is a private practice psychologist at the Center for Psychotherapy and Wellness in Kalamazoo, MI, where he works with individuals, couples, and families. Paul has been an IFS therapist for more than 20 years and has served as a senior trainer for the past 10, leading trainings throughout the United States and Europe. Known for his compassionate approach, Paul is particularly interested in incorporating spiritual practices such as meditation into his teaching and work with clients.

Assistant Trainer: **Jenny Fiebig, MS, NCC, LCPC/LPC, IFS Certified,** has practices in both Montana and Colorado, and works with both individuals and couples. Coming from a wilderness guiding background, the experiential nature and systemic work of IFS is a great fit for the way she engages in the world and in therapy. She specializes in working with survivors of outdoor trauma, specifically avalanches and river traumas. She also leads IFS-based wilderness groups for adults who want to deepen their knowledge of their protective systems while learning about the human history and ecosystems of the landscapes they are traveling. She is excited to be a part of the IFS community and to witness the growth of practitioners as they integrate IFS into the way they engage with their communities.

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 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 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

4-Day Session 1: February 2-5, 2023
4-Day Session 2: April 13-16, 2023
4-Day Session 3: June 8-11, 2023

Bridge Day 1: March 20, 2023, 10am-3:30pm (including three 15-minute breaks)
Bridge Day 2: May 22, 2023, 10am-3:30pm (including three 15-minute breaks)

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 before the training begins. To do this, go to 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 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.

Daily Schedule

Session 1

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/ CE Hours
February 2, 2023	9-12:15	15 min	1:30-6:00	15 min	7.25
February 3, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
February 4, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
February 5, 2023	9-12:15	15 min	1:15-4:00	X	5.75
					27.00

Session 2

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/ CE Hours
April 13, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
April 14, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
April 15, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
April 16, 2023	9-12:15	15 min	1:15-3:45	X	5.5
					26.5

Session 3

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/ CE Hours
June 8, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
June 9, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
June 10, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
June 11, 2023	9-12:15	15 min	1:15-3:45	X	5.5
					26.5

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute and each participant must complete 75 of the 89.5 program hours offered in order to be eligible to earn this certificate. This means each participant may miss a maximum of 14.5 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

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 contacting Certification@IFS-Institute.com.

Eligibility for Future Trainings

By earning IFS Institute's Level 1 certificate of completion, a participant is eligible to apply for a Level 2 IFS training. Participants are not required to be IFS Certified to enroll in IFS trainings.

To Apply

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: 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.
- The course offers 40 contact hours per session (total of 80 contact hours per course). Continuing education credit is offered only for the extended sessions of this course. Continuing education credit is not offered for the two separate Bridge Days.
- 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 at the initial course session, 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) following each session that is eligible for CE (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 on the FAQ page at www.IFS-Institute.com.

- If you have questions regarding continuing education credit, please contact The Institute for Continuing Education (ICE): 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 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: This program has been approved for 80.00 social work continuing education hours for re-licensure, in accordance with 258 CMR, NASW-MA Chapter CE Approving Program. Authorizations: D-91233-1; D-91233-2; D-91233-3. **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 for pre-approval to the New Jersey State Board of Social Work Examiners. **Ohio Board Counseling/ Social Work:** Ohio Board of Counseling and Social Work Board, Provider RCS 030001.

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 continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. **Ohio Board MFT:** Provider RTX 100501.

Required Pre-Training Reading and Other Materials

1. **Reading Materials: All books listed below are available at IFS Institute's website store** (www.IFS-Institute.com). Bundle pricing may be available. If you need assistance with the Store, please call 708.383.2659 or email Sandy@IFS-Institute.com.

   Required 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.

   Suggested reading before the training begins:

   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. **This book is required reading for those with no prior experience with the IFS model**. Class content is designed on the assumption that the reading is completed.

   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 and Scholarships

Payment plans (for tuition) are listed below. If you have questions about the plans, billing, receipts, or credit card matters, please contact IFS Institute Controller, Mary Mitrovich, at 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 partial tuition scholarships to help defray

expenses for those who qualify. Scholarship information, the application deadline, and the application form are available at www.ifs-institute.com (Training tab).

Repeater tuition: Information regarding tuition if you are repeating a training is available at www.ifs-institute.com - FAQs.

Tuition and Fees

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

Application Fee: The $15 non-refundable, non-transferrable application fee is charged when you apply for the training.

Program Deposit: The non-refundable, non-transferrable $500 deposit is charged when you are accepted into the training. This is required to secure your place in the training. (Scholarship recipients will be given a chance to decline their scholarship and withdraw from the training when the scholarship is offered by IFS Institute, at which time the $500 deposit will be refunded; any withdrawals after that time are subject to the remaining terms of the withdrawal/refund policy.)

Program Tuition: $3,800 ($500 of which is the 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.

Payment Plan 1: $3,300 ($3,800 Tuition - $500 Deposit) due and charged on January 1, 2023

Payment Plan 2: Two (2) payments of $1,660 each, due and charged on December 1, 2022 & January 1, 2023 ($3,800 Tuition – $500 Deposit + $20 Carrying Fee).

There is a $20 fee for each late payment, and if an amount due isn't paid in full within 7 days of the due date, IFS Institute reserves the right to withdraw a participant from the program.

Withdrawal/Refunds

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 non-refundable and non-transferrable. (Scholarship recipients will be given a chance to decline their scholarship and withdraw from the training when the scholarship is offered by IFS Institute, at which time the $500 deposit will be refunded; any withdrawals after that time are subject to the remaining terms of the withdrawal/refund policy.) Tuition Balance: The tuition balance (total tuition minus the deposit) is refundable if written notice of withdrawal is received by the IFS Institute office 21 or more calendar days before the 1st day of the program. There is a $50 processing fee for all refunds. The tuition balance is forfeited if written notice of withdrawal is received by the IFS Institute office 20 or fewer calendar days before the 1st day of the program. The application fee and payment plan carrying fee are non-refundable and non-transferrable. At no time is IFS Institute responsible for training participants' travel, lodging, or incidental expenses. IFS Institute reserves the right to postpone, cancel or otherwise change any training program schedule prior to its beginning.

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 – FAQ page, or on your copy of your program application.

IFS Institute Contact Information

Please also visit the Contact Page of the IFS Institute website.

Billing, receipts, payment plans, credit card matters: Mary@IFS-Institute.com

North American Trainings: Maryanne@IFS-Institute.com

International Trainings (outside of North America): Luis.Vega@IFS-Institute.com

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

IFS Certification: Certification@IFS-Institute.com

IFS Store, Find a Professional Directory: Sandy@IFS-Institute.com