

# Central CT State University 2026-27 Internal Family Systems (IFS) Level 1 (#1499)

**Location:** All sessions will be conducted online via the Zoom Pro platform.

## **Program Description:**

The Central Connecticut State University (CCSU) MFT program, in collaboration with the Internal Family Systems Institute (IFS-I) will once again offer the intensive Level 1 Training Program in Internal Family Systems<sup>sm</sup> (IFS) Therapy.

**The evidence-based IFS model** was developed by Dr. Richard Schwartz over the past thirty years and is rapidly gaining recognition as a powerful modality for working with individuals, couples, families, and larger systems using a combination of family systems and intra-psychic concepts. The model was developed out of work with trauma and abuse survivors, and offers a rapid and gentle alternative to many of the current treatments for these presenting issues. The training program offers new knowledge, experiential practice of new techniques, videos and live demonstrations of actual sessions, and supervision. Emphasis in the training is placed on the “Self leadership” of the therapist to be able to bring out the Self of clients as a healing agent for their own “internal systems.”

The **IFS Level 1** training program at CCSU has been run continuously since 1997, initially brought to the university by Dr. Schwartz as the lead trainer. The training consists of six (6) 3-day weekends, comprised of lectures, demonstrations, experiential exercises and practice of IFS therapy skills. To facilitate the training, a staff of trained IFS therapists serve as program assistants to work with participants in small groups to practice skills and process the training experience.

## **Lead Trainer:**

Ralph S. Cohen, PhD, LMFT, IFS Senior Lead Trainer, CCSU IFS Training Coordinator

## **Trainer Biography**



**Ralph S. Cohen, Ph.D.**, is Professor Emeritus of Counseling and Family Therapy at Central Connecticut State University, former Director for the Masters program in Marriage and Family Therapy, Coordinator for the Internal Family Systems Professional Education Program, and an AAMFT Approved Supervisor. He is a Senior Lead Trainer in the IFS Model and has presented on IFS at state, national and international conferences. Ralph also taught graduate courses on IFS and has promoted the use of IFS concepts and methods in schools. Ralph has a private practice in West Hartford, Connecticut, providing IFS-based therapy for individuals, couples, and families. He has an approachable and warm style of teaching and is committed to fostering a safe environment in which participants can connect with their core Selves.

## **Other Staff:**

Ralph is assisted in the training program by over a dozen experienced IFS therapists (“program assistants”) who will serve as small group practice coaches and facilitators, as well as an Assistant Trainer who will provide supervision and guidance to our program assistants. The staff work in harmony with the Lead Trainer to provide support and a safe container to allow you to explore and experience your own parts and Self leadership.

## **Dates and Times (Eastern Time Zone):**

<b>Schedule:</b>	<b>Dates</b>	<b>Topic</b>
Weekend #1:	September 25 – 27, 2026	Overview and The Self
Weekend #2:	October 23 – 25, 2026	Protectors
Weekend #3:	November 13 – 15, 2026	Exiles
Weekend #4:	December 11 – 13, 2026	Flow of Model
Weekend #5:	January 8 – 10, 2027	The Therapeutic Relationship; Spiritual Aspects of IFS
Weekend #6:	February 5 – 7, 2027	Integration and Closure

Fridays and Saturdays: 9:30 a.m. to 5:30 p.m. ET

Sundays: 9:30 a.m. – 1:30 p.m. ET

**Registration and Fees:** The cost of the IFS training is **\$3,990**. Payment plans may be arranged on request.

**Please note:** Tuition is set for the training program as a whole; not for individual days or weekends.

**To Apply:** Please send an e-mail to our Professional Education administrator, Olivia Roberts at [o.roberts@ccsu.edu](mailto:o.roberts@ccsu.edu) and request to be placed on the waiting list for "IFS Level 1", along with your resume and proof of degree. We work off our IFS Level 1 interest list on a "first come, first served" basis. When your name comes up on the list, you will be contacted by the Professional Education office and will receive a personalized registration link. Click on the link and follow the prompts to register and pay for the course. In addition, **you will need to submit a resume via e-mail to the IFS Program Coordinator, Dr. Ralph Cohen at [cohenr@ccsu.edu](mailto:cohenr@ccsu.edu) for final approval of your application.**

No money is due if you are on the waiting list. Once registered, participants are responsible for **full payment** for the training program. Once you are accepted you will receive an information packet with details about the program.

**The program is limited to 36 participants.** The program reserves the right to hold a limited number of slots for faculty and other special cases. This training is for licensed or certified professionals in the Human Services fields and is a non-credit professional education program.

**Training Coordinator:**

This training is administered by Ralph Cohen at Central Connecticut State University, [cohenr@ccsu.edu](mailto:cohenr@ccsu.edu).

**IFS-I Additional Information:**

Please note that the Internal Family Therapy Institute (IFS-I) is not administrating this training and, in some cases, the FAQs on their website may not apply. The Central Connecticut State University (CCSU) IFS Training Program works closely with IFS-I to ensure consistency in policies. If you have any questions about this training, please contact Dr. Ralph Cohen (see above).

**Continuing Education:** The IFS Level 1 program at CCSU is a non-credit course (MFTP 610) through the Professional Education Office. CCSU is a regionally accredited institution of higher education. Most state licensing boards recognize such university-based continuing education programs toward CE requirements. A certificate of completion will be given at the end of the program that lists dates, times and CE hours.

**NOTE:** It is the participant's responsibility to check with your accrediting bodies regarding their acceptance of our CE credits prior to starting the training.