



**Internal Family Systems Therapy  
Level 1 IFS Training Program (935)  
September 2023 – January 2024  
Online Training (Live, Real Time)  
U.S. Eastern Time Zone  
Nickname: Topaz Ridge**

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**This training will be conducted entirely and only in Spanish, and it is only available to those in the Americas for whom the Spanish language is integral to their own personal and cultural self-identity. Please do not apply for this training if you do not self-identify in this way.**

- **Fluency in spoken and written Spanish is required.** The training will be conducted entirely and only in Spanish, and services for translation, interpretation, or transcription into other languages will not be provided.
- Training materials from IFS Institute, including the manual and handouts, will be in Spanish. Emails and other communications with Trainers will be in Spanish.
- Training members must have a functional understanding of written and spoken English for administrative purposes.

**Continuing Education credit is not available for this training.**

### **IFS and Training Information**

This brochure contains essential details about this training. **Please be sure to read it!**

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## **The Internal Family Systems Model**

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

- 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: The Level 1 Training Program is a comprehensive, professional training in which participants can develop an understanding of the conceptual basis of IFS and learn how to apply IFS techniques to various clinical populations. Participants are also invited to explore their own inner worlds within a training's supportive context.

**Learning Objectives:** Please visit our website FAQ page [here](#).

**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 Bridge 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: Imma Lloret, Psychologist, IFS Certified,** has been a psychologist and psychotherapist for more than 30 years in Barcelona. As co-founder of Instituto IFS in Spain, she organizes IFS trainings, supervises and facilitates groups together with her private practice where she offers individual and couples psychotherapy. Imma has worked as an associate professor in Psychology at the Open University of Catalonia, UOC. She is also certified in Sensorimotor Psychotherapy and Somatic Experiencing, and has advanced training in AEDP. IFS has transformed her life and her vision of the world, and she feels honored to be able to contribute to its growth around the world.

**Lead Trainer: Analía Castaños-Davis, MA, LMHC, IFS Certified,** received her master's degree in systems counseling in 2009 from Bastyr University, and has worked in community mental health and private practice since then, primarily with Spanish-speaking individuals and couples. Analía created the first online IFS Intro in Spanish and is also on a path to becoming a certified psychedelic therapist through the Multidisciplinary Association of Psychedelic Studies (MAPS). She is originally from Guadalajara, Mexico, and lives in Seattle with her husband and son enjoying nature around Seattle and traveling the world.

**Assistant Trainer: Roser Batalla Serra, Licensed Psychologist,** graduated in psychology from the University of Barcelona and specializes in clinical psychology. She is trained in Cognitive Behavioral Therapy, NLP, Brief Strategic Therapy, EMDR, IFS, Positive Discipline, Circle of Security, emergency psychology, Primitive Reflexes, Brainspotting, Polyvagal Theory, and Theraplay. She is an EMDR consultant for adults and EMDR consultant for adolescents and children. IFS certified and IFS consultant. For over 30 years, Roser has been working to know and learn about human beings who are looking for ways out of difficulties and how to reach their goals. The most important objective and challenge is to be a human being led by their best desires and qualities. She likes to work with children and families, knowing that they are the future and that they have the right to grow up healthy, loved and understood. IFS offers the vision that she has been looking for since the beginning of her career and feels this model is her home. Roser is IFS certified and an IFS consultant.

**Assistant Trainer Mentorship Program:** In addition to the Lead and Assistant Trainers, we are pleased that Rosa Maria Bramble Caballero, will be this training's Assistant Trainer Mentee (ATM). The Assistant Trainer Mentorship Program helps evaluate, and serves as a bridge for future AT candidates with strong potential. The ATM is an apprentice of sorts who, while technically a Program Assistant, shadows the AT and provides additional administrative and leadership support within the training.

**Assistant Trainer Mentee: Rosa Maria Bramble Caballero, LCSW-R, IFS Certified,** is a highly skilled and experienced bilingual IFS Certified Level 3 Therapist. As Chair of the IFS Institute DEI committee, Rosa is deeply committed to bringing the transformative healing power of IFS to individuals and communities affected by migration trauma, displacement, and seeking asylum. She was born in Venezuela and identifies as a Afro-Latinx, which informs her work in addressing cultural and legacy burdens, such as racism, colorism, and classism. With over 20 years of clinical experience, Rosa's private practice provides a safe and compassionate space for healing from gender-based violence, race, religion, sexual orientation-related trauma, and other issues. Rosa offers supervision and consultation to therapists and practitioners learning the IFS model and conducts workshops for community,

government agencies, and NGOs on migration trauma. Rosa is also an adjunct lecturer at Columbia University School of Social Work, where she teaches several advanced clinical and practical courses, including a course she developed on trauma-informed treatment course for asylum seekers and immigrants. She is dedicated to bringing IFS to different regions of the world, particularly Latin America, and amplifying the voices of the global majority in the model.

## 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](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 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: September 18-21, 2023

4-Day Session 2: November 27-30, 2023

4-Day Session 3: January 22-25, 2024

Bridge Day 1: October 16, 2023, 10:00am – 3:30 pm (including three 15-minute breaks)

Bridge Day 2: December 13, 2023, 10:00am – 3:30pm (including three 15-minute breaks)

## Daily Schedule

<b>SESSION 1</b>	Morning Meeting	Morning Break	Afternoon Meeting	Afternoon Break	Training Hours
September 18, 2023	9-12:15	15 min	1:30-6:00	15 min	7.25
September 19, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
September 20, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
September 21, 2023	9-12:15	15 min	1:15-4:00	X	5.75
					27.00
<b>SESSION 2</b>					
	Morning Meeting	Morning Break	Afternoon Meeting	Afternoon Break	Training Hours
November 27, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
November 28, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
November 28, 2023	9-12:15	15 min	1:30-5:45	15 min	7.0
November 30, 2023	9-12:15	15 min	1:15-3:45	X	5.5
					26.5

<b>SESSION 3</b>	Morning Meeting	Morning Break	Afternoon Meeting	Afternoon Break	Training Hours
January 22, 2024	9-12:15	15 min	1:30-5:45	15 min	7.0
January 23, 2024	9-12:15	15 min	1:30-5:45	15 min	7.0
January 24, 2024	9-12:15	15 min	1:30-5:45	15 min	7.0
January 25, 2024	9-12:15	15 min	1:15-3:45	X	5.5
					26.5

### **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](https://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](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 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.

### **Certificate of Completion and Attendance Requirements**

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. The daily schedule is included in this brochure.

### **IFS Certification**

Participants are not IFS Certified until they successfully complete the IFS Certification process. Please visit our website’s [Certification page](#) or email [Certification@IFS-Institute.com](mailto:Certification@IFS-Institute.com) for more information.

## **To Apply**

We welcome applications from:

- Mental and medical health care professionals
- Pastoral counselors
- Mental health care masters or doctoral students
- Professionals in allied health care fields
- Dance, art, music therapists

**Application Form questions are available on our website FAQ page.** The actual application form will be made available to those chosen by the lottery to apply.

## **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](http://www.IFS-Institute.com)). Bundle pricing may be available. If you need assistance with the Store, please contact [Info@IFS-Institute.com](mailto:Info@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**

**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.

**Scholarships:** IFS Institute acknowledges the personal, professional, and financial investment that each person makes in order to participate in a training. Though we cannot significantly defray all of the costs associated with participating in a training, we can offer the gift of a modest, scholarship to those who may be eligible. Scholarship information, the application deadline, and the application form are available [here](#).

## **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 Tuition:** \$3,800 (includes \$500 tuition deposit)

**Tuition Deposit:** The \$500 non-refundable, non-transferrable tuition deposit is due and charged at the time you are accepted into the training, and this is required to hold your place in the training.

**Tuition Balance:**

\$3,300 (\$3,800 Tuition - \$500 Tuition Deposit) due and charged on July 1, 2023.

**Late Payment:** 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 training.

**Questions about billing, receipts, credit/debit card matters:** Contact IFS Institute Controller, Mary Mitrovich, [Mary@IFS-Institute.com](mailto:Mary@IFS-Institute.com).

## **Withdrawal/Refunds**

**Participants who wish to withdraw from the training program must do so in writing by emailing [Training@IFS-Institute.com](mailto:Training@IFS-Institute.com).**

**Application Fee:** The \$15 application fee is non-refundable and non-transferrable.

**Tuition Deposit:** The \$500 tuition deposit is non-refundable and non-transferrable, and is due and charged when you are accepted into the training. Scholarship applicants will be given the chance to withdraw from the training when they receive their scholarship notification; if they withdraw at that time, the \$500 tuition deposit will be refunded. All withdrawals after that time are subject to the remaining terms of the withdrawal/refund policy.

**Tuition Balance:** 75% of tuition paid minus the \$500 (non-refundable, non-transferable) tuition deposit is refundable if written notice of withdrawal is received by IFS Institute on or before July 31, 2023. There are no refunds if written notice of withdrawal is received by IFS Institute on or after August 1, 2023.

Refund Processing Fee: There is a \$50 processing fee for all refunds.

Travel, Lodging, Incidental Expenses: 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 any other consciousness-altering substances during IFS Institute's trainings.

## **ADA**

For all ADA accommodation requests, please be sure to email [Eryca@IFS-Institute.com](mailto:Eryca@IFS-Institute.com) as soon as you are accepted into this training.

## **Code of Conduct**

Please review IFS Institute's Code of Conduct [here](#), 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/debit card matters: [Mary@IFS-Institute.com](mailto:Mary@IFS-Institute.com)

Webinars – IFS Circle/Continuity Program: [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: [Info@IFS-Institute.com](mailto:Info@IFS-Institute.com)