

NOTE: Session 1 (June 19th – 21st) will meet online due to Covid-19 (updated 4.20.20)

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 and 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. <https://ifs-institute.com/>

IFS Institute's contact information is at the end of this brochure and on the website. We invite you to contact us with any questions.

Curriculum

Overview: In addition to thoroughly learning IFS theory and techniques, 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 basis 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, experiential exercise, video review, and small group practice. Teleconferences occur between the on-site sessions and enable participants to have contact with their trainers, and each other, in order to ask questions and further integrate material already presented.

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: Cece Sykes, LCSW, ACSW; IFS Senior Trainer, US and international. Contributed to Levels 1 and 2 IFS training manuals and teaches L1 as well as L2 Trauma and Addiction. Cece has over thirty years of clinical experience working with individuals, couples and families, specializing in work with the effects of trauma and addiction. Her chapter on compassionate approaches to addictive process appears in *IFS: Innovations and Elaborations*, 2016, Routledge. Cece also has special interests in spiritual practices intersecting with therapy and in the impact of psychotherapy upon the life of the therapist and she lectures, consults and leads workshops on all of these topics. Cece lives and works in the city of Chicago.



Assistant Trainer: Kevin Davis, LCSW, LMFT, LCAS, Approved AMFT Supervisor, is an IFS therapist who specializes in addiction, trauma and the impact of early imprints. She has a passion for helping clients connect to and use the inherent treatment plan that lives in all of us as individuals, relationally and in community. Kevin is Co-Founder of Hospice at Charlotte, and founder of the Family Therapy Training Institute at United Family Services. With over 30 years of experience, Kevin uses mind/body approaches to help others enhance resilience and achieve purpose.

Training Schedule

2020: June 19th – 21st
2020: September 11th - 13th
2020: December 4th - 6th
2021: January 15th - 17th
2021: February 26th - 28st
2021: April 9th - 11th

Daily Schedule

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

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute 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 IFS Institute website certification page, or by emailing Karen Blicher at karen@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
- Business and academic professionals
- 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 The Meadows 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.

Application Form: The application form for this training is on our website. Application forms for other IFS trainings cannot be used for this training.

Continuing Education Contact Hours – Updated for online session 1 **4.20.20**

Our CE sponsor, The Institute for Continuing Education, reports that the licensing/certification boards listed below, in recognition of this time of national crisis, are allowing the awarding of CE hours for IFS training sessions that are moving to online formats, as they allow for live interaction between the trainer(s) and the participants.

CE credit is offered for the following professions:

- **Psychology (APA)**
- **Counseling (NBCC)**
- **Social Work (NASW-MA Chapter)** – NASW-MA approval covers most social workers, but please make sure to review the details on your website brochure. If you have additional questions, please contact ICE at instconted@aol.com.

MFTs will have to be determined based on the state in which licensure is held. Please contact ICE at instconted@aol.com for MFT information if you need it. MFTs may submit your completed CE forms using the information below even if you're not sure if you're eligible – we will process your forms to see if you can get CE. Please note that you need to meet the deadlines others need to meet as explained in this email.

- 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 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.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.

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 Internal Family Systems Institute, Inc., 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. This program has been submitted, reviewed, and approved by NBCC. The Institute for Continuing Education solely is responsible for this program, including the awarding of NBCC credit.

Social Work: This program has been approved for 18.00 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: D-80807-1 – D-80807-6. **New Jersey:** CE credit is not offered for New Jersey social workers.

Marriage/Family Therapy: 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 18.00 hours per session of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences.

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 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 Sweezy, Martha (2019), Internal Family Systems Therapy-Second Edition, New York: Guilford Press

Goulding, RA, and Schwartz, RC (2002). The Mosaic Mind: Empowering the Tormented Selves of Child Abuse Survivors, Oak Park IL: Trailheads Publications, IFS Institute, 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, IFS Institute, 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 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 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 scholarships from IFS Institute: All the details, including the scholarship application deadline and application form, are on the website's Training FAQ page.

Repeater tuition: Information regarding tuition if you are repeating a training is on IFS Institute's website FAQ page.

Tuition and Fees

Program Tuition: \$4,000 (\$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 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.

SITE and TRAVEL INFORMATION

Training Site: The Meadows Outpatient Center
19120 N Pima Rd #125
Scottsdale, AZ 85255

ADA If you have special needs, please contact IFS Institute.

Site affiliations: IFS Institute training programs occasionally meet at sites that have religious affiliations, though IFS Institute is not, itself, religiously affiliated and does not, as an organization, espouse any religious point of view. This brochure contains the website address for the site at which this training program will meet if you need more information about the site.

Individual requests: IFS Institute offers professional training programs and may also make available group overnight/day commuter packages for its training programs. This brochure will have information about these if they are available for your training. We will do everything reasonably possible to enhance your experience at the training site, but it may not be possible to address each person's unique or individual needs as may be possible when going on vacation or visiting a spa.

Additional site information: Please visit the training site's website (listed above) if you would like more information about the training site.

Additional travel information: If you need additional travel information, please visit websites such as MapQuest or Google Maps. You may also wish to visit priceline.com, orbitz.com, kayak.com, or other websites to find travel deals for airfare, hotels, rental cars, etc. While IFS Institute is not affiliated with any of these sites, many people have success with them.

Airports: Please click [HERE](#) for information about airports near the training site.

Driving and Public Transit: For directions to the training site, you can visit Google Maps by clicking

[HERE](#). Please feel free to use other similar sites as needed.

Site Parking: On-site parking

Meals: To see restaurants in the area please click [HERE](#).

Lodging: For lodging near the site please click [HERE](#).

IFS Institute Contact Information

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

IFSI’s training coordinator for this training:

Jeffery John
Jeff@ifs-institute.com
240.460.7449 (Eastern Time Zone, USA)

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 and Organizational Trainings (Level 1, 2, 3): 301.655.6671
Jeff@IFS-Institute.com

International Trainings (Level 1, 2, 3): Luis.Vega@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

