

IFS Training Level 1



#1465 online
2026



IFS AKADEMIE



Training Overview

IFS is a leading model of psychotherapy developed by Dr. Richard C. Schwartz. It offers a non-pathologizing and empowering view of people and is used worldwide. The IFS Level 1 Training provides a comprehensive introduction to the theory and techniques of the IFS model. It also invites participants to explore their own inner world in a safe and supportive environment.

Targets

- Understand the foundations of the IFS model
- Apply IFS techniques to various clinical populations
- Use the IFS method for personal development

Group

- 2 Trainers
- 12 Program Assistants
- 36 Participants

Methods

- Lectures
- Demonstration sessions
- Supervised practice groups
- Large group discussions
- Reflection groups
- Personal experiential work

Reading

You will receive a comprehensive printed training manual. To prepare, please read Richard C. Schwartz: Internal Family Systems Therapy. 2nd Edition.

Language

- The training is conducted in English.
- One trainer and many program assistants speak German.
- Practice groups will be divided into German- and English-speaking groups.



Dates



Module	Dates	Hours	Location
Module 1	30.01. - 02.02.2026 (4 days)	09:00 - 05:00 p.m. (incl. 1,5 hours break)	Zoom
Module 2	05.02. - 07.02.2026 (3 days)	09:00 - 05:30 p.m. (incl. 1,5 hours break)	Zoom
Module 3	12.03. - 15.03.2026 (4 days)	09:00 - 05:00 p.m. (incl. 1,5 hours break)	Zoom
Module 4	08.05. - 10.05.2026 (3 days)	09:00 - 05:30 p.m. (incl. 1,5 hours break)	Zoom

During the training days, there will be regular short breaks (approximately 15 minutes).

Trainer: Carolina Abreu



Carolina Abreu, MA, is a Psychologist and a certified Psychotherapist (certified by the OPP - Portuguese Order of Psychologists and EFPA). She is a therapist and Trainer in Internal Family Systems by the IFS Institute. She works in private practice, where she provides supervision and IFS-based therapy to individuals from all over the world.

She has collaborated in multiple IFS workshops, especially in the Portuguese IFS community. She has participated in several IFS International Trainings and has had the privilege of working and learning with the greatest references of the model.

She loves participating and supporting the creation and expansion of IFS communities and is strongly committed to helping more people access, incorporate, and benefit from this model.

<https://carolinaabreu.com>

Trainer: Dr. Ann-Katrin Bockmann



Ann-Katrin is an IFS Institute Certified IFS Therapist and Approved Clinical Consultant living in Germany. For the IFS Institute she has been facilitating IFS trainings in different countries as Co-Lead Trainer and Program Assistant.

She is a certified Somatic IFS Therapist and on staff with Susan McConnell. Ann-Katrin is trained in IFIO - using IFS with couples. She has many years of clinical experience in working with adults, children and adolescents, parents, systems and organisations and professionals in helping professions as well as the educational field.

She is involved in the official German psychotherapy training (CBT) as a lecturer, supervisor and self-experience provider. To her IFS is a paradigm that supports the psychotherapist profoundly, has great potential to transform psychotherapy and gives answers to the worldwide meaning crisis. As a lecturer and researcher at Hildesheim University Ann-Katrin contributes to IFS research.

<https://www.akbockmann.de/>

Teilnahme & Zertifizierung

Participation

- Upon completion of the training, you will receive a certificate of participation from the international IFS Institute (requirement: attendance of at least 75 out of 89.5 training hours).
- This certificate allows you to integrate the IFS model into your therapeutic work.
- It also qualifies you to apply for:
 - Advanced IFS trainings (e.g., Level 2, Level 3)
 - Programs recognized by the international IFS Institute
 - Serving as a Program Assistant (PA) in future trainings

Certification

- Important: Participation in a training does not mean that you are automatically certified.
- To become a certified IFS Therapist or IFS Practitioner, you must complete a separate certification process with the international IFS Institute (IFSI).
- Accreditation with the relevant Chamber of Psychotherapists: 154 points (Germany)



Admission Criteria

The Level 1 Training is intended for professionals in the field of mental health. Admission is based on the criteria of the international IFS Institute, adapted for the German-speaking context. The three main admission criteria are:

- 1 Membership in a professional association**
relevant to your therapeutic work.
- 2 Training in a psychotherapeutic method**
You have already completed training in a psychotherapeutic approach.
- 3 License to treat individuals with mental health conditions**
You are authorized to treat people with psychological disorders – for example, as a psychiatrist, licensed psychological psychotherapist, child and adolescent psychotherapist, physician, alternative practitioner for psychotherapy (“Heilpraktiker:in”), or psychiatric mental health nurse.

Also eligible – without a license to treat

The following qualifications also meet the admission requirements:

- Social workers or social pedagogues with a master’s degree who work in a clinical or psychological setting
- Art therapists and social education assistants working in a clinical or psychological setting
- Systemic child and youth therapists, systemic couples and family therapists, and clinical addiction counselors with a master’s degree
- Individuals with a master’s or doctoral degree in the field of mental health whose research focuses on IFS

Application Process

Your application

- You can apply for the IFS Level 1 Training from July 19 to September 6, 2025 (application period: 6 weeks). After the deadline, you may apply as a potential waitlist candidate.
- Please fill out our application form.
- All applicants will receive a response no later than two weeks after the application deadline.

Admission Criteria

- You meet the admission criteria
- Diversity: We aim to create participant groups that are as diverse as possible.
- Applications are welcome from all regions, though priority is given to applicants from German-speaking countries.



Investment & Conditions

Investment

- The Level 1 Training costs €3,700 (VAT-exempt).
- You will receive the printed training manual by mail.

Payment Terms

- You can secure your spot with a deposit of €750, due 14 days after receiving the invoice.
- The remaining balance (€2,950) is due by December 1, 2025.
- All other individual expenses must be paid directly to the respective service providers.

Legal Information

When registering for the training, you are required to agree to the following guidelines:

- [General Terms and Conditions](#)
- [Confidentiality Agreement](#)
- [Code of Conduct](#)

Cancellation Policy

- If you cancel in writing by December 1, 2025, the course fee will be refunded minus the deposit.
- We recommend taking out seminar cancellation insurance.



Zoom Instructions

General Information

- The Zoom link will be sent out two days before the training begins. Please make sure to install Zoom in advance. If you haven't installed Zoom yet, you can find it here: [Windows](#) | [Mac](#)
- If Zoom is already installed, allow enough time for possible software updates. Your device should be able to run the basic version of Zoom without problems.
- Participation works best via a desktop computer, laptop, or iPad with a large screen. Using a smartphone is not recommended.
- Please ensure your internet connection is stable enough to use Zoom reliably.
- Keep your microphone muted during the training—unless you are speaking. Your device should have a functioning microphone so you can be clearly understood.
- To ensure safety and confidentiality, please join from a private space where you are undisturbed and no one can overhear. Participation from public spaces is not permitted.



Recordings

The following applies to all trainings conducted by the IFS Institute:

Participants are not permitted to record any part of the training. Selected portions of the training may be recorded by the IFS AKADEMIE for internal training purposes. These recordings will not be made available to participants. Successful applicants will receive more detailed information well before the training begins.

We're here for you!



Alexandra Frot



Anke Lang

We are the founders of the IFS AKADEMIE and have put a lot of heart and care into organizing this training. If you have any questions, please don't hesitate to reach out to us at any time. We'll also be present throughout the training as organizers and hosts—and are always available for you.

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