



**Internal Family SystemsSM Therapy
Level 2 Intensive Training Program (913)
IFS, Trauma and Neuroscience
March-April 2023
Online Training (Live, Real Time)
Central U.S. Time Zone**

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 SystemsSM is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFSSM offers a clear, non-pathologizing, and empowering view of human cognitive and emotional life and provides a dynamic therapeutic approach that allows both therapist and client to enter into a transformational relationship in which healing can occur.

Richard C. Schwartz, PhD, has been developing the IFS model for more than 30 years, with IFS now practiced by thousands of licensed therapists and other professionals throughout the United States and internationally. Mental health care professionals and others trained in the IFS model can easily integrate it into a wide variety of practices using the unique methods IFS offers to create safe environments for clients to become Self-transforming. Internal Family Systems therapy is a simple yet sophisticated integration of psychology, spirituality, and intra-psychic and family systems theory that:



*Richard C.
Schwartz*

- Works well with couples, families, groups, and children;
- Can effectively treat trauma;
- Is a client-led approach that respects each client's pace and goals;
- Establishes a productive, trusting, and collaborative partnership between therapist and client;
- Helps therapists remain centered and open-hearted.

Internal Family Systems: An Evidence-Based Practice

Internal Family Systems (IFS) is now posted on NREPP as an evidence-based practice. NREPP is the National Registry for Evidence-Based Programs and Practices, a national repository that is maintained by the U.S. government's Substance Abuse and Mental Health Services Administration (SAMHSA). Interventions listed in NREPP have been subject to independent, rigorous scrutiny, and are deemed to show significant impact on individual outcomes relating to mental health.

As a clinical treatment, IFS has been rated effective for improving general functioning and well-being. In addition, it has been rated promising for improving 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: The growth of IFS is a testament to the power of its healing capacity. With IFS, individuals can rapidly unload traumatically held beliefs, sensations and emotions that burden their lives, allowing for Self-led transformation. The last decade has shown a similar expanse in neuroscience knowledge. We now have a greater explanation for what is happening in the brain during psychotherapy and how this leads to changes in functioning.

Each day of this training will have a different theme that will help participants to master the skills required to treat trauma and dissociation as it relates to the IFS model of therapy. Participants will learn about:

- Identifying and working with traumatized parts using meditation, bodywork, un-blending, and direct access;
- Using their Self and the Self of the client with Dissociative Identity Disorder (DID) and Attachment traumas;
- Working with extreme parts that are hyper- as well as hypo-aroused, including suicidal, self-harming, substance abusing, dissociative, and shame-based parts;
- Unburdening exiles, updating the system, and re-establishing trust in Self; and
- Integrating other therapies with IFS.

In addition to reinforcing the learning of IFS theory and technique, the training invites participants to explore parts of themselves that get activated when working with trauma, in the safe, nurturing environment of the training itself. Participants will be helped to:

- Understand the components of the IFS model that are relevant to the treatment of trauma;
- Apply IFS techniques when working with Dissociative clients; and
- Take advantage of experiential learning to foster personal growth and development.

Format: The training includes lectures, large and small group discussions, live and video demonstrations, and experiential practice groups.

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, FAQ page.

Trainers

Lead Trainer: Frank Guastella Anderson, MD, IFS Certified, is a psychiatrist who has spoken extensively on the Neurobiology of Post-Traumatic Stress Disorder and Dissociation. After discovering Internal Family Systems, his passion has evolved into the integration of neuroscience, trauma and IFS. He is Chair of the Foundation for Self Leadership and has served on the Research Advisory Committee and Speakers Bureau for The Center for Self Leadership. He wrote a chapter in *Internal Family Systems Therapy: New Dimensions, "Who's Taking What?"* Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma. He is a supervisor at The Trauma Center in Brookline, MA, and maintains a private practice.

Assistant Trainer: Crystal Jones, LCSW, IFS Certified, lives in Fredericksburg, VA, where she has a group practice, Life Source Counseling Center, Inc., and provides IFS consultation and clinical supervision in addition to individual and group therapy. Crystal is a Level 3-trained IFS therapist who has a passion for using the model to create a safe space for BIPOC women to feel connected, seen, heard, and valued. In her leisure time she enjoys spending time with her family, traveling, and hosting healing circles for BIPOC women in her community. She is also a master reiki practitioner, plant enthusiast, and very excited to share and learn in the IFS community.

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.

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

March 29-31, 2023, and April 12-14, 2023

Daily Schedule

	Morning Session	Afternoon Session	Afternoon Break	Training/ CE Hours
March 29, 2023	10:30 am – 1:00 pm	2:00-5:15 pm	15 min.	5.5
March 30, 2023	10:30 am – 1:00 pm	2:00-5:15 pm	15 min	5.5
March 31, 2023	10:30 am – 1:00 pm	2:00-5:15 pm	15 min	5.5
April 12, 2023	10:30 am – 1:00 pm	2:00-5:15 pm	15 min	5.5
April 13, 2023	10:30 am – 1:00 pm	2:00-5:15 pm	15 min	5.5
April 14, 2023	10:30 am – 12:30 pm	1:30-4:00 pm	x	4.5
				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, 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 Trainings

- 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 or 42 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.
- If you have questions regarding continuing education credit, please contact The Institute for Continuing Education: [800-557-1950](tel:800-557-1950). Email: instconted@aol.com.
- Instruction Methodology: May include didactic, lecture, audio-visuals, demonstrations, experiential exercises, case examples, small and large group discussions.

Psychology: The Institute for Continuing Education is approved by the American Psychological Association 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 hrs. of social work continuing education credit for re-licensure, in accordance with 258, CMR, NASW-MA CE approving Program. Authorization D-91231. **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.

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. If you need assistance with the Store, please call 708.383.2659 or email Sandy@IFS-Institute.com.

Required reading before the training:

Anderson, Frank (2021). Transcending Trauma: Healing Complex PTSD with Internal Family Systems, PESI Publishing, ISBN: 9781683733973.

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

We strongly recommend that you read the following texts before the training begins, even if you've read them before:

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

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.

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.

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. 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 – 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: \$2,500

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.

The \$2,000 balance will be due and charged on March 1, 2023 (\$2,500 Tuition - \$500 Deposit = \$2,000).

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

For all ADA accommodation requests, please make sure you email Training@IFS-Institute.com as soon as 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 www.ifs-institute.com “About Us” tab - Contacts.

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-Institutue.com

IFS Certification: Certification@IFS-Institute.com

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