Safety and Confidentiality Disclosure Statement
for
Participants in Internal Family Systems Training Programs
Organized by
IFS Institute, Inc.

Adopted February 2, 2012, Revised 9.30.19

1. **Experiential Nature of IFS Training Programs.** IFS training programs are very experiential, with much learning occurring through exercises, small group practice of skills, demonstrations, etc. At the same time, experiential components of IFS trainings are used strictly for the purpose of training people to use the IFS model and do not constitute any formal psychotherapy for any members of the training. Therefore, experiential aspects of IFS trainings cannot be construed as therapy of any kind.

2. **Self-Disclosure.** Because of the experiential nature of IFS training programs, thoughts and feelings may be stimulated in you that you might be uncomfortable sharing with the group and/or training staff. You are free to censor what you disclose and may exercise this right without penalty.

3. **Confidentiality.** Practice groups, home groups and the large group have a confidentiality bond. All personal material that members of the training disclose should be treated as confidential and should not be shared with persons who are not participants or training staff in this particular training. This includes family members, friends, colleagues, participants or staff in other training programs, etc. For example, using first names or material from the training in seemingly harmless conversations about processes and discussions can cause harm and comes under the safety umbrella of confidentiality.

4. **Safety Issues.** The nature of the training's material and the learning process may stimulate psychological and emotional issues for participants. If you are having difficulty with something that is triggered as a result of participation in the program, please let a training staff member know. A staff member will make time to help you process the issue if that would be helpful, keeping in mind that this is to help process the training's material, not to provide therapy services. You are also encouraged to listen to what your own parts tell you that you need in order to feel safe.

5. **Exercises and Practice Sessions.** Practice groups, home groups and the large group have a confidentiality bond. When practicing with fellow participants or training staff, it is imperative that you respect boundaries (including the right to stop an exercise or practice session for any reason), maintain confidentiality, and immediately report any difficulties that arise to the training staff. Within the training, we ask that you respect the confidentiality of the people with whom you are practicing and don't talk about their work outside of your practice group (which includes not talking about their work in the large group), unless you have their permission. Being coached and supported by staff as you practice applying the skills of the IFS model is an important part of this training. There will be a staff member available to coach you for most of the practice groups. To protect the safety of the person in the role of client, the staff person will intervene if s/he feels it is necessary.

6. **Speaking for Parts.** All parts are welcome as long as you speak for them, not from them. Listening to and "speaking for your parts" is essential to maintaining a safe training. This is especially true when you are triggered by someone else in the training. Training staff will help participants work through this process when indicated during the training.

7. **Giving and Receiving Feedback.** This training program encourages safety and experimentation to develop new therapy skills, and giving and receiving feedback is an essential part of the learning process. When you are giving feedback to another member of the training we ask that you continue to speak for your parts and focus on your own experience. The training staff is available for feedback. If staff members say or do anything that hurts or offends your parts, they are available to assist and facilitate repairs when needed.

8. **Timeliness**. Our contract with you is to start and end on time. This includes the beginning and the end of the day and after breaks. It is helpful for training staff to know ahead of time if you will be late or have to leave the training early. If you know that you have to be absent or late, please notify a training staff member in advance whenever possible.

9. **Electronic Devices.** Unless you are using a computer to take notes, we ask that all participants and staff members power down all electronics during the training, except at break times.

10. **Recordings at IFS Trainings.** Participants may not make audio or visual recordings of any part of any IFS training session.

11. **Personal Responsibility.** Training participants take responsibility for maintaining their own safety in IFS trainings. In the event that problematic therapeutic issues surface in the process of the program, it may be helpful to discuss them with a personal therapist. If you are not currently in therapy and would like a referral, a staff member can make a confidential referral. IFS Institute, Inc. and the training staff's intentions are to create a safe and compassionate training milieu that supports learning through both didactic and experiential explorations of Self-leadership and the IFS model. If everyone takes responsibility for his/her own safety and considers the safety of others, we will be living the IFS model together. Thank you for your commitment to this agreement!