IFS AKADEMIE

Internal Family Systems℠ (IFS) Training Level 1 – #1689 · online · 2027

IFS Training - Level 1 (#1689) online

IFS 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)
- 142 continuing education credits from the Chamber of Psychotherapists
- 89.5 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)
- Advanced psychotherapy students (pre-licensure)

IFS Institute

Why Internal Family Systems ℠?

Complex symptom patterns, trauma-related disorders, and contradictory internal dynamics are part of everyday psychotherapeutic practice. IFS is an approach that addresses this complexity and can be integrated into existing therapeutic methods—be it systemic therapy, cognitive behavioral therapy, psychodynamic psychotherapy, analytical psychotherapy, or medical psychotherapy.

IFS understands the psyche as a system of inner parts that are regulated through contact with the self. Symptoms are not pathologized, but rather understood as expressions of meaningful protective strategies. When the self nurtures these parts, change becomes possible. Protective strategies can become resources, wounded parts become accessible and can experience relief. In this structured process, the inner system can thus find its way to a new form of regulation.

PARTICIPANTS REPORT ON

- Greater clarity in complex therapy processes
- New approaches to reach hard-to-reach patients
- Deepened therapeutic alliance
- Greater understanding of one's own internal system in practice
- Noticeable relief in everyday working life
- Fewer therapeutic dead ends

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; further evidence comes from pilot and proof-of-concept studies.

Training overview

CONTENTS

- Fundamentals of the Internal Family Systems ℠ model and current state of research
- Working with inner parts (manager, firefighter, exiles) and access to the Self
- Live demonstrations of therapeutic sessions and supervised exercise groups
- Application of basic IFS techniques to various clinical populations and indications such as trauma, anxiety, depression, eating disorders, addiction, and psychosomatic disorders.
- Professional self-exploration in a safe environment

Full curriculum available upon request.

GROUP

- 1 IFSI trainer
- 1 Assistant Trainer
- 12 Program Assistants (PA)
- 36 Participants

LANGUAGE

- DE with live translation to EN
- EN content from the assistant trainer with live translation to DE
- Practice groups possible in DE and EN

READINGS & MATERIALS

- Printed training manual included
- For preparation, please read: Richard C. Schwartz, Martha Sweezy: Internal Family Systems Therapy, Revised Edition, 2024

DATES & TIMES

Module	Data	Times
Module 1	04.-07.02.2027 (4 Days)	9:00 AM - 5:00 PM
Module 2	11.-14.02.2027 (4 Days)	9:00 AM - 5:00 PM
Module 3	12.-13.03.2027 (2 Days)	9:00 AM - 5:00 PM
Module 4	08.-11.04.2027 (4 Days)	9:00 AM - 5:00 PM

Including lunch break (1 hour) and short breaks in the morning and afternoon (15 minutes each).

Team

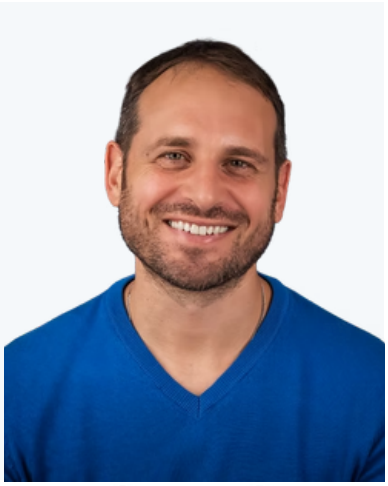
LEAD TRAINER: DR. ANN-KATRIN BOCKMANN



Dr. Ann-Katrin Bockmann is a certified psychologist, licensed child and adolescent psychotherapist, and Internal Family Systems ℠ therapist certified by the IFS Institute (IFSI). She works as a certified Solo Lead Trainer for IFSI and has led IFS trainings in various countries. She is a certified Somatic IFS therapist on Susan McConnell's team and trained in IFIO – the application of IFS in couples therapy.

She has many years of clinical experience working with adults, children and adolescents, parents, and professionals in helping and educational fields. She is involved in state-approved psychotherapy training (CBT) as a lecturer, supervisor, and facilitator of experiential learning. As a lecturer and researcher at the University of Hildesheim, she contributes to IFS research. For her, IFS is a paradigm with the potential to profoundly support psychotherapists and bring about lasting change in psychotherapy. — www.akbockmann.de

ASISSTANT TRAINER: ALESSIO RIZZO



Alessio Rizzo (He / They), MA, MSc, is an IFSI Assistant Trainer (AT), approved clinical consultant, and IFS therapist. He is an accredited psychotherapist for groups and individuals in the UK as well as a published academic author. Alessio is dedicated to developing and adapting IFS to support underrepresented communities, especially the queer and neurodivergent ones, to which he belongs. He co-presented at the 2024 IFS conference on "Neuroqueering IFS", and his IFS blog offers free and accessible information on IFS.

Application process

ADMISSION CRITERIA

Internal Family Systems ℠ Training Level 1 is designed as advanced training for established professionals in the field of mental health who already possess relevant training, professional experience, and qualifications. The IFS Institute's training courses exclusively teach content related to the IFS model and do not replace the basic professional qualifications required for independent psychotherapeutic or psychological practice.

ALL 3 CRITERIA MUST BE MET:

01

Membership in a professional association

This must relate to your therapeutic work. Membership at the start of the training is sufficient.

02

Advanced training in a psychotherapeutic method

You have already completed advanced training in a psychotherapeutic method.

03

License to practice medicine or healing permit*

You are authorized to diagnose and treat mental illnesses.

e.g. psychiatrist, physician, alternative practitioner for psychotherapy, psychological psychotherapist

EXCEPTIONS WITHOUT A MEDICAL LICENSE

- Social workers/educators with a master's degree who work in a clinical or psychological institution
- Art therapists and social work assistants working in a clinical or psychological setting
- Systemic child and adolescent therapists
- Systemic couple and family therapists
- Clinical addiction counselors who hold a master's degree
- Individuals with a master's or doctoral degree in mental health whose research focus is in the field of IFS

ALLOCATION OF PLACES

According to the guidelines of the IFS Institute for international training, the IFS Akademie can offer up to 18 places per cohort to participants living outside of German-speaking countries. We strive to create as diverse a group of participants as possible. All applicants will be notified of their placement via email. If the number of qualified applicants exceeds the number of available places, you can move up from a waiting list.

Terms & Certification

PARTICIPATION FEE

- Total price: € 3.800 (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) included

LEGAL

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

- General terms and conditions of business
- Confidentiality agreement
- Code of Conduct
- Confirmation of the correctness of your admission requirements

PAYMENT TERMS

- You can secure your place with a deposit of € 750, which is due 14 days after receiving the invoice.
- The remaining balance (€ 3.050) is due 3 months before the course begins.
- All other individual costs must be paid directly to the respective service providers.

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 Institute for at least 75 out of 89.5 hours of attendance, recognized for certification by the IFS Institute.
- 142 continuing education credits from the Chamber of Psychotherapists
- Prerequisite for Level 2 and other IFSI-accredited programs (IFIO, Somatic IFS)
- Requirements for applying as a training assistant

IFSI CERTIFICATION

- The certificate of participation for Level 1 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 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 trainings: Participants may not record any training content – neither through their own audio or video recordings nor through the use of AI notetakers 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 made available to participants. Successful applicants will receive further information in good time before 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.