



Deepening & Expanding with IFS

Level 2 | #1467



IFS AKADEMIE



Training Overview

This IFS training builds on the experiences of the Level 1 training. It follows a similar format, including didactic content, demonstrations, experiential large group exercises, and small group practice sessions. Like Level 1, this Level 2 intensive training places equal emphasis on theory and personal experiential work.

Focus Areas

- Working with extreme protective systems and early childhood trauma
- Deepening core IFS processes: working with inner polarizations, intense firefighters, and unburdening
- Strengthening the therapeutic relationship through personal experiential work
- A deeper understanding of the Self—of both client and therapist—with rich opportunities for self-exploration

Methods

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

Group

- 2 Trainers
- 12 Program Assistants
- 36 Participants

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



Dates	Hours	Location
13.09.2026	09:45 - 17:30 p.m. (incl. 1,5 hours break)	St. Bernhard, Rastatt
14.09.2026	09:15 - 17:30 p.m. (incl. 1,5 hours break)	St. Bernhard, Rastatt
15.09.2026	09:15 - 17:30 p.m. (incl. 1,5 hours break)	St. Bernhard, Rastatt
16.09.2026	09:15 - 17:30 p.m. (incl. 1,5 hours break)	St. Bernhard, Rastatt
17.09.2026	09:15 - 16:00 p.m. (incl. 1 hour break)	St. Bernhard, Rastatt

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

Location

We have reserved the Bildungshaus St. Bernhard in Rastatt for the training. The town is located in the picturesque Rhine Valley and combines baroque splendor with natural tranquility.



Food & Drinks

Coffee, tea, and soft drinks will be available free of charge throughout the day. Snacks will be provided in the morning and afternoon. Lunch and dinner can be booked on-site. Participants are free to decide which meals they would like to add.

Accommodation

We have reserved a block of rooms at a rate of €119 per night, including breakfast. If you wish, you can book a room at this rate using the code "IFS" until July 20, 2026.



Address

An der Ludwigsfeste 50
76437 Rastatt
+49 (0) 7222 104 660
<https://www.st-bernhard-rastatt.de/>



Trainer: Mariel Pastor



Mariel Pastor is a licensed marriage & family therapist and an IFS Senior Lead Trainer, trained in the IFS model since 1998. She is the principal author of the IFS Level 1 Training Manual, and leads all levels of IFS trainings, and Unburdened System retreats in many countries. Based in Portland, Oregon, she has a special interest in Integral Psychology—incorporating somatic approaches, cultural systems, and spirituality throughout her IFS work.

Mariel co-founded the IFS Consultation Collective with other lead trainers—offering weekly group consultation online to IFS therapists anywhere. Internal Family Systems also influences her work with actors, writers, and directors through Character Mapping—a groundbreaking, customized coaching and original online course supporting storytellers to maximize their relationships with their characters, their craft, and their Selves.

Outside of training and consulting, Mariel enjoys almost anything to do with gardening, building things, and hanging out with dogs.

<https://www.marielpastor.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/>

Application & Certification

Application

- Prerequisite: Completion of the IFS Level 1 Training
- Please fill out our application form (published soon on our website and via newsletter).
- You can apply for the Level 2 Training from September 1 to October 15, 2025.
- All applicants will receive a response by November 15, 2025.

Please note:

- Recording by participants is not permitted
- Online participation is not possible

Certification

- Upon completion of the training, you will receive a certificate of participation from the international IFS Institute (requirement: attendance of at least 27 out of 32 training hours).
- 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: 51 points (Germany)
- This certificate allows you to participate to IFS Level 3 trainings



Investment & Conditions

Investment

- The Level 2 Training costs €2,500 (VAT-exempt)
- Your training manual, as well as beverages and light snacks during the course, are included.
- Travel, accommodation, and main meals are to be covered individually

Payment Terms

- You can secure your spot with a deposit of €750, due 14 days after receiving the invoice
- The remaining balance (€1,750) is due by June 30, 2026
- 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 written notice of cancellation is received by June 30, 2026, the course fee will be refunded minus the deposit
- We kindly recommend arranging seminar cancellation insurance for your own peace of mind



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.

mail@ifs-akademie.com