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 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 details about this program, including continuing education credit, certificate of completion attendance requirements, trainer biographies, finances, session and daily schedules, required readings, site information, and more.

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

The Center for Self Leadership’s contact information is at the end of this brochure and on the website. We invite you to contact us with any questions.
Training Location

The Balance Arts Center, located in bustling Manhattan, provides a place for creating and participating in an active, collaborative, vibrant community. The BAC is a mindful space that’s well-suited to IFS trainings. Come, join us!

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.selfleadership.org, FAQ page.

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

Program Hours: This training comprises six, 3-day sessions, totaling 108 program hours. Each 3-day session comprises 18 program hours. Session and daily schedules are listed later in this brochure.
Trainers

Lead Trainer: Mariel Pastor, MA, LMFT, is an IFS trainer and telecourse leader who has been using IFS since 1998. She is an adjunct faculty member at Portland State University, Oregon, with a special interest in Integral Psychology. Known for her clarity, warmth, and humor, Mariel also incorporates somatic psychotherapies and spirituality into her work. Mariel has created an advanced workshop designed around the Unburdened Internal System mandala, and works with actors, writers, and directors on developing characters and stories from a multi-systemic approach. In her private practice, Mariel works primarily with individual adults and supervises interns.

Lead Trainer: Steve Krantz, DSW, LCSW, is an IFS trainer and full-time Associate Clinical Professor at Touro College, Graduate School of Social Work. Steve has a private psychotherapy and supervision practice on Long Island, NY, where he is also a well-known workshop presenter on mental health and substance abuse topics. Steve is passionate about teaching and community building and is known to use humor to facilitate this process.

Assistant Trainer: Jim Andralis, Jim Andralis, LCAT, is a Manhattan-based psychotherapist in private practice. He has also been trained in EMDR and studied integrated trauma treatment at the Institute for Contemporary Psychotherapy’s Trauma Studies Center. Jim has been involved in many New York Metro area Level 1 IFS trainings, and loves being part of the network of IFS people here. He and his husband, Larry, live in Manhattan’s East Village.

Training Schedule

2019: Nov 22-24
2020: Jan 31-Feb 2, Mar 13-15, June 12-14, Sep 11-13, Nov 6-8

Daily Schedule

<table>
<thead>
<tr>
<th></th>
<th>Morning Session</th>
<th>AM Break</th>
<th>Afternoon Session</th>
<th>PM Break</th>
<th>Training/CE Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>9:30 - 12:30</td>
<td>15 min.</td>
<td>2 – 6</td>
<td>15 min.</td>
<td>6.5 hours</td>
</tr>
<tr>
<td>Saturday</td>
<td>9 - 12:30</td>
<td>15 min.</td>
<td>2 – 6</td>
<td>15 min.</td>
<td>7.0 hours</td>
</tr>
<tr>
<td>Sunday</td>
<td>9 – 11:30</td>
<td>X</td>
<td>Noon – 2</td>
<td>X</td>
<td>4.5 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>18 Total</td>
</tr>
</tbody>
</table>

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by The Center for Self Leadership and a participant must complete 90 of the 108 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 CSL website certification page, or by emailing certification@selfleadership.org.

Eligibility for Future Trainings

By earning The Center for Self Leadership’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
- Business and academic professionals
- Masters or doctoral students
- Dance, art, and music therapists
- Health care professionals in allied fields

Application Form: Please use the application form for this training found on our website.

Continuing Education Contact Hours

- This training program is co-sponsored by The Center for Self Leadership and The Institute for Continuing Education (ICE).

- Continuing education contact hours are offered for the professional disciplines as listed.

- The course offers 18 contact hours per session (total of 108 contact hours per course). CE covers all scheduled course 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.

- Attendees must complete all CE materials, sign in/out daily, and complete a session evaluation.

- Applications for continuing education contact hours will be available 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, and you must bring your license information (as applicable) to sign up for CE credit.

- 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.selfleadership.org.

• If you have questions regarding continuing education credit, please contact The Institute for Continuing Education: 800-557-1950. Email: instconted@aol.com.

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: The Institute for Continuing Education and The Center for Self Leadership are cosponsors of this program. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing education provider, ACEP Provider No. 5643. The Institute for Continuing Education solely is responsible for this program, including the awarding of NBCC credit. 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 18.00 social work continuing education hours per session for relicensure, in accordance with 258 CMR Collaborative of NASW and the Boston College and Simmons Schools of Social Work. Authorization No. D-80807-1 - D-80807-6. 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: Continuing education credit is not offered for New Jersey social workers.

Marriage-Family Therapy: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Marriage-Family Therapy as an approved provider of continuing education for licensed MFTs, Provider MH-0012.

Instruction Methodology: May include didactic, lecture, audio-visuals, demonstrations, experiential exercises, case examples, small and large group discussions.

Required Pre-Training Reading and Other Materials

1. Reading Materials: All books listed below are available at The Center for Self Leadership's website store (www.selfleadership.org). Bundle pricing may be available. If you need assistance with the Store, please call 708.383.2659 or email info@selfleadership.org.

   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.

**Financial Assistance**

**Payment plans:** Payment plans are listed on the program application. If you have questions about the plans, please contact CSL Controller, Mary Mitrovich, at mary@selfleadership.org.

**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 scholarships:** Details and CSL's scholarship application form are on the website’s Training FAQ page.

**Tuition and Fees**

**Program Tuition:** $4,250 ($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).

**Room and Board** are not included in tuition.

**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 CSL office 45 or more days before the 1st day of Session 1. The deposit is transferable to another CSL-organized Level 1, 2, or 3 IFS training program if written notice of withdrawal is received by the CSL 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 CSL 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 CSL 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 CSL 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 CSL office 20 or fewer days before the 1st day of Session 2. The application fee and payment plan carrying fee are non-refundable. CSL reserves the right to postpone, cancel or otherwise change any training program schedule prior to its beginning. At no time is CSL responsible for training students’ travel, lodging, or incidental expenses.

**ADA** If you have special needs, please contact The Center for Self Leadership.

**TRAVEL INFORMATION**

**Training Site:** Balance Arts Center  
151 W. 30th St, 3rd floor  
New York, NY 10001  
646-812-5390, BalanceArtsCenter.com

If you need additional travel information, please visit websites such as MapQuest or Google Maps.

You may wish to visit priceline.com, orbitz.com, kayak.com, or other websites to find travel deals for airfare, hotels, rental cars, etc. While CSL is not affiliated with any of these sites, many people have success with them.

**AIRPORTS:**

**Newark Liberty International airport**  
Airlines served: Most major airlines served  
Approximately 40 minutes from site.  
For directions from Newark Liberty International Airport click HERE.

**LaGuardia Airport**  
Airlines served: Air Canada, American Airlines, Delta, Frontier, JetBlue, Southwest, Spirit, United Airlines, Westjet  
Approximately 35 minutes from site.  
For directions from LaGuardia Airport click HERE.

**DRIVING and PUBLIC TRANSIT:**

For driving or public transit directions from…
- Newark, NJ click HERE.  
- New Brunswick, NJ click HERE.  
- White Plains, NY click HERE.

**TRAINS:** For Pennsylvania Station information please click HERE.

**SITE PARKING:** No onsite parking

**MEALS:** To see restaurants in the area please click HERE.

**LODGING:** For lodging near the site please click HERE.
Phone:                   Level 1, 2, 3 North American Trainings: 708.383.2519
                        Level 1, 2, 3 International Trainings: 708.845.1664
                        IFS Certification: 828.215.6307
                        IFS Circle/Continuity Webinars: 708.383.2659
                        Everything Else IFS, including Store, Workshops, etc.: 708.383.2659

Fax:                      708.383.2399

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

Email:                   Level 1, 2, 3 North American Trainings:
                        training@selfleadership.org or Maryanne@selfleadership.org
                        For best service, please write to only one email address at a time - thanks!

                        Level 1, 2, 3 International Trainings: Karon.Brashares1@gmail.com

                        IFS Certification: certification@selfleadership.org

                        IFS Circle/Continuity Webinars: info@selfleadership.org

                        Everything Else IFS, including Store, Workshops, etc.: info@selfleadership.org