

# Internal Family Systems

## Level 1 training 2026

L1 1407 Online



Organized by Peter Legård Nielsen

### Training overview

IFS Level 1 trainings are a comprehensive programme in which participants develop an understanding of the conceptual basis of IFS and learn how to apply techniques to various clinical populations.

In addition to thoroughly teaching IFS theory and technique, the Internal Family Systems Level 1 training programme invites participants to explore their own inner worlds in a safe, nurturing context.

### Format

The training includes lectures, discussions, demonstrations, video reviews, experiential exercises, and small group supervisions and practices. Previously trained participants, known as Programme Assistants (PAs), will be present to support the learning space and small group work.

**Important note:** Participants should be aware that the daily experiential work during the training involves small groups for experiential practice sessions to hone your skills with the model. This is where you will learn how to apply IFS techniques to your clients. You will also be client and observer in these practice sessions. As mentioned above the participants are invited to explore their own inner worlds within the training's safe and nurturing context.

**Language:** The training and the manual will be in English, but there will be opportunities for the Practice Group work to take place in native languages, when the group is led by a Programme Assistant and consists of participants speaking the same language.

### Who should apply

**The IFS Institute has revised its admissions policy from the 1st of January 2025.**

The IFS Level 1 training is now particularly relevant for professionals within the psychological and psychotherapeutic field. It is primarily aimed at psychologists and psychotherapists, as well as psychiatrists and social workers with further psychotherapeutic training and clinical experience.

From the 1st of January 2025, specific admission criterias apply for each individual country. The admission criterias for the five Nordic countries can be found at <https://selv-til-del.dk/uddannelse>. If you are an applicant from a country outside the Nordic countries, you must contact the international IFS partner for your country to find out about the admission requirements. If you are applying from a country where there is no international IFS partner, you must contact the IFS Institute: [info@ifs-institute.com](mailto:info@ifs-institute.com).

## Code of Conduct, Safety and Confidentiality Policy

Please read the IFS Institute code of conduct for IFS trainings (<https://ifs-institute.com/resources/code-of-conduct>).

You will be asked to agree to this at the registration stage of training. Only apply to this training if you can agree to the code of conduct. Contact [info@selv-til-del.dk](mailto:info@selv-til-del.dk) if you wish to discuss this further.

## Minimum requirement for the Certificate of Completion (COC)

The total number of training hours for this course is 89½ and the minimum requirement for the COC is 75 hours. Due to the group dynamics that develop within a training course, it is not possible to make up for missed hours by attending part of another training course. Below 75 hours, you will need to take the full training again (at the full cost) to receive the COC.

## Dates and timing

**All modules are online** with Lead Trainer Sue Smith

### Module 1:

April 22 – 24, 2026

### Module 2:

April 27 – 30, 2026

### Module 3:

June 1 – 3, 2026

### Module 4:

Jun6 6 – 9, 2026

## Schedule:

9.30am to 5.30pm CEST daily

## How places will be allocated

Places are allocated after applying for admission. You can apply by filling in the form here: Link to application. The application period runs from October 6 to November 24, 2025. See more about the criteria for admission below. Applicants who have been admitted can secure a place by paying a deposit. Participants who have not been admitted will be notified of this via email.

The organizer will allocate places to this training in the following order of priority:

- 1.** Those that meet the criteria from the 'How places will be allocated' section of this leaflet and have experience of the IFS model (through attending workshops, reading, having therapy etc).
- 2.** Applicants from traditionally marginalised communities are welcome to apply and will be prioritised to create a balanced and diverse group of participants.

If there are more applicants than there are places at the training, admission will take place via lottery.

## Size of groups

36 (max) participants, assisted by up to 12 Programme Assistants (PA's) in ration of 3:1. (PA's are previous participants on an IFS L1 training).

## IFS Institute Lead Trainer: Sue Smith



Sue Smith is a Trainer with the IFS Institute, a Certified IFS Therapist and an IFSI Approved Clinical Consultant. She has a private psychotherapy and supervision practice in the Northwest of

England. Trained in IFS in 2011, her background is in experiential Person-Centred therapy and Hakomi mindfulness-based somatic psychotherapy. Since her initial training with Dr Richard Schwartz, she has supported the growth of the model as part of the IFS UK leadership team.

Sue has worked as a therapist with children, young people and with adults in various community settings over the years.

Her life journey, including gaining an MA in Dance and Somatic Wellbeing, informs her interest in the relational, somatic, transpersonal and creative aspects of IFS. She is a sensitive and warm person. She has two adult sons and likes walking with her husband, enjoying live music, and spending time in nature..

## Lead PA: Peter Legård Nielsen



Peter Legård Nielsen, psychotherapist MPF, is a licensed IFS therapist and IFSI Approved Clinical Consultant, who has worked with IFS since 2018. He is also trained as a licensed

Advanced Rolfer™ and works with IFS and

Rolfing at his private clinic in the center of Copenhagen. He has extensive experience as a PA and has also worked as Lead PA on many trainings. Peter organizes the official IFS trainings in the five Nordic countries.

He has published poems and novels since 1985 and is the former president of the Danish Fiction Writers. In 2024 he published the non-fiction book: *Alle dele er velkomne. Internal Family Systems i teori and praksis*, and in 2025 the non-fiction book: *Spontaneous Kundalini Awakenings. Healing the Damage Through IFS*. Read more about Peter Legård Nielsen at: [www.alle-dele-er-velkomne.dk](http://www.alle-dele-er-velkomne.dk).

## Tuition cost

In Danish Crowns (DKK): 27.700. Includes the IFS Institute L1 manuel.

**Secure your place:** Once you have been offered a place on the training, you will need to secure your place with a (non-refundable) deposit of Danish Crowns (DKK): 5.500.

**Final payment** is due by the 25. of February 2026.

## Terms & conditions

In the event of withdrawal from the training, please see the T&C's displayed on [www.selv-til-del.dk](http://www.selv-til-del.dk): [Link](#). The deposit is non-refundable. The remaining fee is fully refundable up to the 25. of February 2026 and then non-refundable after that.

**Note:** Please do not book travel or accommodation for Module 1 until the course is confirmed. The organizer cannot be responsible for travel or accommodation costs should a course be cancelled for any reason – participants are advised to arrange their own insurance to cover this eventuality.

## Pre-reading

You are required to read the following before commencing training:

- Richard Schwartz: *Introduction to Internal Family Systems Therapy* (Trailhead Publications, 2001), and
- Richard Schwartz: *Internal Family Systems Therapy* (The Guilford Press, 2019).

You are also recommended to have read the:

- Frank G. Anderson, Martha Sweezy and Richard Schwartz: *Internal Family Systems Skills Training Manual* (PESI Publishing & Media, 2017)

All books are available from the book store at [www.ifs-institute.com](http://www.ifs-institute.com) or from Amazon.

## Resources

The IFS Institute Level 1 manual (in English) will be sent by mail. Other resources needed during the training will be digitally provided.

## Breaks

There will be a break of 1 hour towards the middle of each day and further short breaks totalling 30 minutes throughout each day.

## Online requirements

The Zoom link will be sent out two days before the training is due to commence.

Please set up Zoom in good time before the trainings starts. If you don't already have Zoom, you can download it here:

- [Download for Windows - Zoom](https://zoom.us/support/download) (<https://zoom.us/support/download>)

- [Downloading the Zoom desktop client and mobile app – Zoom Support](https://support.zoom.us/hc/en-us/articles/4415294177549-Downloading-the-Zoom-desktop-client-and-mobile-app) (<https://support.zoom.us/hc/en-us/articles/4415294177549-Downloading-the-Zoom-desktop-client-and-mobile-app>)

If you already have Zoom, allow enough time before the training starts to update your software if advised to do so by Zoom.

Your device must be capable of running the basic version of Zoom.

The training will work best for participants using a desktop, laptop or large iPad screen. Mobile phone is not recommended.

You will need to make sure you have the bandwidth and internet speed to run Zoom.

During the training, please mute your microphone unless speaking.

Please ensure your device has an adequate microphone so we can hear your voice clearly.

**To ensure safety and confidentiality, please work in a private place where you will not be interrupted or overheard. Please do not participate in this training in a public space.**

## Recording

All IFS Institute trainings operate a strict policy prohibiting recording by participants of any part of the training. Although, parts of this training may be recorded for trainer training purposes by the organizer, any such recordings made by organizer will not be available to successful applicants.

## Further information

For more information about the Internal Family Systems Method including books & DVDs, see:

- [What is Internal Family Systems? | IFS Institute \(ifs-institute.com\)](http://www.ifs-institute.com)
- [Selv til del – Om Internal Family Systems \(www.selv-til-del.dk\)](http://www.selv-til-del.dk)

## To apply

Please complete the booking application at:

- [Book your IFS training course \(https://forms.gle/WPyLf9uqgAWKD W1D8\)](https://forms.gle/WPyLf9uqgAWKD W1D8)