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. 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 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 each of: 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).
**IFS & Training Information Sources**

This brochure contains many important details about this program, including Continuing Education credit, Certificate of Completion attendance requirements, trainer biographies, finances, session and daily schedules, required readings, and more. **For more about IFS, please visit other tabs of our website.**

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**Curriculum**

**Overview:** In addition to thoroughly learning IFS theory and technique, the IFS Level 1 training program invites participants to explore their own inner worlds in a safe, nurturing context. The training will help participants:

- Understand the conceptual base of the IFS model;
- Apply basic IFS techniques to various clinical populations; and
- Take advantage of the opportunities IFS offers for personal development.

**Learning Objectives:** Please visit [www.IFS-Institute.com](http://www.IFS-Institute.com), FAQ page.

**Format and Program Hours:** This 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 2-hour sessions enable participants to have contact with their trainers and each other in order to ask questions and further integrate material already presented.

Session and daily schedules are listed later in this brochure.
Trainers

**Lead Trainer: Chris Burris, MA, LMFT, LPC** is a Senior Lead Trainer for the Center for IFS Institute. He has been an IFS Therapist for since 1999 and is trained as a Marriage and Family Therapist. He utilizes mind/body approaches of therapy in alleviating traumatic stress, depression, and anxiety disorders. He has worked extensively with couples, families, teenagers, and children and is an AAMFT Approved Supervisor. Since, 1990, he has been very active with men groups and rites of passage programs as the former Director of Counseling at The North Carolina School of the Arts. He is currently in Private Practice in Asheville North Carolina.

**Assistant Trainer: Tamala Floyd, LCSW** is a certified IFS psychotherapist with over 25 years of experience. She is a consultant, business coach, workshop leader and published author. She is in private practice working with women’s trauma, depression, anxiety and relationship issues. She is the IFS consultant to Black Therapists Rock, providing individual and group consultation focused on improving IFS skills through education, practicing the model and doing individual parts work.

**Assistant Trainer Mentorship Program:** In addition to the Lead and Assistant Trainers, we are pleased that **Requina Barnes, LCSW**, 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.
Online Training Schedule

This online training will meet according to the schedule below using the time zone in New York, NY. Please refer to www.24timezones.com, www.timeanddate.com, or similar resources to determine how that relates to your 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: October 31- November 3, 2021
4-Day Session 2: December 19-22, 2021
4-Day Session 3: February 20-23, 2021

2-Hour Session 1: November 17, 2021 – 4-6pm
2-Hour Session 2: January 12, 2022 – 4-6pm

About Online Sessions

- Online sessions take place on Zoom.
- Please download and make sure that you understand Zoom software well before the training begins. To do this, go to Zoom.us, sign in (or “sign up”), and create your account.
- If you have questions about downloading or using Zoom, please contact Zoom: 888.799.9666, or click “support” at the bottom of the Zoom.us home page. IFS Institute cannot provide 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.
- Training members will receive Zoom links close to the start of the 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.
### Daily Schedule

#### Session 1

<table>
<thead>
<tr>
<th>Date</th>
<th>Morning Session</th>
<th>Morning Stretch</th>
<th>Afternoon Session</th>
<th>Afternoon Stretch</th>
<th>Training/CE Hours</th>
</tr>
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<tbody>
<tr>
<td>October 31, 2021</td>
<td>9-12:15</td>
<td>15 min</td>
<td>1:30-6:00</td>
<td>15 min</td>
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<tr>
<td>November 1, 2021</td>
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<tr>
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<td>15 min</td>
<td>7.0</td>
</tr>
<tr>
<td>November 3, 2021</td>
<td>9-12:15</td>
<td>15 min</td>
<td>1:15-4:00</td>
<td>X</td>
<td>5.75</td>
</tr>
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#### Session 2

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<th>Morning Session</th>
<th>Morning Stretch</th>
<th>Afternoon Session</th>
<th>Afternoon Stretch</th>
<th>Training/CE Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 19, 2021</td>
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<td>15 min</td>
<td>1:30-5:45</td>
<td>15 min</td>
<td>7.0</td>
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<tr>
<td>December 20, 2021</td>
<td>9-12:15</td>
<td>15 min</td>
<td>1:30-5:45</td>
<td>15 min</td>
<td>7.0</td>
</tr>
<tr>
<td>December 21, 2021</td>
<td>9-12:15</td>
<td>15 min</td>
<td>1:30-5:45</td>
<td>15 min</td>
<td>7.0</td>
</tr>
<tr>
<td>December 22, 2021</td>
<td>9-12:15</td>
<td>15 min</td>
<td>1:15-3:45</td>
<td>X</td>
<td>5.5</td>
</tr>
</tbody>
</table>

#### Session 3

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<thead>
<tr>
<th>Date</th>
<th>Morning Session</th>
<th>Morning Stretch</th>
<th>Afternoon Session</th>
<th>Afternoon Stretch</th>
<th>Training/CE Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 20, 2022</td>
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<td>7.0</td>
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<tr>
<td>February 21, 2022</td>
<td>9-12:15</td>
<td>15 min</td>
<td>1:30-5:45</td>
<td>15 min</td>
<td>7.0</td>
</tr>
<tr>
<td>February 22, 2022</td>
<td>9-12:15</td>
<td>15 min</td>
<td>1:30-5:45</td>
<td>15 min</td>
<td>7.0</td>
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<tr>
<td>February 23, 2022</td>
<td>9-12:15</td>
<td>15 min</td>
<td>1:15-3:45</td>
<td>X</td>
<td>5.5</td>
</tr>
</tbody>
</table>

#### Certificate of Completion
A Certificate of Completion (non-CE) is awarded by IFS Institute and a participant must complete 70 of the 84 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.

**IFS Certification**

Participants are not Certified IFS Therapists or Practitioners until they successfully complete the IFS Certification process. Information about the 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 2 IFS training program. Participants are not required to be Certified IFS Therapists or Certified IFS Practitioners to enroll in IFS trainings.

**To Apply**

**Who Should Apply:** We welcome applications from:
- Mental and medical health care practitioners
- Pastoral counselors
- Masters or doctoral students
- Dance, art, and music therapists
- Health care professionals in allied fields

Up to approximately 2/3 of this training will comprise of Black Therapists Rock organization. The remainder of these seats will be offered to the general public. If you have questions about this please contact Jen Feasley at jen@ifs-institute.
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 course offers a total of 80 contact hours. Continuing education credit is offered only for the 4-day sessions. Continuing education credit is not offered for the two separate 2-hour 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.

- If you want CE credit 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 at the initial course session, along with other pertinent continuing education information.

- **If you want CE credit for this training, you need to 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 following each session (within 30 days of receipt of completed CE materials).

- 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. 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 (APA) 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 psychologists #PSY-0043

**Counseling:** For counselors seeking CE credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program.

**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 80.00 social work continuing education hours for re-licensure, in accordance with 258 CMR, NASW-MA Chapter CE Approving Program. Authorizations: D-81718-1 / D-81718-2 / D-81718-3.

**New York:** The Institute for Continuing Education is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers, Provider SW-0025.

**New Jersey:** This program has not been submitted for pre-approval for New Jersey licensed social workers.

**Marriage/Family Therapy.** The Institute for Continuing Education is recognized as a provider of continuing education in marriage-family therapy by New York State Education Department’s State Board for MFT, Provider MFT-0012.

**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 a total of 80.00 hours of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences.

**Canadian Professionals:** The Institute for Continuing Education holds no CE provider status with any Canadian or 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.

**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 15.00 hours per session of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences.

**Canadian Professionals:** The Institute for Continuing Education holds no CE provider status with any Canadian licensing/certification boards. It is your responsibility to check the regulations of your licensing/certification board to determine CE requirements for training activities.
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). Bundle pricing may be available. If you need assistance with the Store, please call 708.383.2659 or email Sandy@IFS-Institute.com.

Required reading before the training begins:


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:


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 by the trainers as the starting date of the training approaches.

ADA If you have special needs, please contact IFS Institute.
Withdrawals/Refunds: Participants who wish to withdraw from the training program must do so in writing. Deposit: The $500 deposit is refundable if written notice of withdrawal is received by the IFS Institute office 45 or more days before the 1st day of the program. One-half (1/2) of the deposit is refundable if written notice of withdrawal is received by the IFS Institute office 44-21 days before the 1st day of the program. The full deposit is forfeited if written notice of withdrawal is received by the IFS Institute office 20 or fewer days before the 1st day of the program, or if withdrawal occurs after the program begins. Tuition Balance: The tuition balance (total tuition less deposit) is refundable if written notice of withdrawal is received by the IFS Institute office 21 or more days before the 1st day of the program. The tuition balance is forfeited if written notice of withdrawal is received by the IFS Institute office 20 or fewer days before the 1st day of the program, or if withdrawal occurs after the program begins. The application fee and payment plan carrying fee are non-refundable. IFS Institute reserves the right to postpone, cancel or otherwise change any training program schedule prior to its beginning. At no time is IFS Institute responsible for training students’ travel, lodging, or incidental expenses.

IFS Institute Contact Information

Please also see the “contact us” page at www.IFS-Institute.com

Billing, Receipts, Credit Card matters: 708.848.9963, Mary@IFS-Institute.com

Canadian & Organizational Trainings (Level 1, 2, 3): 240.460.7449 Jeff@IFS-Institute.com

International Trainings (Level 1, 2, 3): 401.601.0445 Ashley@IFS-Institute.com

U.S. Trainings (Level 1, 2, 3): 708.383.2519, Maryanne@IFS-Institute.com

Webinars – IFS Circle/Continuity: 406.962.5598, Help@IFS-Institue.com

IFS Certification: 828.215.6307, Certification@IFS-Institute.com

Annual Conference: 401.601.0445, Ashley@IFS-Institute.com

Everything Else IFS (Store, Workshops, Therapist/Practitioner Directory, etc): etc.: 708.383.2659, Sandy@IFS-Institute.com

IFS Institute Fax: 708.383.2399