
Internal Family Systems Level 1 training 2027

L1 1678 Hybrid – in-person and online



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://www.ifs-nordics.com/trainings/#admission>. 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.

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 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

Module 1: In-person, HumaNova, Skeppsbron 32, 111 30 Stockholm, Sweden with Lead Trainer Ann-Katrin Bockmann
March 2 - 7, 2027

Bridge Days: Live online with Lead Trainer Ann-Katrin Bockmann
April 23 - 24, 2027

Module 2: Live online with Lead Trainer Ann-Katrin Bockmann
June 8 - 13, 2027

The training schedule has not yet been determined.

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 September 1 - 14, 2026. 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.

IFS Nordics 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, have experience of the IFS model (through attending workshops, reading, having therapy etc).

2. The places will be divided between residents of Denmark, Finland, Iceland, Norway and Sweden.

If you come from a country outside of the Nordic region it is still recommended to apply, as there might be free places.

3. 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: Ann-Katrin Bockmann



IFS Co-Lead Trainer Ann-Katrin Bockmann (PhD) is a psychologist and psychotherapist working at Hildesheim University (teaching, research, outpatient clinic) and in private practice with individuals, groups and couples. She is a certified IFS Therapist, Video reviewer 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 Somatic IFS Therapist, trained in IFIO and has many years of clinical experience in working with adults, children, adolescents, parents, organisations and professionals in helping professions as well as the educational field. Ann-Katrin is involved in the official German psychotherapy training as a lecturer, supervisor and selfexperience provider and aims at bringing IFS into the official German health system. 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. Outside work Ann-Katrin loves nature, watersports and connecting with people.

IFS Institute Assistant Trainer: Peter Legård Nielsen



Peter Legård Nielsen, psychotherapist MPF, is a licensed IFS therapist and IFS 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 and Assistant Trainer on many trainings. Peter is the president of the IFS Noridcs.

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.

Tuition cost

In euro: 4.200,00 (EUR). Includes the IFS Institute L1 manuel, plus snacks and refreshments for Module 1.

Secure your place: Once you have been offered a place on the training, you will need to secure your place with a 735,00 (EUR) (non-refundable) deposit.

Final payment is due by January 4, 2027.

Terms & conditions

In the event of withdrawal from the training, please see the T&C's displayed on www.ifs-danmark.dk: [Link](#). The deposit is non-refundable. The remaining fee is fully refundable up to January 4, 2027 and then non-refundable after that.

Note: Please do not book travel or accommodation for Module 1 until the course is confirmed. IFS Nordics 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:

- Schwartz, RC and Martha Sweezy (2019). *Internal Family Systems Therapy* (2nd edition), Guilford Publications

You might also be interested to read:

- Schwartz, RC (2023), *Introduction to Internal Family Systems*, Boulder, CO: Sounds True Publishing
- Anderson, Frank G., Sweezy, Martha, and Schwartz, Richard C. (2017). *Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD and Substance Abuse*, Eau Claire, WI: PESI Publishing & Media

All books are available from the book store at www.ifs-institute.com or from Amazon.

Resources

The IFS Institute Level 1 manual (in English) will be provided on the first day of training. Other resources needed during the training will be digitally provided with some key documents provided as hardcopy onsite.

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.

Venue for Module 1

Venue: HumaNova
Address: Skeppsbron 32
Town: 111 30 Stockholm
Country: Sweden

Telephone: +46 08 442 99 00

Email: info@humanova.com

More on the venue, see: <https://www.humanova.com/humanova-stockholm/>

Parking, public transport, taxi & WiFi

There is free WiFi at HumaNova.

There are no designated parking spaces for participants at HumaNova. Public street parking and parking garages are available in the Skeppsbron and Gamla Stan area, although availability may be limited, particularly on weekdays.

Parking fees can be paid at parking meters or through parking apps such as EasyPark or Parkster.

Participants are encouraged to use public transport whenever possible, as HumaNova is centrally located and easily accessible by both metro and bus.

If you are travelling by public transport, HumaNova is located in the heart of Gamla Stan. The nearest metro station is Gamla Stan, served by both the Red and Green lines. The venue is approximately a 3-minute walk from the station.

You can also take Bus 2, which stops at Skeppsbron, directly adjacent to the venue. For more detailed journey planning using public transport, please visit: <https://sl.se>

Taxis can be booked through, for example:

Taxi Stockholm: +46 8 15 00 00

Sverigetaxi: +46 200 21 20 00

Accommodation and meals for Module 1

Accommodation and meals are not included in the tuition price.

There is an extensive range of accommodation available in Stockholm and this can be booked through www.booking.com and www.airbnb.com.

HumaNova does not provide breakfast or lunch services. However, due to its central location in Gamla Stan, there are numerous cafés, restaurants and takeaway options within walking distance of the venue.

Participants are responsible for arranging their own meals during the training.

Tea, coffee, fruit and light refreshments will be available at no additional cost during the training day.

Health and safety policy for on-site training

IFS Nordics follows the venues guidance for safety and disease and/or the Swedish government's guidance regarding protocols for safety and disease.

Please note that protocols can change, and can be lifted or imposed at any time before, during or after a training. Please consider the following as you decide about applying for the training:

- Each training typically includes about 50 people, meeting in both large and small groups.
- Training members may be traveling from places near and far, sometimes internationally.

Our terms and conditions apply should you need to leave the training for any reason to abide by the health and safety protocols of the training venue and/or the Danish government.

It is not possible to attend the on-site portion of the training virtually.

While traveling, training members are responsible for determining and following any protocols that might be in effect during their travels and for understanding and following any protocols where they lodge, eat, shop etc.

Online requirements for Bridge Days

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 IFS Nordics, any such recordings made by IFS Nordics 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 \(ifs-institute.com\)](https://www.ifs-institute.com)
- [IFS Nordics \(www.ifs-nordics.com\)](http://www.ifs-nordics.com)

To apply

Please complete the booking application at:

[Book your IFS training course \(https://forms.gle/3zyCez8YXRdrVGai7\)](https://forms.gle/3zyCez8YXRdrVGai7)