



# FAQ - STEPPING STONES PROGRAM

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## I. ADMISSION AND REGISTRATION

### • What are the requirements to register for the course?

To join this course, you must:


- Be fluent in English
- Have access to a stable internet connection, a computer or tablet, and a private environment for sessions
- Be actively engaged in (or preparing for) 1:1 client work
- Have access to individuals you can regularly practice the tools with outside of class

This course is designed for:

- Therapists, counselors, coaches, and other mental health professionals
- Pastoral counselors and spiritual care providers
- Students and recent graduates of psychotherapy or coaching programs (with current or planned client work)
- Professionals from related fields (e.g., bodyworkers, educators, support workers) with experience in relational work and the ability to practice regularly outside of class

Additional guidance:

- If you are a recent graduate or nearing graduation in a therapeutic or coaching field (e.g., social work, counseling), you are welcome to join as long as you are committed to applying the material in practice.
- If you do not have a psychotherapy background (e.g., coaches, bodyworkers, educators, support workers), we recommend having at least 6 months of 1:1 client experience prior to enrollment. This helps ensure you're able to meaningfully engage with the material in real-world settings.

 **Please note:** This is an online course for professionals, not a personal development program. Participants should be prepared to engage with the material through a professional lens and apply it in client-facing work.

\*\*Still unsure if this course is right for you? Reach out to us. We're happy to discuss your background and help determine if this will be a valuable and supportive fit.

### • What are the dates of the next Stepping Stones?

Please go to [this link](#) to see available start dates.

### • Do we need to attend class during Holidays?

IFSCA attempts to schedule with regard to national holidays that occur in the various countries from which participants come, as well as religious holidays. Please check the various schedules to see if they clash with a holiday that you like to celebrate - you may wish to factor that into your cohort selection.

### • What is the course's time-zone?

The Stepping Stones course is in EST/EDT (Toronto, US/Canada).

Stepping Stones UK & Europe follows a different time zone: BST/GMT

### • I am not in Toronto, how do I know the course time for my location?

[This link](#) will take you to a time-zone converter. Please add your location and check what would be the time for you.

### • I am having problems registering on Ticketleap. What should I do?

- The Technical Support Team recommends clearing the cache on the browser and refreshing or trying a different browser.
- Please ensure the address on the card is the same as the billing address you enter on the registration form.
- if you are still having problems, you can reach out to [hello.ifsca@gmail.com](mailto:hello.ifsca@gmail.com)

### • I'm wondering if each of your starting dates indicates a specific cohort that goes through the training together?

That's correct, each start date represents a different cohort.

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## II. COURSE STRUCTURE

- **What is the structure of the course?**

Please go to [this link](#) to see a detailed course description.

- **Is Stepping Stones online?**

The course is 100% online. Sessions take place on the Zoom video conferencing platform.

- **How many hours for the course?**

- Live hours: 48 hours = 16 sessions of 3 hours
- There is also prep and post work posted on teachable (our online teaching platform), this includes recorded demos, review videos, articles, and the course manual.
- IFSCA also includes extra resources that are optional resources (demos and articles) that folks can choose to watch/read or not.
- There is also an optional parts journey that you can follow, tracking and getting to know your parts as you move through the course.

- **Will students receive course materials?**

IFSCA does not send out an entire manual before the training. The 'manual' is broken down into chunks and given as part of the prep and post work for each module within the course. Readings and videos will be posted 4 weeks before the next didactic starts. There are also many videos of live IFS sessions that demonstrate the application of the IFS protocol. Some of these videos are annotated so each intervention is clear. Each didactic teaching session and consult group is recorded for your use alone and each of the four modules is accompanied by a teaching video outlining the key points.

- **Are there practice sessions?**

There are 8 supervised practice groups that offer opportunities for students to deepen their knowledge and skill level.

- **How many classes do I have to attend to graduate?**

In order to receive a certificate and be considered to have completed the course Students must attend at least 42 hours of the 48 hours of live sessions to graduate. you can miss up to 2 live sessions.

- **Is Stepping Stones the same as the IFS Institute Level 1?**

NO. The Stepping Stones course and L1 are not the same course. Participants that have taken Stepping Stones at IFSCA and the Level 1 training at the IFS Institute say they find the two courses to be equivalent in **terms of learning**. Some of the differences are:

- Courses with the IFSI can lead into the certification process with the IFS Institute. Graduates of Stepping Stones may refer to themselves as "IFS Informed therapists".
- Stepping Stones is more intimate with a maximum of 21 students.

- **Are all the recordings available for viewing after the course is over?**

The videos are available for 6 months after the end of the course.

- **Outside of the 3-hour weekly meetings, how much additional work/homework is required?**

Along with the 3-hour weekly meetings, we suggest setting aside an additional 3-4 hours per module for coursework and personal reflection activities. However, there's some flexibility—participants have access to the materials for up to 6 months after the course ends, so you'll have the option to revisit any content as needed.

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## III. STRUCTURE OF PRACTICE SESSIONS

- **Are all sessions recorded?**

- **Teaching sessions and consult sessions** will be recorded and recordings will be sent to all students.
- **Practice sessions** will be recorded and ONLY those participants who attend live will be given access to the recording.

- **During the practice sessions, can I stay in the same groups of someone I know?**



No. Before the beginning of the course, IFSCA will send the list of registrants and will ask about dual relationships to guarantee you will not be in a practice group with someone you know. This allows the work to go deeper in the practice groups. The practice groups stay the same for each module (weeks 2 and 3 of each module), and then are changed each module. This allows you to have more diverse experience practicing in different systems.

- **How many students will I meet during each practice session?**

You will meet in groups of 3 or 4 students.

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## IV. COURSE FEES

- **What is the cost of the course?**

Total cost for the course is **USD \$2,250**.

- **Can I pay via PayPal or e-transfer?**

IFSCA only accepts payments via Regfox, our official ticket sales platform. All major credit cards are accepted.

- **Can you remove the admin fees of my registration?**

IFSCA is not responsible for admin fees charged by Regfox nor credit card foreign transaction fees charged by your bank.

- **Are registration fees in Canadian dollars or US dollars?**

Registration fees are in Canadian dollars.

- **I paid for my registration but the amount on the credit card is higher than the one I see on Ticketleap. Is there an error? I am based in Canada**

The difference is in relation to the USD vs CAD conversion rate and that credit card service fee for CAD is 4.99%

- **What is the cancellation policy?**

- Full Refund (minus \$175 CAD admin fee) available until August 2, 2025
  - After this date, students receive course access via Teachable and no refunds are available
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## V. STAFF AVAILABILITY

- **If consult questions arise after teaching sessions, can IFSCA staff support me via email?**

At the end of each module there will be consult groups, where questions get addressed. IFSCA staff are not available for consultation outside of the parameters of the course.

- **If safety issues arise during the course, can IFSCA staff support me via email?**

Yes, please reach out to the staff leading the course if there are safety concerns or parts are seriously triggered during the course. It's helpful for IFSCA Instructors to know if there are concerns within the cohort.

- **Can I meet the senior staff to better understand the course?**

For more information about the course, please go to [IFSCA website](#).

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## VI. AFTER THE COURSE

- **After completing the course, can I consider myself a Certified IFS therapist?**

Graduates of Stepping Stones or Stepping Deeper may refer to themselves as "IFS Informed therapists / practitioners / coaches / etc."

- **Can I be listed on the IFSCA directory after Stepping Stones?**

Graduates from Stepping Stones + Advanced Weekend course (Mastering IFS) or Stepping Stones + Stepping Deeper may apply for inclusion in the [IFSCA directory](#). Please email [hello.ifsca@gmail.com](mailto:hello.ifsca@gmail.com) for complete eligibility requirements.

- **What are the recommended courses after Stepping Stones?**

- IFSCA has many course offerings after Stepping Stones. Including Stepping Deeper, The Spiritual Sies of IFS (advanced weekend), masterclasses, consult groups, etc.



- **Are CEUs available?**

**CEUs are not available.** Due to the international nature of the course and the different requirements for CEUs across and often within different countries we cannot guarantee that this course will be recognised.

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## **VII. ACCOUNTABILITY**

- **Can I use the course mailing list to promote my work?**

**No.** The cohort email list is exclusively for communication among peers within practice groups. It can not be used for promotions, advertisements, unsolicited messages, or anything unrelated.