IFS Level 1 Training Egypt - 2027 Hybrid - #1687

Internal Family Systems
Level 1 Training Program
Egypt — 2027
Organized by EAGT Egypt
In partnership with IFSI USA

Training Overview

The Level 1 Training Program is a comprehensive, professional training in which participants can develop an understanding of the conceptual basis of IFS and learn how to apply IFS techniques to various clinical populations. Participants are also invited to explore their own inner worlds within a training's supportive context.

Format

The training includes lectures, discussions, demonstrations, video reviews, experiential exercises, and small group supervision and practice. Each training will include previously trained participants to support training and small group work. There are no required written assignments for this training.

Please note: this training involves daily experiential work where you will be invited to work with your inner world and inner system.

Eligibility for Egyptians

- Psychologists, Psychotherapists who hold a bachelor or Master's degree in psychology or counseling from the department of psychology; Faculty of Arts in an accredited university.
- Psychiatrists who are licensed specialists or consultants by the Egyptian ministry of health.

Or

- Those who spent at least 2 years in full time formal psychiatry training accredited by the Egyptian ministry of health.

Eligibility for non-Egyptians

Applicants must be licensed to practice psychotherapy according to their country's regulations.

Introductory Workshop

There will be an introductory workshop that must be attended by all eligible applicants as a prerequisite for the training. Attendance is not a guarantee to be accepted, as a lottery process would take place later. The details for the introductory workshop (cost and date) will be announced later. Those who attended such workshops with IFSI or other international partners (e.g. Life architect) would be exempted from attendance.

Internal Family Systems (IFS)

IFS is an evidence-based model of psychotherapy at the forefront of a movement toward a more collaborative approach that relies on client's intuitive wisdom. IFS offers a clear, non-pathologizing, and empowering view of human cognitive and emotional life and provides a dynamic therapeutic approach that allows both therapist and client to enter into a transformational relationship in which healing can occur.

Richard C. Schwartz, PhD, has been developing the IFS model for more than 30 years, with IFS now practiced by thousands of licensed therapists and other professionals throughout the United States and internationally. Internal Family Systems therapy is a simple yet sophisticated integration of psychology, spirituality, intra-psychic, and family systems theory that:

- Works well with couples, families, groups, and children;
- Can effectively treat trauma;
- Is a client-led approach that respects each client's pace and goals;
- Establishes a productive, trusting, and collaborative partnership between therapist and client;
- Helps therapists remain centered and open-hearted.

All Applicants need to send a copy of their certificate/s to:
EGYIFS@GMAIL.COM

Duration

14 days (A Certificate of Completion (non-CE) is awarded by IFS Institute. Each participant must complete **75 of the 89.5** program hours offered in order to be eligible to earn this certificate).

Training Dates and Times

This is a hybrid training program with modules onsite and online:

- Onsite, 1st session: **24th Jan - 30th Jan 2027, from 10 am – 6:30 pm**
  Cairo, Egypt (Local Time)

(Please note that the 27th Jan is an OFF day)

- Online, 2nd session: **27th - 30th Mar 2027, from 10:30 am – 6:30 pm**
  Cairo, Egypt (Local Time)

- Online, 3rd session: **25th - 28th Apr 2027, from 10:30 am – 6:30 pm**
  Cairo, Egypt (Local Time)

Training starting and closure hours are subject to minor adjustment which will be communicated to you in advance.

Dates and Timings Program Hours

The training comprises One, 6-day onsite session and Two online sessions.
Total program hours are 89.5.

Onsite sessions

Are only available onsite. All training members must attend the on-site sessions in Cairo, Egypt.

Online sessions

Are only available online (live, real-time), and all training members must attend the online sessions.

Size of group

36 (max) participants, assisted by up to 12 Program Assistants (PAs) in a ratio of 3:1. (PAs are previous participants on an IFS L1 training).

Language

The language of instruction will be English with translation into Arabic. (Please be aware that there will be a time delay for translation from one language into another.)

Resources

A comprehensive course manual will be available (at no further cost) on the first day of training. The manual will be available in Arabic for Egyptian participants and in English language for all participants.

Pre-reading

You are required to read Richard Schwartz (2001), Introduction to Internal Family Systems Therapy. You are also recommended to have read the Richard Schwartz (2019), Internal Family Systems Therapy, before commencing training. All books available from the book store at www.ifsinstitute.com or from Amazon. Class content is designed on the assumption that the reading is completed.

IFS Certification

Participants are not IFS Certified until they successfully complete the IFS Certification process. Information about the criteria and procedures for becoming IFS Certified is available on the IFS Institute website certification page, or by contacting Certification@IFS-Institute.com.

Eligibility for Future Trainings

By earning IFS Institute's Level 1 certificate of completion, a participant is eligible to apply for a Level 2 IFS training.

Participants are not required to be IFS Certified to enroll in IFS trainings.

Selection Process

If the number of eligible applications exceeds the number of places, a lottery system will be used for selecting participants.

IFS Institute Trainers



Olivia Lester, MSc

Olivia is an IFS Lead trainer who comes to the field of psychotherapy after a 10-year career in film & TV production and 20 years' experience as a Childbirth Educator, working with parents during the time of pregnancy, birth and early parenting. In her private practice of psychotherapy Olivia specialises in working with individuals impacted by trauma and neglect.

Olivia is the co-founder of IFS UK and has been fully involved with the Levels 1, 2 and 3 trainings in the UK since 2010. She has integrated IFS theory and technique both in her clinical practice as well as in her role as an IFS Institute Trainer.

Olivia's passions are for nurturing and creating optimal conditions within which healing can occur. She loves facilitating transformation and new beginnings. She lives in Sheffield in the UK with her husband and enjoys walking in the landscapes of Yorkshire and Derbyshire.



Hoda Refaat

Hoda Refaat is an IFS Co- Lead trainer. She is an Egyptian consultant psychiatrist, psychotherapist, and psycho-dramatist with over 20 years of experience. She is a Certified Group Psychotherapist (CGP) by the American Group Psychotherapy Association and she is trained in multiple modalities.

Hoda is the chair of the Psychodrama Section of the Egyptian Association for Group Therapies and Processes (EAGT).

Hoda's path with Internal Family Systems (IFS) Therapy has been a central pillar in her professional and personal development.

She has completed all three levels of official IFS training and is recognized as a Certified IFS Therapist and Approved IFS Clinical Consultant by the IFS Institute.

She is also part of the staff for Intimacy From the Inside Out (IFIO), the IFS-based approach to couples therapy.

She is committed to making IFS accessible in the Middle East, integrating it with spiritual and cultural values, and mentoring clinicians in developing both skill and Self-leadership.

Fee payment

Fee payment can be made in a single payment or through installments. Plans for Egypt based participants are listed below.

Program Fee for Egypt Based Participants:

$1100 ($100 of which is the deposit – see below.) Lodging, meals, and any other travel-related expenses are not included in the program fee.

Program Fee for non-Egypt Based Participants:

$4,775 ($500 of which is the deposit – see below.) Lodging, meals, and any other travel-related expenses are not included in the program fee.

Program Deposit for Egypt Based Participants:

The non-refundable, non-transferrable $100 deposit is charged when you are accepted into the training. This is required to secure your place in the training. (Scholarship recipients will be given a chance to decline their scholarship and withdraw from the training when the scholarship is offered by EAGT at which time the $100 deposit will be refunded; any withdrawals after that time are subject to the remaining terms of the withdrawal/refund policy.)

Program Deposit for non-Egypt Based Participants:

The non-refundable, non-transferable $500 deposit is charged when you are accepted into the training. This is required to secure your place in the training.

Payment Plans for Egypt Based Participants:

Payment Plan 1: $1100 ($1000 Tuition - $100 Deposit) due and charged on **1st November 2026**.

Payment Plan 2: Three **(3)** payments of **$334** each, due and charged on **1st Nov, 1st Dec , and 1st Jan 2027** ($1000 Fee – $100 Deposit.)

There is a **$20** fee for each late payment and if an amount due isn't paid in full within **7 days** of the due date, EAGT reserves the right to withdraw a participant from the program.

Payment Plan for non-Egypt Based Participants:

Payment Plan: **$4775** ($4,275 Fee - $500 Deposit) due and charged on **15th November 2026.**

If the payment isn't paid in full within **7 days** of the due date, EAGT reserves the right to withdraw a participant from the program.

Withdrawal/Refunds

- Participants who wish to withdraw from the training program must do so in writing (please email **EGYIFS@GMAIL.COM**).
- Fee Balance: A full refund (total program fee minus the deposit) will be provided if written notice of withdrawal is received by EAGT
  by **9th November 2026**.
- No refund will be provided if written notice of withdrawal is received by EAGT or IFS Institute after this date.
- Processing Fee: There is a **$50** processing fee for all refunds.

Scholarships (only for Egypt based participants & refugees living in Egypt)

The fee ($1100) for Egypt based participants is less than the standard amount ($4,775) paid by non-Egypt based. Our ability to offer a lower rate to Egyptian participants is due to subsidization provided by the IFS Institute. EAGT is able to offer a further discount on tuition to Egyptians and refugees who are experiencing a significant level of economic hardship. EAGT uses economic need as the primary criterion for awarding scholarships. We therefore ask Egyptian applicants who have sufficient financial means to forgo these opportunities, as we are only able to provide scholarship support to a small number of people. In order to assess your eligibility for a scholarship, we ask applicants to complete a separate scholarship form. This form will ask you for extensive information about your financial situation, including details on annual income, assets, expenses, property, family support and other points. You will only be asked to complete this form if you have been accepted in the first round of applications. The maximum scholarship award for this training is a 10% - 35% discount on the total fee.

Organization

This training program is organized by EAGT, Egypt in partnership with IFSI USA.

Training Site for Module One

Rakhawy Institute for Training and Research
Al-Mokattam City, Cairo, Egypt
https://goo.gl/maps/NeEzSDzivUiHD73x8

Travel, Lodging, Incidental Expenses

EAGT or IFS Institute are not responsible for training participants' travel, lodging, or incidental expenses.

Travel information

Please visit your favorite travel websites or contact a travel agent for information about airlines, rental cars, restaurants, hotels, and other travel needs.

Considerations

Please consider the following as you decide whether or not to apply for the training:

- Onsite sessions are only available at the onsite venue, and they are not recorded.
- Training members may be traveling from places near and far, sometimes internationally.

Online requirements for the following:

Second Module (27th - 30th March) & Third Module (25th - 28th Apr). All will occur online via Zoom

- You will need to keep your camera on during the training so we can track your attendance hours.
- Your device must therefore 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 phones are 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 place. (cars are not allowed)

Further information

For more information about the Internal Family Systems Method including books & DVDs, see **www.ifs-institute.com**

Application process

To apply, please complete the following application form by **15th October 2026 for Egypt based participants, and by 1st November 2026 for non-Egypt based participants.**

- For English application: **LINK**
- For Arabic application: **LINK**