

Part 1: Self, Protectors and the Foundations of IFS

September 2026 Schedule

This course runs from September 8 to November 3, 2026

Week 1 – September 8-14			
Dates	Activity	Time	Format
September 8, 2026	Orientation	9 to 10:30 a.m. ET	Zoom
Week 2 – September 15-21			
Dates	Activity	Time	Format
Must be completed by September 14	Self-directed learning (2 hours)	N/A	Online
September 15, 2026	Class (1 hour for lunch)	9 a.m. to 4 p.m. ET	Zoom
Week 3 – September 22-28			
Dates	Activity	Time	Format
Must be completed by September 21	Self-directed learning (2 hours)	N/A	Online
September 22, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
Week 4 – September 28 - October 5			
Dates	Activity	Time	Format
Must be completed by September 28	Self-directed learning (2 hours)	N/A	Online

September 29, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
Week 5 – October 6-12			
Dates	Activity	Time	Format
Must be completed by October 5	Self-directed learning (2 hours)	N/A	Online
October 6, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
Week 6 – October 13-19			
Dates	Activity	Time	Format
Must be completed by October 12	Self-directed learning (2 hours)	N/A	Online
October 13, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
Week 7 – October 20-26			
Dates	Activity	Time	Format
Must be completed by October 19	Self-directed learning (2 hours)	N/A	Online
October 20, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
Week 8 – October 27 - November 3			
Dates	Activity	Time	Format
Must be completed by October 26	Self-directed learning (2 hours)	N/A	Online
October 27, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
November 3, 2026	Final assignment due	11:59 p.m. ET	Online