

IFS Training Level 1



IFS AKADEMIE



Training Overview

IFS is a leading model of psychotherapy developed by Dr. Richard C. Schwartz. It offers a non-pathologizing, empowering view of humans 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.

Goals

- Understand the conceptual foundation of the IFS model
- Apply and work with IFS techniques for various clinical target groups
- Utilize the personal growth opportunities that IFS offers

Group

- 2 trainers
- 12 programm assistants (PA)
- 36 participants

Methods

- Lectures
- Demo sessions
- Supervised practice groups
- Plenary discussions
- Reflection groups
- Self-awareness

Reading

You will receive a comprehensive, printed training manual.
To prepare, please read Richard Schwartz (2019), "Internal Family Systems Therapy".

Language

- The training is held in easy-to-understand English
- A trainer and a number of PAs speak German
- There will be English and German speaking practice groups



Dates and Procedure



Module 1 (6 Days)	Sunday, October 5, 2025 to Friday, October 10, 2025	Vierfalthof (near Landshut, Bavaria)	10:15 am - 6:15 pm (Sunday, 1:15 hour lunch break) 09:15 - 18:15 (Mon-Thur, 1:15 hour lunch break) 09:30 - 16:00 (Friday, 1:00 hour lunch break)
Bridge Days (2 Tage)	Monday, November 17, 2025 to Tuesday, November 18, 2025	Online (Zoom)	10:00 a.m. - 5:50 p.m. (1:15 hour lunch break)
Module 2 (6 Days)	Sunday, December 14, 2025 to Tuesday, December 16, 2025 - 1 day break - Thursday, December 18, 2025 to Saturday, December 20, 2025	Online (Zoom)	10:00 a.m. - 5:50 p.m. (1:15 hour lunch break)

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

Location (Module 1)

The first module takes place at the Vierfalthof near Landshut - an idyllic location in the midst of nature that we will have exclusively for ourselves.

Address

Vierfalt Retreat Center
Stephansbergham 41
84144 Geisenhausen (Bavaria)
Phone: +49 151 - 2410 1727
<https://www.vierfalt.de/>

Food & Drink

Free coffee, tea and soft drinks will be available throughout the day, along with fruit, snacks and cakes in the afternoon.

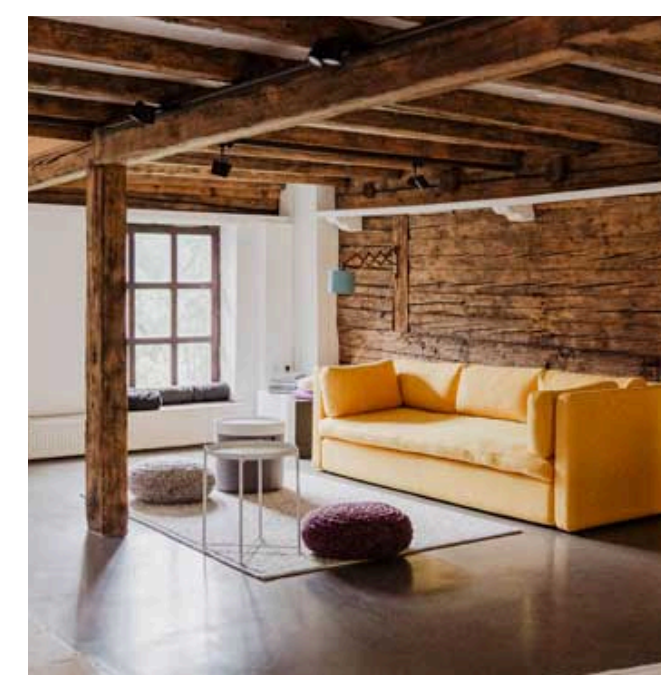
For lunch, we will eat together at the Vierfalthof—our host is a trained Ayurvedic cook who will prepare a fresh, vegetarian lunch for us at 20 EUR per day.

Overnight Stay

Ibis Hotel Landshut City Bahnhofplatz 2
84032 Landshut Phone: +49 871
40439550 Mail: hb1t8@accor.com

We have reserved a room contingent here for 65 EUR per night including breakfast. If you wish, you can book a room under these conditions using the code “IFS” until September 1st, 2025.

We have organized a shuttle bus that takes you from the hotel to the Vierfalthof once a day in the morning and back in the evening (5 EUR per day).



Lead-Trainer: Liz Martins



Liz is an IFS Institute Certified IFS Therapist and Approved IFS Clinical Consultant based in the UK. She is a IFS Institute Lead Trainer and leads IFS trainings and workshops worldwide.

Liz has supported personal and professional development for many years, including as a social worker, therapist, supervisor, group facilitator, coach, mentor, and trainer. With solid clinical experience and training in fields including psychosynthesis counselling, sensorimotor psychotherapy, and EMDR, she is highly qualified to train professional psychotherapists.

She is passionate about IFS and its potential for transformation and has a particular interest in supporting the development of the model through the integration of IFS and supervision practice.

<https://www.lizmartinscounselling.co.uk/>

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 for Level 1

Target group

The Level 1 training is aimed at professionals working in the field of mental health. We welcome applications from:

- Psychological psychotherapist
- (Systemic) child and adolescent psychotherapist
- Systemic couple and family therapist
- Heilpraktiker for psychotherapy
- Psychiatrists
- Doctors of medicine

A complete list of qualifications that meet the admission criteria can be found on our [homepage](#).

Qualifications

When it comes to the required qualifications, we strictly adhere to the guidelines and specifications of the international IFS Institute. If your activity is not listed, but you meet the following 3 criteria, please feel free to email us and make a separate inquiry:

- Professional training in mental health
- Approval for the treatment of people with mental illness
- Registration with a professional association dealing with claims based on professional misconduct



Process and Requirements

Application process

- Applications for this training are open from December 1, 2024 to January 31, 2025
- Please complete our questionnaire
- All applicants will receive feedback by March 1, 2025
- Applicants who do not receive confirmation will automatically be placed on a waiting list

Selection Criteria

- You hold one of the specified professional qualifications (see target group)
- We can accommodate up to 10 participants from neighboring countries within the DACH region
- Diversity: We strive to make our participant groups as diverse as possible

Residence Requirements

If you reside in Germany, Austria, Switzerland, or in a neighboring country without an IFS partner institute, we encourage you to apply.

Eligible neighboring countries include:

- Netherlands
- Belgium
- Italy
- Liechtenstein
- Luxemburg
- Denmark
- Slovenia
- Hungary
- Slovakia
- Czech Republic
- Sweden



Participation & Certification

Participation

- At the end of the training you will receive a certificate of participation from the international IFS Institute (prerequisite: participation in at least 75 of the 89.5 training hours)
- You can then work as an IFS therapist
- The certificate of attendance allows you to attend Level 2 training and other official programs
- The certificate of attendance is also a prerequisite for applying as a Program Assistant (PA) worldwide

Certification

- Please note that admission to a training does not imply that the requirements for IFS certification have been met
- If you would like to become a certified IFS therapist, you will need to complete the certification process through the IFS Institute (IFSI). All necessary information can be found at <https://ifs-institute.com/trainings/ifs-certification>
- Level 1 is accredited by the Bavarian and Rhineland-Palatinate Chambers of Psychotherapists (111 points)



Investment & Conditions

Investment

- The Level 1 training costs 4,550 EUR (VAT-free)
- The training manual, as well as drinks and snacks during the first on-site module, are included
- Additional, individual costs arise from travel costs, accommodation, main meals and the bus shuttle (optional)

Legal

By participating in the Level 1 training, you agree to the following:

- [General terms and conditions](#)
- [Confidentiality agreement](#)
- [Code of Conduct](#)

Payment Terms

- You can secure your place with a deposit of 750 EUR, which is due within 14 days of receiving the invoice
- The remaining amount (3,800 EUR) is due on July 1, 2025
- All other individual costs are to be paid directly to the respective service providers

Cancellation Policy

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



We are here for you!



Alexandra Frot



Anke Lang

We are the founders of the IFS AKADEMIE and have poured our heart and soul into organizing this training. If you have any questions, please feel free to reach out to us at any time. We will also be present as organizers and hosts during the training and will be available to you whenever needed.

mail@ifs-akademie.com