

**Internal Family Systems<sup>SM</sup> Therapy  
Level 2 Intensive Training Program (911)  
A Compassionate Approach to Addictive Processes:  
IFS, Addictions and Eating Disorders  
February-March 2023  
Online Training (Live, Real Time)  
Central U.S. Time Zone**

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## **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.

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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).

## **Curriculum**

**Overview:** IFS brings an innovative, new perspective to working with many types of addictive processes, including substance use and eating disorders. The current field is replete with treatment modalities and information that often offer conflicting ideas about how best to treat these challenging issues. In fact, many clients, including those recovering from trauma, will engage at some point in some form of soothing or avoidant “firefighter” pursuits. IFS can move us into a new dimension of treatment with these clinical challenges and offers methods for using clear, systemic interventions and effective compassion to neutralize polarizations that can occur in the traditional treatment milieu. IFS also enables us to access and heal the beliefs, burdens, emotions, and energies carried by parts of the client that are masked by addictions and eating disorders.

This training will focus on:

- Viewing many types of addictive processes, including substance use and eating disorders, through the lens of IFS;
- Practical application of IFS to treatment; and
- The importance of Self-energy in the healing process.

Participants will learn:

- How to define and view many types of addictive processes from the IFS perspective;
- How to apply basic, key concepts of IFS to many types of addictive processes, including substance use and eating disorders;
- To develop an IFS skill set, including techniques such as un-blending, collaboration and negotiation, and direct access with extreme firefighters;
- Steps for healing the shame, fear, trauma and legacy burdens underneath;
- How to identify and address treatment constraints;
- IFS-based family, couples, and group work with addictions and eating disorders; and
- Integration of IFS with other treatment modalities and self-help groups, including the 12 Step programs.

IFS theory and technique are important, but knowledge of the impact our selves and our parts have on clients is essential for a positive outcome. In the safe and nurturing atmosphere of the training, participants will be invited to explore their own parts that may affect their work with clients. In this context, participants will be encouraged to:

- Recognize and acknowledge their personal beliefs and reactions towards addictions and eating disorders (extreme firefighters);
- Explore their cultural/legacy burdens regarding addictions and eating disorders; and
- Experience ways to access and maintain Self-energy when working with clients.

**Format:** The format includes lecture, large and small group discussion, experiential exercises, practice in groups, and live demonstration.

**Program Hours:** The training runs for five consecutive days 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: Cece Sykes, LCSW, ACSW, IFS Certified**, has over 40 years of experience working with individuals, couples, and families, specializing in recovery from trauma and addictive processes. She is a senior trainer for IFS Institute, leading workshops, teaching, and consulting internationally for over two decades. Her chapter on addictive processes appears in *IFS: Innovations & Elaborations* (2016). She is co-author of a new IFS therapy book due in early 2023: *IFS Therapy for Addictions: Trauma-Informed, Compassion-Based Interventions for Substance Use, Eating, Gambling and More*. Cece also developed the “Heart Lessons of the Journey” retreat for an ongoing study of therapist narratives and the impact on their work. Cece lectures and consults regularly on these and other related topics, and is based in her lifelong home of Chicago.

**Assistant Trainer: Kim Paulus, LMFT, IFS Certified**, (she/her/hers), is a psychotherapist in private practice in the Ohlone territory of Oakland, California. She is a queer and mixed-race Vietnamese American cisgender woman, and specializes in treating trauma with folks who live at the intersection of LGBTQIA+ and BIPOC, including multiracial folks and first generation children of immigrants. She has been practicing IFS since 2004, and integrates IFS with Somatics and Interpersonal Neurobiology, while holding a keen social justice lens and a strong sense of humor.

## **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 Schedule**

**Training Dates: February 27-March 3, 2023**

### **Daily Schedule:**

	Morning Session	Morning Break	Afternoon Session	Afternoon Break	Training/ CE Hours
February 27, 2023	9 – 12:30	15 min.	1:30-5:30	15 min.	7
February 28, 2023	9 – 12:30	15 min.	1:30-5:30	15 min.	7
March 1, 2023	9 – 12:30	15 min.	1:30-5:30	15 min.	7
March 2, 2023	9 – 12:30	15 min.	1:30-5:30	15 min.	7
March 3, 2023	9 – 12:15	15 min.	1–2	X	4
					Total: 32

This online training will meet according to the dates and daily schedule listed, using the **Central 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 Chicago, IL, in the Central U.S. time zone as a reference location to determine how the Central 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 32 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 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:** The Institute for Continuing Education and Internal Family Systems Institute are cosponsors of this program. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing education provider, No. 5643. The Institute for Continuing Education solely is responsible for this program, including the awarding of NBCC credit. **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 32.00 social work continuing education hours for re-licensure, in accordance with 258, CMR, NASW-MA Chapter CE Approving Program. Authorization D-90839.

**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. **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 Reading and Other Materials**

If you need assistance with IFS Institute's website store ([www.IFS-Institute.com](http://www.IFS-Institute.com)), please call 708.383.2659 or email [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com).

### **1. Pre-training required reading:**

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

### **2. Pre-training suggested reading:**

Schwartz, RC (2008). You Are the One You've Been Waiting For, Oak Park, IL: Trailheads Publications, IFS Institute, ISBN 978-0-615-24932-2.

M. Sweezy and E. Ziskind (Eds) (2013). Internal Family Systems – New Dimensions, New York, NY: Routledge.

Peltz, L. (2013). The Mindful Path to Addiction Recovery, Boston: Shambhala Publications, ISBN 978-1-59030-918-6. Available at Barnes & Noble.

Sykes, C.C., Sweezy, M., Schwartz, R.C., (due 2023) Internal Family Systems Therapy for Addictions: Trauma-Informed, Compassion-Based Interventions for Substance Use, Eating, Gambling and More; PESI Publishing and Media, Eau Claire, WI.

Sykes, C.C. (2016) "An IFS Lens on Addiction; Compassion for Extreme Parts," in Sweezy, M. & Ziskind, E.L. (Eds), IFS: Innovations and Elaborations; New York, NY; Routledge.

### 3. 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.

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 and Scholarships

**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 the application deadline and 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 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:** \$2,400

**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 \$1,900 balance will be due and charged on January 1, 2023 (\$2,400 Tuition - \$500 Deposit = \$1,900).

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](mailto: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 1<sup>st</sup> 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 1<sup>st</sup> 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](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**

Please also visit [www.ifs-institute.com](http://www.ifs-institute.com) “About Us” tab - Contacts.

Billing, receipts, payment plans, credit card matters: [Mary@IFS-Institute.com](mailto:Mary@IFS-Institute.com)

North American Trainings: [Maryanne@IFS-Institute.com](mailto:Maryanne@IFS-Institute.com)

International Trainings (outside of North America): [Luis.Vega@IFS-Institute.com](mailto:Luis.Vega@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, Find a Professional Directory: [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com)