

## Part 1: Foundations of IFS Practice

### October 2025 Schedule – Wednesday Evenings

This course runs from October 15 to December 10, 2025

Week 1 – October 15-19			
Dates	Activity	Time	Format
October 15, 2025	Orientation	6:30 to 8 p.m. ET	Zoom
Week 2 – October 20-26			
Dates	Activity	Time	Format
Must be completed by October 21	Self-directed learning (2 hours)	N/A	Online
October 22, 2025	Class (1 hour for lunch)	2:30 to 9:30 p.m. ET one hour break at 5:30 p.m. ET	Zoom
Week 3 – October 27-November 2			
Dates	Activity	Time	Format
Must be completed by October 28	Self-directed learning (2 hours)	N/A	Online
October 29, 2025	Class	6:30 to 9:30 p.m. ET	Zoom
Week 4 – November 3-9			
Dates	Activity	Time	Format
Must be completed by November 4	Self-directed learning (2 hours)	N/A	Online
November 5, 2025	Class	6:30 to 9:30 p.m. ET	Zoom

Week 5 –November 10-16			
Dates	Activity	Time	Format
Must be completed by November 11	Self-directed learning (2 hours)	N/A	Online
November 12, 2025	Class	6:30 to 9:30 p.m. ET	Zoom
Week 6 –November 17-23			
Dates	Activity	Time	Format
Must be completed by November 18	Self-directed learning (2 hours)	N/A	Online
November 19, 2025	Class	6:30 to 9:30 p.m. ET	Zoom
Week 7 –November 24-30			
Dates	Activity	Time	Format
Must be completed by November 25	Self-directed learning (2 hours)	N/A	Online
November 26, 2025	Class	6:30 to 9:30 p.m. ET	Zoom
Week 8 –December 1-10			
Dates	Activity	Time	Format
Must be completed by December 2	Self-directed learning (2 hours)	N/A	Online
December 3, 2025	Class	6:30 to 9:30 p.m. ET	Zoom
Wednesday, December 10, 2025	Final assignment due	11:59 p.m. ET	