

## Internal Family Systems<sup>SM</sup>

Internal Family Systems<sup>SM</sup> is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. IFS<sup>SM</sup> 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 intrapsychic 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).



## Level I Training

of INTERNAL FAMILY SYSTEMS (IFS)



Online

NANCY SOWELL

11-14 / 26-28

March

2021

6-9 / 21-23

May

2021

[www.institutoifs.com](http://www.institutoifs.com)



Nancy Sowell

**Nancy Sowell, MSW, LICSW**, believes in the power of Self-leadership for promoting health and well-being. Specializing in the use of IFS to foster health and healing, Nancy provides clinical supervision and training in IFS for Harvard Medical School at Cambridge Health Alliance, and co-created an IFS treatment protocol and program for rheumatoid arthritis patients in a research study at Brigham and Women’s Hospital in Boston. Nancy maintains a private psychotherapy and clinical consultation practice on Cape Cod and in Newton, MA.



Assistant Trainer: **Imma Lloret**. is a psychologist and has been a psychotherapist for about 30 years in Barcelona, Spain. As the co-founder of the Spanish IFS Institute, she organises IFS trainings, supervises, and facilitates groups along with her private practice where she provides IFS-based therapy for individuals and couples. Imma also worked as an Associate Professor in the degree of Psychology at UOC (Open University of Catalonia). She is also certified in Sensoriomotor Psychotherapy and Somatic Experiencing, and has advanced training in AEDP.

The training of **Level I** will consist of theoretical explanations, demonstrations, experiential exercises and small groups of practice and supervision.

**The participants will be able to:**

- **Know** the conceptual basis of the IFS model.
- **Apply** IFS techniques to various clinic groups or aid relationship.
- **Take advantage** of training to know the parts of your own system and deepen your personal development.

**To whom it is addressed:**

Psychologists, psychiatrists, psychotherapists, body therapists, coaches, educators...

**Calendar**

- **MODULE 1:** March 11-14 / March 26-28, 2021
- **MODULE 2:** May 6-9 / May 21-23, 2021

from 2:00 p.m. to 8:00 p.m.  
(Central European Time)

**Bibliography**

**Required reading before the training begins:**  
Schwartz, RC (1995), Internal Family Systems Therapy, New York: Guilford Press, ISBN 1-57230-272-0.

**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, F., Sweezy, M., and Schwartz, RC. (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.

**Information**

- Online
- Program Tuition: 3.100 €
- 2021: March 11-14 / March 26-28  
2021: May 6-9 / May 21-23
- The training will be taught in english with consecutive translation into spanish.
- institutoifsbarcelona@gmail.com