

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 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 information about IFS**, please visit other tabs of our website.

IFS Institute contact information is at the end of this brochure and on the website.

Curriculum

Overview: In addition to thoroughly learning IFS theory and technique, the Internal Family Systems 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, FAQ page.

Format: The training includes lecture, discussion, demonstration, video review, experiential exercise, and small group practice.

Program Hours:

This Level 1 training will meet for two online sessions, and two teleconference sessions, totaling 84 program hours. Each online session comprises 40 program hours, and each teleconference session comprises two program hours. Session and daily schedules are listed later in this brochure.

Trainers



Lead Trainer: Paul Ginter, EdD Paul Ginter, Senior IFS Trainer, is a private practice psychologist at the Center for Psychotherapy and Wellness in Kalamazoo, MI, where he works with individuals, couples, and families. Paul has been an IFS therapist for more than 20 years and has served as a senior trainer for the past 10, leading trainings throughout the U.S. and Europe. Known for his compassionate approach, Paul is particularly interested in incorporating spiritual practices such as meditation into his teaching and work with clients.



Assistant Trainer: Mona Barbera, PhD, CC, is a psychologist in private practice in Rhode Island. She offers IFS couples therapy, IFS couples workshops and is the author of the award-winning IFS relationship book, *Bring Yourself to Love: How Couples Can Turn Disconnection into Intimacy*. She is a former board member of the New Society for the Treatment of Trauma and Dissociation, and is trained in EMDR and Imago Relationship Therapy. She is an Assistant Director and Shambhala Assistant Director for Shambhala Buddhist meditation.

Training Schedule

This online training will meet 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, www.timeanddate.com, or a similar resource to determine how this relates to your own time zone. Please be sure you account for Standard vs. Daylight Savings time.

You can use Chicago, IL, in the U.S. Central time zone as a reference location to determine how the Central time zone relates to your own time zone for each training session..

Training Dates:

2020: October 30 – November 6

2021: February 1-8

Teleconference 1: November 30, 2020

6:00-8:00 PM, Central Time (US & Canada)

Teleconference 2: January 5, 2021

6:00-8:00 PM, Central Time (US & Canada)

Teleconference Information:

- Teleconferences will take place on Zoom, our teleconference service.
- **If you will access Zoom on a smart device or computer, be sure to download and understand the Zoom software well before the teleconference begins.**

To do this, go to [Zoom.us](https://zoom.us), sign in (or “sign up”), and create an 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](https://zoom.us) home page.
- **To attend the teleconferences (for training members only):** Follow the instructions that will be provided in the pre-training email that IFS Institute will send to you shortly before the training program’s first day. Instructions will include phone numbers (in case you want to call in), Meeting ID number, etc.
- Please do not attempt to join the teleconferences before their scheduled times.

Daily Schedule

Online Session 1:

	<u>Morning Session</u>	<u>Morning Break</u>	<u>Afternoon /Evening Session</u>	<u>Afternoon Break</u>	<u>Training / CE Hours</u>
<u>Fri/Oct 30</u>	X	X	7-9	X	2
<u>Sat/Oct 31</u>	9-12:15	15 min	2 – 5:45	15 min	6.5
<u>Sun/Nov 1</u>	9-12:15	15 min	2 – 5:45	15 min	6.5
<u>Mon/Nov 2</u>	9-Noon	X	1 - 4	X	6
<u>Tue/Nov 3</u>	Day Off	Day Off	Day Off	Day Off	0
<u>Wed/Nov 4</u>	9-12:15	15 min	1:45 - 6	15 min	7
<u>Thurs/Nov 5</u>	9-12:15	15 min	1:45 - 6	15 min	7
<u>Fri/ Nov 6</u>	9-Noon	X	1 - 3	X	5
					Total: 40

Online Session 2:

	<u>Morning Session</u>	<u>Morning Break</u>	<u>Afternoon /Evening Session</u>	<u>Afternoon Break</u>	<u>Training / CE Hours</u>
<u>Mon/Feb 1</u>	X	X	7-9	X	2
<u>Tues/Feb 2</u>	9-12:15	15 min	2 – 5:45	15 min	6.5
<u>Wed/Feb 3</u>	9-12:15	15 min	2 – 5:45	15 min	6.5
<u>Thur/Feb 4</u>	9-Noon	X	1 - 4	X	6
<u>Fri/Feb 5</u>	Day Off	Day Off	Day Off	Day Off	0
<u>Sat/Feb 6</u>	9-12:15	15 min	1:45 - 6	15 min	7
<u>Sun/Feb 7</u>	9-12:15	15 min	1:45 - 6	15 min	7
<u>Mon/Feb 8</u>	9-Noon	X	1 - 3	X	5
					Total: 40

Certificate of Completion

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

Application Form: The application form for this training is on our website. Application forms from other IFS trainings cannot be used for this 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 course offers 80 contact hours. CE covers all scheduled course sessions. The two, 2-hour teleconferences are not eligible for 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.
- 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.
- CE verification is mailed to participants by ICE following each session (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.
- 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 (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

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 40.00 social work continuing education hours per session for re-licensure, in accordance with 258 CMR Collaborative of NASW and the Boston College and Simmons Schools of Social Work. Authorization numbers: D-80806-1 / D-80806-2.

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: CE credit is not offered for social workers licensed by the New Jersey State Board of Social Work Examiners.

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

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:

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. 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

Payment plans: Payment plans are listed on our website. If you have questions about the plans, please contact IFS Institute Controller, Mary Mitrovich, at Mary@IFS-Institute.com.

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.

Tuition and Fees

Program Tuition: \$3,400 (\$500 of which is the program deposit)

Program Deposit: The \$500 deposit is charged when you are accepted into the training, and this is required to secure your place. Payment plans are available for the balance (see program application for details).

Application Fee: A \$55 non-refundable, non-transferrable application fee is charged when your application is received.

Withdrawals/Refunds: Participants who wish to withdraw from the training program must do so in writing. Participants are responsible for paying for sessions attended or missed prior to withdrawal. **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 Session 1. The deposit is transferable to another IFS Institute-organized Level 1, 2, or 3 IFS training program if written notice of withdrawal is received by the IFS Institute office 44-21 days before the 1st day of Session 1. A transferred deposit must be used within 18 months of withdrawal or else it is forfeited; a transferred deposit may only be used by the person who is withdrawing. The deposit is forfeited if written notice of withdrawal is received by the IFS Institute office 20 or fewer days before the 1st day of Session 1, 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 Session 1. One-half (1/2) of 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 Session 1, and 21 or more days before the 1st day of Session 2. The full 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 Session 2. 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 and Credit Card matters for this training: 708.848.9963, Mary@IFS-Institute.com

U.S. Trainings (Level 1, 2, 3): 708.383.2519

Jen@IFS-Institute.com, or

Training@IFS-Institute.com or

Maryanne@IFS-Institute.com

For best service, please write to only 1 email address

Canadian & Organizational Trainings (Level 1, 2, 3): 301.655.6671

Jeff@IFS-Institute.com

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

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

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

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

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

IFS Institute office:

Fax: 708.383.2399

Postal Mailing Address: P.O. Box 3969, Oak Park, IL 60303, USA