



**Internal Family Systems Therapy
Level 1 IFS Training Program (874)**

December 2023 – April 2024

Hybrid Schedule:

On-Site Sessions: Beverly, MA

**Online Sessions (Live/Real Time): U.S. Eastern
Time Zone**

Nickname: Hickory Row

Hybrid Format

- On-site sessions of this training are only available on-site (Beverly, MA), and all training members attend the on-site sessions.
- Online sessions of this training are only available online (live, real time), and all training members attend the online sessions.

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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 training has sessions that meet online only (live, real time) and sessions that meet on-site only (Beverly, MA). Session dates and daily schedules are listed below.

- **On-site sessions of the training are only available on-site.** All training members attend the on-site sessions. **On-site sessions meet in Beverly, MA,** and are not available online. Site information is listed later in this brochure.
- **Online sessions of the training are only available online (live, real time).** All training members attend the online sessions. **Online sessions use the U.S. Eastern Time Zone** in effect during each online 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. Be sure to account for Standard vs. Daylight Savings time.
 - **For U.S. Eastern Time Zone use New York, NY 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: Dec 7-10, 2023 (on-site)
- Bridge Day: January 8, 2024 (online)
- Session 2: February 8-11, 2024 (online)
- Bridge Day: March 12, 2024 (online)
- Session 3: April 11-14, 2024 (on-site)

Daily Schedule

SESSION 1 - On-Site Wylie Center	Morning Meeting Includes 15-minute refreshment break	Lunch	Afternoon Meeting Includes 15-minute refreshment break	Training/ CE Hours
December 7, 2023	9:00-12:15	12:15	1:30-6:00	7.25
December 8, 2023	9:00-12:15	12:15	1:30-5:45	7.0
December 9, 2023	9:00-12:15	12:15	1:30-5:45	7.0
December 10, 2023	9:00-12:15	12:15	1:15-4:00 (no break)	5.75
				Total: 27
BRIDGE DAY - Online Includes (3) 15-minute breaks	Start Time		End Time	Training Hours (no CE)
January 8, 2024	12:00 pm		5:30 pm	Total: 4.75

SESSION 2 - Online	Morning Meeting Includes 15-minute break	Lunch	Afternoon Meeting Includes 15-minute break	Training/ CE Hours
February 8, 2024	9:00-12:15	12:15	1:30-5:45	7.0
February 9, 2024	9:00-12:15	12:15	1:30-5:45	7.0
February 10, 2024	9:00-12:15	12:15	1:30-5:45	7.0
February 11, 2024	9:00-12:15	12:15	1:15-3:45 (no break)	5.5
				Total: 26.5
BRIDGE DAY - Online Includes (3) 15-minute breaks	Start Time		End Time	Training Hours (no CE)
March 12, 2024	12:00 pm		5:30 pm	Total: 4.75
SESSION 3 - On-Site Wylie Center	Morning Meeting Includes 15-minute refreshment break	Lunch	Afternoon Meeting Includes 15-minute refreshment break	Training/ CE Hours
April 11, 2024	9:00-12:15	12:15	1:30-5:45	7.0
April 12, 2024	9:00-12:15	12:15	1:30-5:45	7.0
April 13, 2024	9:00-12:15	12:15	1:30-5:45	7.0
April 14, 2024	9:00-12:15	12:15	1:15-3:45 (no break)	5.5
				Total: 26.5

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 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: \$4,750

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: \$4,250 (\$4,750 Tuition - \$500 Tuition Deposit) due and charged on October 1, 2023.

The tuition for hybrid trainings reflects additional costs associated with organizing and running these trainings. We encourage you to consider one of our fully online trainings if that option better suits your financial circumstances.

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.

Lunch and refreshments during breaks at the on-site location are included in the tuition. All other lodging, meals, and any other travel-related expenses are not included in tuition. Except for lunch and refreshments during breaks at the on-site location, IFS Institute does not provide any other meals or lodging or make any travel arrangements for this training.

Questions about billing, receipts, credit/debit card matters: Contact IFS Institute Controller, Mary Mitrovich, 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.

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 October 31, 2023
- No refunds are issued if written notice of withdrawal is received by IFS Institute on or after November 1, 2023.
- 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/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. Scholarships are not available for any travel-related expenses such as airfare, lodging, food, etc. 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.
- 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 co-sponsors of this event. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing education provider, ACEP 5643. The Institute for Continuing Education is solely 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: Rina Dubin, Ed.D, Lic. Psych., IFS Certified, is a solo lead trainer and a licensed psychologist practicing in Newton, MA. She provides psychotherapy to individuals and couples and offers consultation for individual, dyad and small groups. She also offers workshops to larger groups on various topics which always include an experiential focus. IFS has been foundational for Rina since her first immersion in 2004. She has found IFS to be the deepest and most profound approach for healing and expansion and highly values how this work is an approach to living and not a "model." More recently, a focus of Rina's work has been to expand not only how up-close systems (family, school) impact our parts but how the larger systems through which we all navigate impact our parts and our different identities. This feels much more complete and ties to her legacy heirloom of "make the world better."

Assistant Trainer: Ellie Cunanan-Petty, LMFT, IFS Certified, has 19 years of clinical experience. She is licensed in Virginia and Washington DC and has a private practice in Falls Church, Virginia, where she works with adults and couples. She also provides supervision to therapists working toward licensure in Virginia, as well as clinical consultation to therapists learning IFS. Ellie has an interest in working with people in improving their relationships, both within themselves and with others.

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). Bundle pricing may be available. If you need assistance, please contact 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.

Health and Safety for On-Site Sessions

During On-site Training Sessions

- IFS Institute follows the guidance of training venues or relevant government entities regarding health and safety protocols for on-site sessions.
- If required by the training site or relevant government entities, all training participants and staff must observe health and safety protocols in effect at the training site (for example, wearing a mask, being vaccinated, practicing social distancing, getting tested, etc.).
- As has occurred before, required protocols can change – they can be imposed or lifted at any time before a training starts, before individual sessions start, and while a training is actively in session.
- Training members are responsible for determining, following, making, and adjusting travel plans related to protocols that might be in effect during their travels.

Before You Apply to This Training, Please Consider the Following:

- On-site sessions are only available at the training site, in the site’s meeting space.
- On-site sessions are not available on Zoom, FaceTime, or other online platforms.
- Recordings and transcripts of training sessions are not available.
- Each training includes about 50 people, meeting in both large and small groups.
- Training members may be traveling from places near and far, sometimes internationally.
- Please review IFS Institute’s withdrawal/refund policies in this brochure.

We understand that an individual’s comfort level regarding on-site, indoor meetings can change as COVID levels, COVID protocols, or personal circumstances change, sometimes unexpectedly.

Given your own situation, please do not apply to this training if you cannot or do not wish to attend an on-site session where no protocols are required, or are uncomfortable with the possibility of health and safety protocols

being imposed or lifted at any time, or cannot or do not want to abide by protocols that may be required (or may need something other than these protocols). Instead, we suggest that you consider a fully online training.

If Running an On-Site Session Online Is Required:

IFS Institute is eager and fully intends to run on-site sessions of this training at the site listed. However, if circumstances change and COVID-19 health and safety restrictions are imposed by government or other entities with authority, it may be necessary to move on-site sessions to an online platform. As has happened previously, protocols can be imposed or lifted at any time. If any on-site sessions must be moved online, IFS Institute will act as quickly as possible to keep training members informed.

Site and Travel Information

Training Site: The Wylie Center
 295 Hale Street
 Beverly, MA 01915
 978.867.1800
 www.wyliecenter.com

Questions about the site:

- Please review all relevant sections of this brochure.
- Training site websites often have information about site, parking, facilities, etc.
- If you need additional information about the site, please contact Alexandra@IFS-Institute.com.

Current COVID Information

As of this writing July 2023, the following is required for this training:

- There are no required COVID protocols at this time.
- Training members are welcome to wear masks at any time but are not required to do so.

Out of respect for all training members and for our group to remain in compliance with required protocols, our expectation is that everyone attending the training will adhere to any requirements in place during the training.

Pets are not permitted, even if the site allows them. This is for the benefit and safety of all training members.

Lodging and meals: This training has some online and some on-site sessions and may have training members who live locally and others who may come from a distance. People may also have different budgets, needs, and preferences for lodging and meals. For these reasons, IFS Institute does not provide lodging or meals, except for lunch on each on-site training day.

Additional lodging information:

- If you would like to stay overnight at the site and you have received an acceptance email from IFS Institute for this training program, please call the site at 978.867.1800 and identify yourself as a member of this IFS Institute Training Program. If the site has rooms available, you can make reservations and pay the site directly.

- Below is a list of area hotels provided as a courtesy by the training site. This information is for your convenience only. IFS Institute has no relationship with and makes no endorsements of the hotels, and if you would like to find out more about them or make reservations, please contact them directly.

Salem Waterfront Hotel & Suites
225 Derby St., Salem
Phone: 978-740-8788
salemwaterfronthotel.com

DoubleTree by Hilton Boston North Shore
50 Ferncroft Rd., Danvers
Phone: 978-77-2500
hilton.com

Hampton Inn Salem Boston
11 Dodge St., Salem
Phone: 978-414-3100
Contact Jill Gray, ext. 7152
hilton.com

Sonesta Select Boston Danvers
275 Independence Way, Danvers
Phone: 978-777-8630
sonesta.com

Boston Marriott Peabody
8A Centennial Dr., Peabody
Phone: 978-977-9700
marriott.com

Hampton Inn Boston/Peabody
59 Newbury St. – Rt. 1, Peabody
Phone: 978-536-2020
hilton.com

Best Western Plus North Shore
50 Dayton St., Danvers
Phone: 978-777-1700
bestwestern.com

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. If you need information about the site before choosing to apply to the training, please visit the training site's website and/or contact them directly (see above for their website address).

Individual requests: IFS Institute offers professional training programs and, while we make reasonable efforts to enhance your experience at the training site, it may not be possible to address each person's unique or individual needs or requests.

ADA

If you require special accommodations, please contact Eryca Rockwell 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.