



**Internal Family Systems Therapy  
Level 1 IFS Training Program (977)  
February – June 2024  
Online Training (Live, Real Time)  
U.S. Central Time Zone  
Nickname: Beehive Loop**

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## **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 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 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).

## **Curriculum**

Overview: The Level 1 Training Program is a comprehensive, professional training in which participants can develop an understanding of the conceptual basis of IFS and learn how to apply IFS techniques to various clinical populations. Participants are also invited to explore their own inner worlds within a training's supportive context.

**Learning Objectives** are listed on the IFS Institute website: [Level 1 IFS Training Learning Objectives](#).

**Format and Program Hours:** The 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 Bridge Days totaling 9.5 program hours (4.75 program hours per day).

## **Diversity, Equity, and Inclusion**

Our goal at IFS Institute is to create learning environments and a community that teach and support the internal welcoming of parts that have been exiled, shamed, or marginalized within our systems so that they may be seen, heard, valued, and ultimately healed. Our hope is that this work will lead to greater Self leadership where all of us are more connected, curious, and compassionate with ourselves and with each other.

We recognize that IFS was developed and is still primarily taught and managed through a white lens. This has made it difficult to create an inviting space for everyone to feel safe and welcome and to contribute fully to the evolution and growth of the community. As a result, we have not been as effective as we could be in the ongoing fight for freedom and healing for all peoples.

To focus our efforts and hold ourselves accountable, we have developed specific commitments to reflect our desire for all peoples to find solace and healing from IFS, while we hold space for individuals to contribute their unique gifts, voices, and perspectives to the IFS movement.

Please review IFS Institute's commitments regarding diversity, equity, and inclusion [here](#).

## **Training Schedule**

This online training meets 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](http://www.24timezones.com), [www.timeanddate.com](http://www.timeanddate.com), or a similar resource to determine how this relates to your own time zone. Be sure to account for Standard vs. Daylight Savings time. **For U.S. Central Time Zone use Chicago, IL as a reference location to determine how it relates to your time zone.**

- **Online sessions meet on Zoom.** Please visit the [Zoom website](#) for information about how to access a Zoom account before the training begins.
- Please ensure that your computer, any related equipment, and your internet connection are sufficient to attend a live Zoom event.
- Training members will receive Zoom links close to the start of the training to access the online sessions.
- The training is only for training members. Please take care to be in a private space when attending the training.

- IFS Institute cannot provide technical support related to your internet access system or your Zoom account.

**Training Dates**

- Session 1: February 8-11, 2024
- Bridge Day: March 22, 2024
- Session 2: April 10-13, 2024
- Bridge Day: May 10, 2024
- Session 3: June 5-8, 2024

<b>SESSION 1</b>	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/ CE Hours
February 8, 2024	9:00-12:15	1:30-6:00	7.25
February 9, 2024	9:00-12:15	1:30-5:45	7.0
February 10, 2024	9:00-12:15	1:30-5:45	7.0
February 11, 2024	9:00-12:15	1:15-4:00 (no break)	5.75
			<b>Total: 27</b>
<b>1<sup>st</sup> BRIDGE DAY</b>			
Includes (3) 15-minute breaks	Start Time	End Time	Training Hours (No CE)
March 22, 2024	10:00am	3:30pm	<b>Total: 4.75</b>
<b>SESSION 2</b>			
	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/ CE Hours
April 10, 2024	9:00-12:15	1:30-5:45	7.0
April 11, 2024	9:00-12:15	1:30-5:45	7.0
April 12, 2024	9:00-12:15	1:30-5:45	7.0
April 13, 2024	9:00-12:15	1:15-3:45 (no break)	5.5
			<b>Total: 26.5</b>
<b>2<sup>nd</sup> BRIDGE DAY</b>			
Includes (3) 15-minute breaks	Start Time	End Time	Training Hours (No CE)
May 10, 2024	10:00am	3:30pm	<b>Total: 4.75</b>
<b>SESSION 3</b>			
	Morning Meeting Includes 15-minute break	Afternoon Meeting Includes 15-minute break	Training/ CE Hours
June 5, 2024	9:00-12:15	1:30-5:45	7.0
June 6, 2024	9:00-12:15	1:30-5:45	7.0
June 7, 2024	9:00-12:15	1:30-5:45	7.0
June 8, 2024	9:00-12:15	1:15-3:45 (no break)	5.5
			<b>Total: 26.5</b>

## **Certificate of Completion and Attendance Requirements**

A Certificate of Completion (non-CE) is awarded by IFS Institute for the completion of the training. Participants must complete 75 of the 89.5 program hours offered to be eligible to earn this certificate. Participants may miss a maximum of 14.5 training hours over the course of the entire training program. Participants are responsible for ensuring that they attend the required number of training hours to earn the Certificate of Completion.

**Note about IFS Certification:** Participants are not IFS Certified until they successfully complete the IFS Certification process. Please visit [IFS Institute Certification](#) or email [Certification@IFS-Institute.com](mailto:Certification@IFS-Institute.com) for more information.

## **Tuition and Fees**

**All amounts are in U.S. Dollars (USD).**

**Application Fee:** The \$15 non-refundable, non-transferrable application fee is charged when you apply for the training.

**Program Tuition: \$3,990**

**Tuition Deposit:** The \$500 non-refundable, non-transferrable tuition deposit is due and charged at the time you are accepted into the training. It is required to hold your place in the training.

**Tuition Balance:** \$3,490 (\$3,990 Tuition - \$500 Tuition Deposit) due and charged on December 1, 2023.

- This is a single, one-time payment. IFS Institute does not offer payment plans.

**Late Payment:** There is a \$20 fee for each late payment. If an amount due isn't paid in full within 7 calendar days of the due date IFS Institute reserves the right to withdraw a participant from the training.

**Questions about billing, receipts, credit/debit card matters:** Contact IFS Institute Controller, Mary Mitrovich, [Mary@IFS-Institute.com](mailto:Mary@IFS-Institute.com).

## **Withdrawal/Refund**

**Participants who wish to withdraw from the training program must do so in writing by emailing [Training@IFS-Institute.com](mailto:Training@IFS-Institute.com).**

**Application Fee:** The \$15 application fee is non-refundable and non-transferrable.

### **Tuition:**

- Tuition Deposit: The \$500 tuition deposit is non-refundable and non-transferrable.
- Tuition Balance: 75% of tuition paid minus the \$500 tuition deposit is refundable if written notice of withdrawal is received by IFS Institute on or before December 31, 2023.
- No refunds are issued if written notice of withdrawal is received by IFS Institute on or after January 1, 2024.
- Scholarship applicants will be given the chance to withdraw from the training when they receive their scholarship notification, at which time the \$500 tuition deposit will be refunded. Withdrawals after that time are subject to the remaining terms of the withdrawal/refund policy.

**Refund Processing Fee:** There is a \$50 processing fee for all refunds.

**Travel, Lodging, Incidental Expenses:** At no time is IFS Institute responsible for training participants' travel, lodging, or incidental expenses.

**Admission/IFSI-Initiated Withdrawal:** Internal Family Systems Institute, Inc. reserves the right to deny acceptance to any training program applicant and to withdraw a training participant from all or part of a training program at any time if IFS Institute determines a participant's behavior could damage the quality of a training program. IFS Institute, in its sole discretion, may terminate a participant's participation at any time and, in such event, will refund tuition paid to IFS Institute for portions of the training the participant will not attend as a result of their termination. If IFS Institute terminates a participant's participation, the participant is not eligible for a Certificate of Completion from IFS Institute.

IFS Institute reserves the right to postpone, cancel or otherwise change any training program schedule prior to its beginning.

## **Scholarships and Other Financial Resources**

**Scholarships:** IFS Institute acknowledges the personal, professional, and financial investment that each person makes in order to participate in a training. Though we cannot significantly defray all of the costs associated with participating in a training, we can offer the gift of a modest scholarship to those who may be eligible. Scholarship information, the application deadline, and the application form are available [here](#).

**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.

## **Continuing Education Contact Hours**

- This training program is co-sponsored by IFS Institute and The Institute for Continuing Education (ICE). For continuing education credit questions, contact The Institute for Continuing Education at 800-557-1950 or [instconted@aol.com](mailto:instconted@aol.com).
- Continuing education contact hours are offered for the professional disciplines as listed.
- The course offers a total of 80.00 contact hours - 27.00 contact hours for Session 1; 26.50 contact hours for Sessions 2-3. Continuing education credit is offered only for the multi-day sessions of this course. Continuing education credit is not offered for Bridge Days.
- 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.
- **If you would like CE credit for this training, you should sign up for it at the first session. You will need your license information (as applicable) to complete the CE forms.**
- CE verification is mailed to participants by ICE (the CE sponsor) following each session that is eligible for CE (within 30 days of receipt of completed CE materials).
- There is no additional fee to apply 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.
- 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 listed on the IFS Institute website: [Level 1 IFS Training Learning Objectives](#).
- 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 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:** The Institute for Continuing Education and The Internal Family Systems Institute 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 80.00 social work continuing education hours for re-licensure, in accordance with 258 CMR, NASW-MA Chapter CE Approving Program. Authorizations: D-91233-1; D-91233-2; D-91233-3. **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 to the New Jersey State Board of Social Work Examiners. **Ohio Board Counseling/ Social Work:** Ohio Board of Counseling and Social Work Board, Provider RCS 030001. **Illinois Dept. Professional Regulation:** Social work provider 159-000606. **Florida Dept. Health,** Division Social Work, Counseling, MFT, Provider BAP 255.

**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 continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences. **Ohio Board MFT:** Provider RTX 100501. **Illinois Dept. Professional Regulation:** MFT Provider 168-000108.

## Trainers

**Lead Trainer: Gwen Hurd, LCSW, IFS Certified,** graduated from the University of Chicago with her MSW in 1994. She was introduced to IFS during her graduate program and began her Level 1 training in 1998. She has worked as a Child Protection Investigator in the Chicago area and with at-risk youth and families both as a therapist and program director in northwest Indiana. She moved to St George in 2009 and is the Clinical Director and Therapist/Custody Evaluator at Sage Circle Counseling Center in St George.

**Assistant Trainer: Brenda Aufderhar, RN, LICSW, IFS Certified**, is a certified IFS Therapist in private practice in Spokane, Washington, USA. She has used IFS since 2000 with individuals, couples, therapy groups, and integrated IFS into play therapy with traumatized children in a community health center. Her passion for including the body in IFS therapy is informed by her training as a nurse, along with her Hakomi and Craniosacral therapy certifications. Being raised in South America for 10 years, Brenda marinated in other cultures that permanently broadened her sense of others and added depth to her inner landscape of parts.

**Assistant Trainer Mentorship Program:** In addition to the Lead and Assistant Trainers, we are pleased that Elina Falck 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.

**Assistant Trainer Mentee: Elina Falck, RCC, IFS Certified**, is a therapist, and an approved IFS consultant. She is in private practice, specializing in trauma recovery and clinical consultation. Because she lives on a small island off the coast of British Columbia, Canada, her entire practice is online. She is an immigrant to Canada, from Sweden. She is passionate about helping IFS therapists become even better at their craft. As a trauma therapist, she has a particular interest in helping her clients recover from shame and heal from their harsh experiences. She delights in helping her clients reconnect to their Self-energy, especially when they have learned to perceive Self-access as dangerous and untrustworthy.

## **Required Pre-Training Reading and Other Materials**

**Reading Materials:** All books listed below are available at IFS Institute's website store ([www.IFS-Institute.com](http://www.IFS-Institute.com)). Bundle pricing may be available. If you need assistance, please contact [Info@IFS-Institute.com](mailto:Info@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.

### **Required Training Materials:**

- Small box of crayons or sharpened colored pencils
- Several sheets of unlined paper
- Notebook (for journaling and taking notes)

**Additional Training Materials:** Trainers from each program 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 require special accommodations, please contact Eryca Rockwell [Eryca@IFS-Institute.com](mailto:Eryca@IFS-Institute.com) as soon as you are accepted into this training.

## **Substance Use at Trainings**

IFS Institute understands that many people have had positive therapeutic experiences with psychedelics, however, due to health and safety concerns for all of our participants, please refrain from taking psychedelics or any other consciousness-altering substances during IFS Institute's trainings.

## **Code of Conduct**

Please review the IFS Institute Code of Conduct in the General FAQ section of the IFS Institute website [here](#), or on your copy of the training program application.