



Hello!

Thank you for your interest in our workshops. We get many inquiries about our prerequisite for entry into our Step Two **IFS-Informed EMDR 2-day**, where we focus on an experiential integration of the two models. This is not possible without an experiential grounding in both. Students without experiential training in IFS do not benefit optimally from our Step Two.

There are two programs we are very familiar with that provide participants with sufficient experiential workshop experience to benefit from Step Two:

- 1) IFS Institute Level One Training (preferred)
- 2) Syzygy Institute Step One

If you have not had either of these, but you think you have had something equivalent, you may complete the form at the link below, and provide supporting documentation for consideration as fulfilling this prerequisite. Documentation should include a description of the workshop, qualifications of instructors, schedule that shows amount of time in experiential practices, and completion certificate. We will evaluate your submission and make a determination.

Experiential workshop training is supervised live practice experience in a training environment. A two day (minimum) workshop with at least 5 hours of this component is what we are requiring. Didactic, recorded workshops are not this. Consultation is not this. Reading is not this. Personal therapy is not this.

Link to [Prerequisite Fulfillment Request Form](#)

Sincerely,

Bruce Hersey

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