
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://www.selfleadership.org>
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.

Training Location

Kings Way Jewish Center
2810 Nostrand Ave
Brooklyn, NY 11229

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 Level 1 training will meet for two on-site sessions, and two teleconference sessions, totaling 84 program hours. Each on-site session comprises 40 program hours, and each teleconference session comprises two program hours. Session and daily schedules are listed later in this brochure.

Trainers



Lead Trainer: Osnat (Osi) Arbel, PhD, LMFT, is a co-founder of the Israeli Institute for IFS. There she trains, supervises and facilitates groups while living the IFS model both personally and professionally. In her private practice she provides IFS-based therapy for individuals, couples and families. Osi is also an AAMFT Clinical Member and Approved Supervisor, currently dividing her time between Israel and Colorado. In Israel she teaches MFT courses at Tel-Aviv University and Tel-Hai Academic College and supervises MFT practicum courses. In Denver she is an assistant professor at Argosy University, teaching in the Counseling and MFT programs.



Assistant Trainer: Madeleine Warren, LMFT, LCPC, is also an advanced IFIO-trained clinician and consultant specializing in the treatment of complex trauma. She has a private practice in Evanston and Oak Park, Illinois, where she sees both individuals and couples. In addition to her clinical work, Madeleine provides supervision and consultation to individuals and groups. She has taught introductory IFS workshops to therapists and students, and is excited to be involved with IFS trainings as she has a great

Certificate of Completion

A Certificate of Completion (non-CE) is awarded by IFS Institute, and **a participant must complete 70 of the 84 total 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. The daily schedule is listed later in this brochure.

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 from allied fields

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

Training Schedule

On-Site Session 1: March 22-27, 2020

On-Site Session 2: July 19-24, 2020

Teleconference 1: May 19, 2020, 2020 12:30PM – 2:30PM Eastern Time

Teleconference 2: June 30, 2020 12:30PM – 2:30PM Eastern Time

Teleconference Information:

- Teleconferences will take place on Zoom, our teleconference service.
- **If you will access Zoom on a smart device or computer, be sure to *download and understand the Zoom software well before the teleconference begins.***
To do this, go to [Zoom.us](https://zoom.us), sign in (or “sign up”), and create an account.
- **If you have questions about downloading or using Zoom, please contact Zoom:** 888.799.9666, or click “support” at the bottom of the [Zoom.us](https://zoom.us) home page.
- **To attend the teleconferences (for training members only):** Follow the instructions that will be provided in the pre-training email that IFS Institute will send to you shortly before the training program’s first day. Instructions will include phone numbers (in case you want to call in), Meeting ID number, etc.
- Please do not attempt to join the teleconferences before their scheduled times.

IFS Institute Trainer is inviting you to a scheduled Zoom meeting.

Topic: 600 NEFESH OTP Teleconference Call #1

Time: May 19, 2020 12:30 PM – 2:30 PM Eastern Time (US and Canada)

Meeting ID: 600 763 745

Join Zoom Meeting

<https://zoom.us/j/600763745>

One tap mobile

+16465588656,,600763745# US (New York)

+16699006833,,600763745# US (San Jose)

Dial by your location

+1 646 558 8656 US (New York)

+1 669 900 6833 US (San Jose)

Meeting ID: 600 763 745

IFS Institute Trainer is inviting you to a scheduled Zoom meeting.

Topic: 600 NEFESH OTP Teleconference Call #2

Time: Jun 30, 2020 12:30 PM – 2:30 PM Eastern Time (US and Canada)

Meeting ID: 651 383 711

Join Zoom Meeting

<https://zoom.us/j/651383711>

One tap mobile

+16465588656,,651383711# US (New York)

+16699006833,,651383711# US (San Jose)

Dial by your location

+1 646 558 8656 US (New York)

+1 669 900 6833 US (San Jose)

Meeting ID: 651 383 711

Find your local number: <https://zoom.us/u/aqxICVO6c>

Daily Schedule

On-Site Session 1: Brooklyn, NY

	Morning Session	Morning Stretch	Afternoon Session	Afternoon Snack	Training Hours/CE Hours
Day 1 March 22	9-12:30	15 min	2 – 6:30	15 min	7.5
Day 2 March 23	9-12:30	15 min	2 – 6:30	15 min	7.5
Day 3 March 24	9 - Noon	X	1 – 4	X	6.0
Day 4 March 25	9-12:15	15 min	1:45 – 6	15 min	7.0
Day 5 March 26	9-12:15	15 min	1:45 – 6	15 min	7.0
Day 6 March 27	9 - Noon	X	1 – 3	X	5.0
					Total: 40

On-Site Session 2: Brooklyn, NY

	Morning Session	Morning Stretch	Afternoon Session	Afternoon Snack	Training Hours/CE Hours
Day 1 July 19	9-12:30	15 min	2 – 6:30	15 min	7.5
Day 2 July 20	9-12:30	15 min	2 – 6:30	15 min	7.5
Day 3 July 21	9 - Noon	X	1 – 4	X	6.0
Day 4 July 22	9-12:15	15 min	1:45 – 6	15 min	7.0
Day 5 July 23	9-12:15	15 min	1:45 – 6	15 min	7.0
Day 6 July 24	9 - Noon	X	1 – 3	X	5.0
					Total: 40

Continuing Education Contact Hours

- 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 a total of 80 contact hours. Continuing education credit is offered for the on-site course. Continuing education credit is not offered for the two, 2-hour teleconference 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 must sign up for it at the first session – you must bring your license information (as applicable) to the first session if you want CE credit. No late CE applications can be accepted.**
- 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: For counselors seeking CE credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program. *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 40.00 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 numbers: D-80806-1 / D-80806-2.
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: CE credit is not offered for social workers licensed by the New Jersey State Board of Social Work Examiners.

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.

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 info@selfleadership.org.

Required reading before the training begins:

Schwartz, RC and Sweezy, Martha (2019), Internal Family Systems Therapy-Second Edition, New York: Guilford Press, ISBN 9781462541461

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.

Tuition and Fees

Program Tuition: For tuition and other financial information, please contact NEFESH

Application Fee: The \$55 non-refundable, non-transferrable application fee is charged when your application is received.

Room and Board are not included in tuition.

Withdrawals and Refunds: Participants who wish to withdraw from the training program must do so in writing. Refunds will not be made directly to participants by IFS Institute. Please contact NEFESH for its withdrawal and refund policy. The application fee is 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.

ADA If you have special needs, please contact NEFESH.

TRAVEL INFORMATION

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

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

ON-SITE SESSION 1&2: CITY, STATE

Kings Way Jewish Center

2810 Nostrand Ave

Brooklyn, NY 11229

718-258-3344

<https://www.kingswayjewishcenter.org/>

AIRPORTS:

Newark Liberty International Airport

Airlines served: Most major airlines served
Approximately 45 minutes from site.
For directions from Newark click [HERE](#).

LaGuardia Airport

Airlines served: Air Canada, American Airlines, Delta, Frontier, JetBlue, Southwest, United Airlines, Spirit
Approximately 45 minutes from site.
For directions from LaGuardia click [HERE](#).

JFK Airport

Airlines served: Most major airlines served
Approximately 25 minutes from site.
For directions from JFK Airport click [HERE](#).

DRIVING and PUBLIC TRANSIT:

For driving or public transit directions from...

- White Plains click [HERE](#).
- Queens click [HERE](#).
- New Brunswick click [HERE](#)..

TRAINS (Amtrak): For Amtrak information please click [HERE](#).

MTA (NY subway and bus) website: [HERE](#).

SITE PARKING: There is no on-site parking available.

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

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

Internal Family Systems Institute, Inc.

www.IFS-Institute.com

IFSI's training coordinator for this training:

Jeffery John

Jeff@ifs-institute.com

301.655.6671 (Eastern Time Zone, USA)

Other IFSI contact information:

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: 406.962.5598
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:
Jen@ifs-institute.com or Maryanne@ifs-institute.com
For best service, please write to only one email address at a time - thanks!

Level 1, 2, 3 International Trainings: Karon@ifs-institute.com

IFS Certification: karen@ifs-institute.com

IFS Circle/Continuity Webinars: help@selfleadership.org

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