



**Internal Family Systems<sup>SM</sup> Therapy**  
**Level 2 Intensive Training Program (914)**  
**Shame, Anxiety and Depression: An IFS Approach**  
**March-April 2023**  
**Online Training (Live, Real Time)**  
**Eastern 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:** Anxiety and depression are the most presented symptoms of people seeking psychotherapy, and shame is frequently the engine that fuels both. This IFS Level 2 training provides an innovative way of understanding and working with the universal human problems of anxiety, depression, and shame with an evidence-based theory. This intensive training is an in-depth exploration of shame, depression, and anxiety through the lens of the IFS model, providing a framework that makes entrenched symptoms workable. This training will deepen your IFS skills and provide more tools for your IFS toolbox. The training structure is similar to that of a Level 1, with a mix of lectures, demonstrations, experiential exercises and practice. The training:

- Explores the IFS paradigm of depression, anxiety, and shame, not as a disorder, but as a coping mechanism of parts responding to a constraint in the internal or external system.
- Shows how this understanding provides a foundation for a uniquely powerful approach to these all-too-common symptoms.
- Introduces the organizing nature of shame.
- Focuses on expanding the participant's knowledge of essential processes unique to IFS, such as polarizations, working with extreme managers and firefighters, and unburdening.
- Emphasizes advanced techniques: working with legacy burdens, phobias, despair and inner critics.

- Continues the focus on Self as the healing agent in both the client and therapist. Includes opportunity for self-exploration and development of the Self of the therapist.

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

**Program Hours:** The training runs for two, 4-day sessions and has a total of 42 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: Ann L. Sinko, LMFT, IFS Certified**, Senior IFS Trainer, has more than 30 years of clinical experience and is a licensed marriage and family therapist in Connecticut. She is in private practice and has been teaching as an adjunct Professor in the Marriage and Family Therapy program at Central Connecticut State University for more than 25 years. Ann integrates IFS theory and technique into all facets of her creative work with families, couples, individuals, and groups, and establishes a safe environment in which clients experience unconditional acceptance. She also has a background in gestalt therapy and uses sandtray therapy in her work. Ann is passionate about teaching, believes that theory is best integrated through experiential learning, and brings a down-to-earth, concrete style and a sense of humor to her teaching. She is also a seasoned world traveler, loves the outdoors, and is an avid gardener.

**Lead Trainer: Michael Elkin, LMFT, MA, IFS Certified**, has been using IFS since 1995 and teaching the model since 1999. A senior IFS trainer whose unique style is founded in strategic and hypnotic therapy, Mike has presented training experiences throughout the United States and Europe. He is known for his creative and effective approaches to addictive and compulsive behavior, phobia, and anxiety, and is the author of *Families Under the Influence* and several articles.

**Assistant Trainer: Katelyn Staecker, LCSW, IFS Certified**, is a psychotherapist, teacher, workshop leader, and Certified Practitioner of Psychodrama, Sociometry and Group Psychotherapy. Katelyn facilitates workshops and retreats on spirituality, and personal growth and relationship skills. She also has a special interest in developing communities of all types and teaching the interpersonal skills necessary for their sustainability. Katelyn has been in private practice in Oregon for over 30 years, and works with her gifted co-therapist, Sonny, who is a Bernedoodle and "oh so sweet".

## **Certificate of Completion**

A Certificate of Completion (non-CE) is awarded by IFS Institute, and **a participant must complete 35 of the 42 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**

**Dates: March 23-26, 2023, and April 12-15, 2023**

### **Daily Schedule**

	Morning Session	Afternoon Session	Afternoon Break	Training/ CE Hours
March 23, 2023	10 am – 12:30 pm	1:30 – 4:45 pm	15 min.	5.5
March 24, 2023	10 am – 12:30 pm	1:30 – 4:45 pm	15 min	5.5
March 25, 2023	10 am – 12:30 pm	1:30 – 4:45 pm	15 min	5.5
March 26, 2023	10 am – 12:30 pm	1:30 – 3:30 pm	x	4.5
				Total: 21

	Morning Session	Afternoon Session	Afternoon Break	Training/ CE Hours
April 12, 2023	10 am – 12:30 pm	1:30 – 4:45 pm	15 min.	5.5
April 13, 2023	10 am – 12:30 pm	1:30 – 4:45 pm	15 min	5.5
April 14, 2023	10 am – 12:30 pm	1:30 – 4:45 pm	15 min	5.5
April 15, 2023	10 am – 12:30 pm	1:30 – 3:30 pm	x	4.5
				Total: 21

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 42 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 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) 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 42.00 hrs. of social work continuing education credit for re-licensure, in accordance with 258, CMR, NASW-MA CE approving Program. Authorization D-90710. **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 42.00 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**

All books listed below are available at IFS Institute's website Store: [www.IFS-Institute.com](http://www.IFS-Institute.com). If you need assistance with the Store, please call 708.383.2659 or email [Sandy@IFS-Institute.com](mailto:Sandy@IFS-Institute.com).

**1. Required reading before the training starts:**

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

**2. Recommended reading (as helpful reference material):**

M. Sweezy and E. Ziskind (eds) (2017). Innovations and Elaborations in IFS, New York, NY: Routledge.

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.

**3. Other suggested reading:**

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.

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.

**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:** \$2,700

**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 \$2,200 balance will be due and charged on March 1, 2023 (\$2,700 Tuition - \$500 Deposit = \$2,200).

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**

For all ADA accommodation requests, please be sure you email [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)