



Dr. Richard C. Schwartz, creator of Internal Family Systems and founder of IFS Institute, is an internationally recognized expert on psychotherapy, trauma, and human behavior.

Dick travels the world with the mission of bringing the IFS model to a global audience. He is available for media interviews and speaking opportunities in person at conferences, events, or organizational settings – or virtually for podcasts, interviews, or other media.

He maintains a busy speaking and media schedule, often booking 10–12 months in advance. Please contact us several months in advance of your proposed interview or engagement using the request form [here](#). For more ways to learn and engage with the Internal Family Systems model, we invite you to explore our [additional resources](#).

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## Short Bio

Richard C. Schwartz, PhD, is the creator of Internal Family Systems<sup>SM</sup>, a highly effective, therapeutic model with an emerging evidence base, that de-pathologizes the multi-part personality. Richard is also the Founder of the IFS Institute that primarily offers training for professionals. He is currently a Teaching Associate in Psychiatry, at Cambridge Health Alliance, a Harvard Medical School teaching affiliate. Richard has authored or co-authored more than ten books on Internal Family Systems and related topics, including *No Bad Parts* and *Internal Family Systems Therapy*. Dick lives near Chicago with his wife Jeanne, Vice President of the IFS Institute, close to his three daughters and six grandchildren.

# Long Bio

Richard Schwartz began his career as a family therapist and an academic at the University of Illinois at Chicago. There he discovered that family therapy alone did not achieve full symptom relief and in asking patients why, he learned that they were plagued by what they called “parts.” These patients became his teachers as they described how their parts formed networks of inner relationships that resembled the families he had been working with. He also found that as they focused on and, thereby, separated from their parts, they would shift into a state characterized by qualities like curiosity, calm, confidence and compassion. He called this state the Self and was amazed to find it even in severely diagnosed and traumatized patients. From these explorations the Internal Family Systems<sup>SM</sup> model was born in the early 1980s. IFS now has an emerging evidence base and has become a widely-used form of psychotherapy. It provides a non-pathologizing, optimistic, and empowering perspective and a practical and effective set of techniques for working with individuals, couples, families.

Richard is also the Founder of the IFS Institute, which offers extensive training and certification programming for mental health and other professionals globally. He is currently a Teaching Associate in Psychiatry, at Cambridge Health Alliance, a Harvard Medical School teaching affiliate. Richard has authored or co-authored more than ten books on Internal Family Systems and related topics, including *No Bad Parts* and *Internal Family Systems Therapy*. Dick lives near Chicago with his wife Jeanne, Vice President of the IFS Institute, close to his three daughters and six grandchildren.

# Projects & Topics

## **IFS & Leaders**

Bringing IFS into leadership is a powerful way to expand the model's impact beyond therapy and into the systems that shape our daily lives. By helping leaders lead from Self, the goal is to foster more connected organizations and create meaningful change that ripples through communities and the world.

## **IFS & Social Impact**

Creating lasting social impact is an important focus of expanding IFS beyond the individual. The model recognizes the connection between personal healing and collective healing, and by making IFS accessible to people from all backgrounds, it has the potential to foster more compassionate relationships, healthier communities, and a more connected world.

## **IFS & General Public**

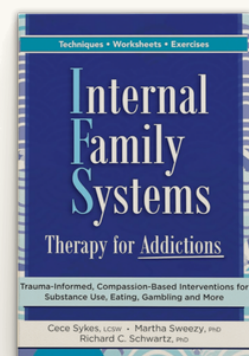
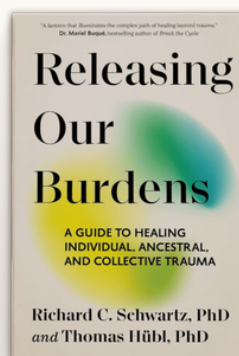
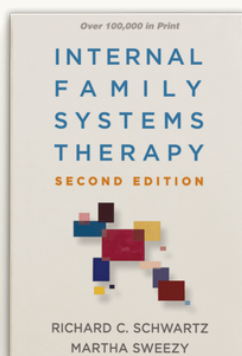
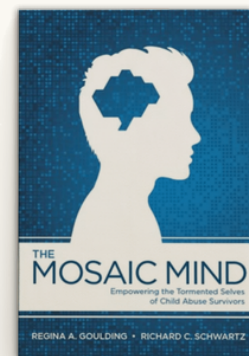
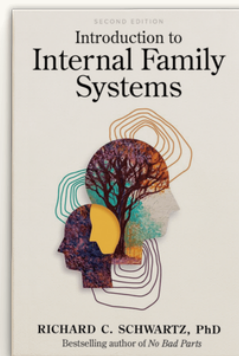
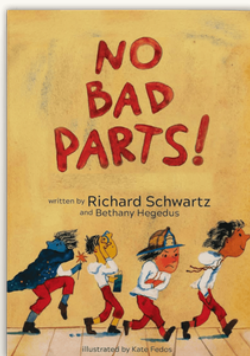
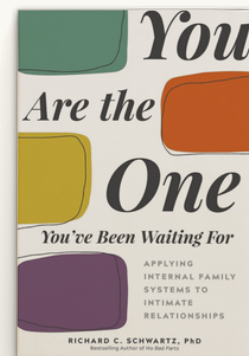
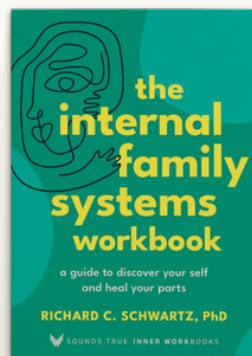
Making IFS accessible to the general public is central to the mission of bringing healing beyond the therapy room. Rooted in the belief that everyone has the innate capacity to heal, IFS provides a practical framework for understanding our internal system and fostering greater connection, compassion, and well-being. By introducing IFS to a wider audience, the model has the potential to transform individuals, families, workplaces, and communities.

## **IFS & Collective Unburdening**

Exploring collective unburdenings is an important evolution of the IFS model and its potential to create meaningful change. By helping people recognize and heal burdens that are carried across families, communities, and society, IFS offers a pathway toward greater compassion, reduced polarization, and healing that extends beyond the individual to the collective.

# Books

Whether you're exploring the Internal Family Systems for the first time or expanding an established practice, the online guided book journey will highlight options on where to begin and how to continue deepening your learning.



## VITAE

### EDUCATION

1976-1980 Ph.D. Purdue University, West Lafayette, Indiana *Marriage and Family Therapy*

1973-1974 M.S. Northern Illinois University, DeKalb, Illinois *Community Mental Health*  
(Interdisciplinary Program-Psychology, Sociology, Counselor Education, and Family Therapy)

1967-1971 B.A. Knox College, Galesburg, Illinois/*Psychology*

### LICENSES

1994-present M.F.T. Illinois #166-000259

2014-present M.F.T. Massachusetts #000001479

### PROFESSIONAL MEMBERSHIPS

American Association for Marital and Family Therapy (Clinical Fellow)

Illinois Association for Marriage and Family Therapy (Board Member, 1991-1994) Meadows

Behavioral Healthcare (Senior Fellow, 2019–present)

### EDITORIAL BOARDS

#### *Major family therapy journals:*

- 1996-present Journal of Feminist Family Therapy.
- 1990-present Contemporary Family Therapy.
- 1986-present Journal of Family Psychotherapy.
- 1985-present Family Therapy Collections
- 1985-2001 Journal of Marital and Family Therapy.

#### *Other publications:*

- 2000-present Journal of Self Leadership
- 1990-1998 Treating Abuse Today.
- 1983-present Contributing Editor, Family Therapy Networker

## PROFESSIONAL EXPERIENCE

2014 (Jan–Mar): Adjunct Master’s Faculty, Online Course, Palo Alto University, Palo Alto, CA

2013–present: Adjunct Faculty, Department of Psychiatry, Harvard Medical School, Boston, MA

2000–present: Founder and President, IFS Institute, P.C., Oak Park, IL

1996–2013: Adjunct Associate Professor, Department of Education and Social Policy, Northwestern University, Evanston, IL

1996–2000: Senior Therapist, The Family Institute at Northwestern University, Evanston, IL

1995–1997: Associate Professor of Psychology in Psychiatry, Department of Psychiatry, University of Illinois at Chicago, Chicago, IL

1985–1987: Visiting Assistant Professor of Psychology, Department of Psychology, University of Illinois at Chicago, Chicago, IL

1980–1995: Assistant Professor of Psychiatry, Department of Psychiatry, College of Medicine, University of Illinois at Chicago, Chicago, IL

1979–1996: Coordinator of Training, Family Systems Program, Institute for Juvenile Research, Chicago, IL

1986: Visiting Assistant Professor, Illinois School of Professional Psychology, Chicago, IL

1976–1979: Graduate Teaching Assistant, Department of Child Development and Family Studies, Purdue University, West Lafayette, IN

1975–1976: Coordinator of Family Therapy Services, Department of Psychiatry, Rush Presbyterian–St. Luke’s Medical Center, Chicago, IL

1974–1975: Family Therapist and Crisis Team Member, Mental Health Center of LaSalle County, Ottawa, IL

1968–1973: Recreational Therapist, Department of Psychiatry, Rush Presbyterian–St. Luke’s Medical Center, Chicago, IL

## TRAININGS

1995-present Provided basic and advanced training programs in Internal Family Systems Therapy<sup>SM</sup> throughout North America, Asia and Europe.

## CONSULTATIONS

2003–2010: Geneva Foundation, Chicago, IL

1994–1997: Chicago Metropolitan Child and Adolescent Center, Chicago, IL

1992–1997: Aura Extended Day Treatment Center (for conduct-disordered adolescents), Lombard, IL

1992–1995: Illinois Department of Rehabilitation Services, Chicago, IL

1991–1995: Onarga Academy (residential program for juvenile sex offenders), Onarga, IL

1990–2003: Chicago Center for Family Health, Chicago, IL

1986–1989: Alternatives, Inc., Chicago, IL

1984–1988: Special Consultant, Committee on Epidemiology and Prevention, National Institute on Drug Abuse, Washington, D.C.

1983–1988: Department of Family Practice, Cook County Hospital, Chicago, IL

1983–present: Portage-Cragin Mental Health, Chicago, IL

1982–1983: Mental Health Division, DuPage County Health Department, Wheaton, IL

## PUBLICATIONS

### Books

Hübl, T., & Schwartz, R. C. (2025). *Releasing our burdens: A guide to healing individual, ancestral, and collective trauma*. St. Martin's Essentials / Sounds True.

Schwartz, R. C. (2024). *The Internal Family Systems Workbook: A Guide to Discover Your Self and Heal Your Parts*. Sounds True.

Schwartz, R. C. (2023). *You Are the One You've Been Waiting For: Applying Internal Family Systems to intimate relationships* (Reissued ed.). St. Martin's Essentials / Sounds True.

## **Textbooks for the Medical or Scientific Community**

Nichols, M. and Schwartz, R.C. (2000). *Family Therapy: Concepts and Methods* (5th ed.). Cambridge, MA: Allyn and Bacon.

Nichols, M. and Schwartz, R.C. (1997) *Family Therapy: Concepts and Methods* (4th ed.). Cambridge, MA: Allyn and Bacon.

Nichols, M. and Schwartz, R.C. (1995) *Family Therapy: Concepts and Methods* (3rd ed.). Cambridge, MA: Allyn and Bacon.

Schwartz, R.C. (1995). *Internal Family Systems Therapy*. New York: Guilford Press.

Nichols, M. and Schwartz, R.C. (1991). *Family Therapy: Concepts and Methods* (2nd ed.). Cambridge, MA: Allyn and Bacon.

Breunlin D, Schwartz, R.C. (1992). and MacKune-Karrer B. *Metaframeworks for Psychotherapy: Transcending the Models of Family Therapy*. San Francisco: Jossey Bass.

Liddle, H.A, Breunlin, D.C. and Schwartz, R.C. (1988). *The Handbook of Family Therapy Training and Supervision*. New York: Guilford Press

Nichols M and Schwartz R.C. (1984). *Family Therapy: Concepts and Methods*, (1st ed.). Cambridge, MA: Allyn and Bacon.

## **Journal Articles**

Shadick, N. A., Sowell, N. F., Frits, M. L., Hoffman, S. M., Hartz, S. A., Booth, F. D., Sweezy, M., Rogers, P. R., Dubin, R. L., Atkinson, J. C., Friedman, A. L., Augusto, F., Iannaccone, C. K., Fossel, A. H., Quinn, G., Cui, J., Losina, E., & Schwartz, R. C. (2013). A randomized controlled trial of an Internal Family Systems–based psychotherapeutic intervention on outcomes in rheumatoid arthritis: A proof-of-concept study. *The Journal of Rheumatology*, 40(11).  
<https://doi.org/10.3899/jrheum.121465>

Schwartz, R. C. (2013). Moving from acceptance toward transformation with Internal Family Systems therapy. *Journal of Clinical Psychology*, 69, 793–867.

Schwartz, R. C. (2013). Depathologizing the borderline client. *Psychotherapy Networker*. May/June.

Schwartz, R. C. (2011). Is mindfulness enough? Going beyond acceptance to healing. *Psychotherapy Networker*. September/October.

Twombly, J. H., & Schwartz, R. C. (2008). The integration of the Internal Family Systems model and EMDR. In C. Forgash & M. Copeley (Eds.), *Healing the heart of trauma and dissociation with EMDR and ego state therapy* (pp. 295–311).

Schwartz, R. C. (2004). The larger self. *Psychotherapy Networker*. May/June, 36–43.

Schwartz, R. C. (2003). Maintaining self-leadership with “borderline” clients. *Journal of Self Leadership*, 1(1), 32–37.

Schwartz, R. C. (2003). Pathways to sexual intimacy. *Psychotherapy Networker*, 27(3), 36–.

Schwartz, R. C. (2002). Hard times for the forces of compassion. *Family Process*, 41(1), 32–34.

Schwartz, R. C. (2001). Dealing with racism: To exorcise or embrace inner bigots. *Voices: The Art and Science of Psychotherapy*. Fall, 55–64.

Schwartz, R. C. (2001). No contest: How a therapist learned to listen. *Psychotherapy Networker*. September/October.

Schwartz, R. C., & Johnson, S. M. (2000). Does couple and family therapy have emotional intelligence? *Family Process*, 39, 29–34.