

Part 2: Exiles, Unburdening and Deepening IFS Practice

November 2026 Schedule

This course runs from November 23 to December 11, 2026

Week 1 – November 23-29			
Dates	Activity	Time	Format
November 23, 2026	Orientation	9 to 10:30 a.m. ET	Zoom
Week 2 – November 30 – December 6			
Dates	Activity	Time	Format
Must be completed by November 29	Self-directed learning (4 hours)	N/A	Online
November 30, 2026	Live Class Self-directed learning (1.5 hours)	9 a.m. to 4 p.m. ET (one hour break)	Zoom
December 1, 2026	Live Class Self-directed learning (1.5 hours)	9 a.m. to 4 p.m. ET (one hour break)	Zoom
December 2, 2026	No Live Class		
December 3, 2026	Live Class Self-directed learning (1.5 hours)	9 a.m. to 4 p.m. ET (one hour break)	Zoom
December 4, 2026	Live Class Self-directed learning (1.5 hours)	9 a.m. to 4 p.m. ET (one hour break)	Zoom

Week 3 – December 7-11			
Dates	Activity	Time	Format
Must be completed by December 11	Self-directed learning (4.5 hours)	N/A	Online
December 11, 2026	Final assignment due	11:59 p.m. ET	Online