



**Internal Family Systems Therapy  
Level 1 IFS Training Program (951)  
January – March 2024  
Online Training (Live, Real Time)  
U.S. Central Time Zone  
Nickname: Rumble River**

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**This training is only available for legal residents of Canada who currently live in Canada and have a Canadian mailing address.**

- This training will be conducted entirely in English. Fluency in spoken and written English is required, and services for translation, interpretation, or transcription into other languages will not be provided.

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

### **Table of Contents**

- [The Internal Family Systems Model](#)
- [Curriculum](#)
- [Diversity, Equity, and Inclusion](#)
- [Training Schedule](#)
- [Certificate of Completion and Attendance Requirements](#)
- [Tuition and Fees](#)
- [Withdrawal/Refund](#)
- [Scholarships and Other Financial Resources](#)
- [Trainers](#)
- [Required Pre-Training Reading and Other Materials](#)
- [ADA](#)
- [Substance Use at Trainings](#)
- [Code of Conduct](#)

### **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** are listed on the IFS Institute website: [Level 1 IFS Training Learning Objectives](#).

**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).

### **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](#).

### **Training Schedule**

This online training meets according to the dates and daily schedule below using the **U.S. Central 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. Be sure to account for Standard vs. Daylight Savings time.

**For U.S. Central Time Zone use Chicago, IL as a reference location to determine how it relates to your time zone.**

- **Online sessions meet on Zoom.** Please visit the [Zoom website](#) for information about how to access a Zoom account before the training begins.
- Please ensure that your computer, any related equipment, and your internet connection are sufficient to attend a live Zoom event.
- Training members will receive Zoom links close to the start of the training to access the online sessions.
- The training is only for training members. Please take care to be in a private space when attending the training.
- IFS Institute cannot provide technical support related to your internet access system or your Zoom account.

### Training Dates

- Session 1: January 18-21, 2024
- Bridge Day: February 1, 2024
- Session 2: February 13-16, 2024
- Bridge Day: February 22, 2024
- Session 3: March 5-8, 2024

### Daily Schedule

<b>SESSION 1</b>	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/ CE Hours
January 18, 2024	9:00-12:15	1:30-6:00	7.25
January 19, 2024	9:00-12:15	1:30-5:45	7.0
January 20, 2024	9:00-12:15	1:30-5:45	7.0
January 21, 2024	9:00-12:15	1:15-4:00 (no break)	5.75
			Total: 27
<b>BRIDGE DAY</b> Includes (3) 15-minute breaks	AM Start Time	PM End Time	Training Hours (no CE)
February 1, 2024	10:00	3:30	Total: 4.75
<b>SESSION 2</b>	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/ CE Hours
February 13, 2024	9:00-12:15	1:30-5:45	7.0
February 14, 2024	9:00-12:15	1:30-5:45	7.0
February 15, 2024	9:00-12:15	1:30-5:45	7.0
February 16, 2024	9:00-12:15	1:15-3:45 (no break)	5.5
			Total: 26.5

<b>BRIDGE DAY</b> Includes (3) 15-minute breaks	AM Start Time	PM End Time	Training Hours (no CE)
February 22, 2024	10:00	3:30	Total: 4.75
<b>SESSION 3</b>	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/ CE Hours
March 5, 2024	9:00-12:15	1:30-5:45	7.0
March 6, 2024	9:00-12:15	1:30-5:45	7.0
March 7, 2024	9:00-12:15	1:30-5:45	7.0
March 8, 2024	9:00-12:15	1:15-3:45 (no break)	5.5
			Total: 26.5

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

A Certificate of Completion (non-CE) is awarded by IFS Institute for the completion of the training. Participants must complete 75 of the 89.5 program hours offered to be eligible to earn this certificate. Participants may miss a maximum of 14.5 training hours over the course of the entire training program. Participants are responsible for ensuring that they attend the required number of training hours to earn the Certificate of Completion.

**Note about IFS Certification:** Participants are not IFS Certified until they successfully complete the IFS Certification process. Please visit [IFS Institute Certification](#) or email [Certification@IFS-Institute.com](mailto:Certification@IFS-Institute.com) for more information.

## **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: \$3,890**

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

**Tuition Balance:** \$3,390 (\$3,890 Tuition - \$500 Tuition Deposit) due and charged on November 1, 2023.

**Late Payment:** There is a \$20 fee for each late payment. If an amount due isn't paid in full within 7 calendar 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/Refund**

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:**

- Tuition Deposit: The \$500 tuition deposit is non-refundable and non-transferrable.
- Tuition Balance: 75% of tuition paid minus the \$500 tuition deposit is refundable if written notice of withdrawal is received by IFS Institute on or before November 30, 2023.
- No refunds are issued if written notice of withdrawal is received by IFS Institute on or after December 1, 2023.
- Scholarship applicants will be given the chance to withdraw from the training when they receive their scholarship notification, at which time the \$500 tuition deposit will be refunded. Withdrawals after that time are subject to the remaining terms of the withdrawal/refund policy.

**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.

**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.

IFS Institute reserves the right to postpone, cancel or otherwise change any training program schedule prior to its beginning.

## **Scholarships and Other Financial Resources**

**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](#).

**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.

## **Trainers**

**Lead Trainer: Frances D. Booth, LICSW, IFS Certified,** is a long-time IFS therapist who seeks to cultivate Presence in work and in life. She graduated from Cornell University and Simmons School for Social Work, and has held adjunct faculty positions at Smith College School for Social Work, Tufts Medical School, and The William James College. Her online therapy and consultation practice has a focus on trauma, medical dis-ease, and eating concerns; she integrates Relational IFS and Somatic IFS. She loves to sing, dance, laugh, dine, read, enjoy the arts, and play with grandchildren.

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

**Assistant Trainer Mentorship Program:** In addition to the Lead and Assistant Trainers, we are pleased that Sarah Jarvis 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: Sarah Jarvis, RCC, IFS Certified**, is a certified IFS therapist, consultant, and Somatic IFS therapist living in Vancouver, BC. Sarah is an experienced trauma therapist and specializes in working with complex trauma, anxiety and depression. She has a passion for exploring themes of spirituality, ancestral lineage, and meaning-making in psychotherapy. Sarah has taught Mindful Self-Compassion groups for many years and has a background in yoga, mindfulness, and energy work, which she integrates and draws on often in her IFS practice. She has a special love for working with therapists and coaches both in psychotherapy and consultation, and runs in-person IFS sculpting groups for therapists and practitioners. Sarah is the clinical director and founder of a group practice, Compassion Within: Counselling & Mindfulness.

## **Required Pre-Training Reading and Other Materials**

**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, 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.

### **Required Training Materials:**

- Small box of crayons or sharpened colored pencils
- Several sheets of unlined paper
- Notebook (for journaling and taking notes)

**Additional Training Materials:** Trainers from each program 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.

## **ADA**

If you require special accommodations, please contact Eryca Rockwell [Eryca@IFS-Institute.com](mailto:Eryca@IFS-Institute.com) as soon as you are accepted into this training.

## **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.

## **Code of Conduct**

Please review the IFS Institute Code of Conduct in the General FAQ section of the IFS Institute website [here](#), or on your copy of the training program application.