IFS AKADEMIE

Internal Family Systems℠ (IFS) Training Level 2 IFIO – #1693 · online · 2027

IFS Training - Level 2 IFIO (#1693) online

Training of the IFS Institute (IFSI), conducted by the IFS Akademie in German-speaking countries

KEY DATA

- Officially certified by the international IFS Institute (IFSI) as Level 2
- Continuing education credits applied for from the Chamber of Psychotherapists
- 72 hours of continuing education
- 4 Modules · online

TARGET GROUPS

- Licensed psychotherapists (CBT, PDT, Psychoanalytic & Systemic)
- Doctors who practice psychotherapy (psychiatry, psychosomatics, child and adolescent psychiatry)
- Alternative practitioners in psychotherapy (Heilpraktiker Psychotherapie)
- Systemic therapists (DGSF/SG)
- Prerequisite: completed IFS Level 1 training and current work with couples

IFS Institute

Why IFIO?

The IFIO™ Basic Training is a 72-hour, practice-oriented clinical training for Internal Family Systems ℠ Level 1 graduates who work as couple therapists and wish to incorporate the depth of IFS work into their work with couples and intimate partnerships.

The foundation is the IFS model, expanded with insights from systemic thinking and neuroscience. The training was developed for the complexity of relational work. IFIO is based on a simple, powerful idea: Intimate relationships are not just a context for healing—they are a vehicle for it. Instead of working with each partner individually, IFIO invites therapists to work with the relational system itself and to guide couples from conflict and distance toward genuine reconciliation and growth.

Therapists leave this training with embodied, practical tools that they can immediately use to:

- To enable effective relational work with couples and intimate partners.
- To overcome typical challenges in couples therapy with greater confidence and clarity.
- to skillfully work with extreme protective mechanisms and to integrate both interpersonal and intrapsychic processes.
- To support couples in communicating more effectively and deepening their heartfelt connection.

PARTICIPANTS REPORT ON

- More safety when working with couples in conflict
- Tools for supporting individuals through attachment disorders and breaches of trust
- A clearer approach to dealing with extreme protection dynamics in partners:
- deepened therapeutic alliance with both partners
- more depth and clarity in relational work
- integrated work with interpersonal and intrapsychic processes

RESEARCH

IFS is an internationally established therapy and counseling model with a growing research base. Its effectiveness has been investigated in clinical trials for over two decades. Buys (2025, Scoping Review, 27 studies) classifies IFS as a "promising therapeutic approach" for chronic pain, depression, and PTSD. In January 2026, the first full randomized controlled trial on IFS for PTSD was published by Joss et al. (Cambridge Health Alliance / Harvard, Psychological Trauma). IFIO adapts this approach to couples therapy by offering an IFS-based model for working with couples.

Training overview

CONTENTS

- Fundamentals of IFIO and its anchoring in the Internal Family Systems ℠ model
- Working with the relational system instead of with partners in isolation
- Protective dynamics in couples: Manager, firefighter aspects and banished aspects in the relationship context
- Compassionate Dialogue: IFIO Techniques for Promoting Self-to-Self Contact Between Partners
- Support for attachment injuries, rupture & repair, and sustainable trust building
- Live demonstrations of therapeutic sessions
- Supervised exercise groups with training assistants
- Professional self-exploration in a safe environment

GROUP

- 2 IFSI Trainerin
- 8 training assistants
- 32 participants

LANGUAGE

- English with German translation

METHODOLOGY

- Lecture, demonstration, discussion, practical exercise of the techniques and self-reflection in small groups.

READINGS & MATERIALS

- Printed training manual included
- Recommended reading for preparation: Toni Herbine-Blank, Donna M. Kerpelman et al: “From Self to Self: Working with Interpersonal Structures (IMS) in Couple Therapy”, Arbor Verlag, 2021

ADMISSION CRITERIA

- Completed Level 1 training
- At least 6 months between completion of Level 1 and the start of Level 2 IFIO training.
- Active work as a therapist or practitioner with couples / intimate partnerships

DATES & TIMES

Module	Data	Times
Module 1	26.-28.02.2027 (3 Days)	12 AM - 8 PM (CET)
Module 2	02.-04.04.2027 (3 Days)	12 AM - 8 PM (CET)
Module 3	23.-25.04.2027 (3 Days)	12 AM - 8 PM (CET)
Module 4	21.-23.05.2027 (3 Days)	12 AM - 8 PM (CET)

Including lunch break (1 hour) and regular short breaks (15 minutes each)

Trainers

JOYA LONSDALE

Joya Lonsdale, LICSW, is a bilingual psychotherapist (English/Spanish) and co-lead trainer for Intimacy From the Inside Out (IFIO) – the Internal Family Systems ℠-based treatment model for couples therapy. She has been working as an IFS therapist since 2012, joined the core IFIO trainer team in 2023, and has advanced training in all specialized IFIO modules: Betrayal & Repair, Shame and the Brain, and Sexuality Matters.
Her clinical focus is on treating couples with complex attachment and trauma dynamics – interethnic and intercultural couples, LGBTQIA+ couples, and heterosexual couples with a history of trauma. Additional qualifications in EMDR and Sensorimotor Psychotherapy complement her trauma- and body-sensitive work within the IFS framework.

"I have learned the most about IFIO as a client. I am passionate about supporting people in expanding their capacity to give and receive love and to communicate from the heart – using the same transformative model that helped my husband and me heal our relationship."

KRISSY TINGLE

Krissy Tingle is a certified IFS therapist and co-lead trainer for Intimacy From the Inside Out (IFIO). For over 25 years, her clinical focus has been on the treatment of relational disorders—attachment dynamics, the regulation of closeness and distance, and the impact of early relationship experiences on current couple dynamics. The integration of IFIO into her therapeutic work has methodologically deepened and broadened this focus.
Krissy completed her IFS and IFIO training starting in 2010 and is a founding member of IFS UK. Further training in Hakomi/Mindful Somatic Psychotherapy complements her body- and attachment-sensitive approach. She is a BACP member and runs a private practice in northwest England.

"IFIO has enabled those parts of me that had remained hidden due to hurtful relationships to be truly perceived and seen for the first time – and thus finally opened the door to reconciliation and acceptance."

Terms & Certification

PARTICIPATION FEE

- Total price: EUR 2,900 (exempt from VAT according to §4 No. 21 UStG)
- Reduced participation conditions for aspiring psychotherapists (currently studying or in further training) from the German-speaking region
- Payment in installments upon request
- Comprehensive training manual (printed) including

LEGAL

To register for the training course, you must agree to these conditions:

- General terms and conditions of business
- Confidentiality agreement
- Code of Conduct

PAYMENT TERMS

- You can secure your place with a deposit of EUR 750, which is due 14 days after receiving the invoice.
- The remaining balance (EUR 2,150) is due 3 months before the course begins.

CANCELLATION POLICY

- If you cancel in writing up to 3 months before the course starts, the course fee will be refunded minus the deposit.
- You can take out seminar cancellation insurance with appropriate providers.

GRADUATION CERTIFICATE & CONTINUING EDUCATION POINTS

- Certificate of attendance from the IFS Academy for at least 62 out of 72 hours, recognized for certification by the IFS Institute.
- Continuing education credits from the Chamber of Psychotherapists (already applied for)

IFSI CERTIFICATION

- The certificate of participation for Level 2 represents one of the basic requirements for official certification as an Internal Family Systems ℠ therapist by the international IFS Institute (IFSI).
- The certification process is directly controlled by the IFSI.
- More information about certification

Guidelines for participation via Zoom

TECHNICAL REQUIREMENTS

- Please install Zoom in time. If you haven't installed Zoom yet, you can find it here: Windows | Mac
- If Zoom is already installed, please allow enough time for any software updates. Your device should be able to run the basic version of Zoom without any problems.
- Please ensure that your internet connection is stable enough to use Zoom reliably.
- Suitable device: Participation works best via a desktop PC, laptop, or iPad with a large screen. Using a smartphone is not recommended. The device should have a working microphone for clarity.

DURING THE TRAINING

- The Zoom link will be sent two days before the start of the training.
- Please mute your microphone except when you are speaking.
- To ensure security and confidentiality, please participate in a private space where no one can overhear. Participation in public places is not permitted.

RECORDS

For all IFS Institute training courses, the following applies: Participants are not permitted to record any training content – neither through their own audio or video recordings, nor through the use of AI note-takers or automated transcription services. Individual parts of the training may be recorded by the IFS Academy for internal training purposes. These recordings will not be available to participants. Successful applicants will receive further information on this well in advance of the start of the training.

We are here for you!

Alexandra Frot

Anke Lang

We are the founders of the IFS Akademie. Please feel free to contact us anytime if you have any questions. We are also involved in the training sessions as organizers and contact persons.