IFS LEARNING INSTITUTE
South Africa

# IFS Training Level 1

## Hybrid #1702 South Africa 2027

# TRAINING OVERVIEW

**IFS is a leading model of psychotherapy developed by Dr. Richard C. Schwartz. It offers a non-pathologising and empowering view of people 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.

## Targets

- Understand the foundations of the IFS model
- Apply IFS techniques in a clinical setting
- Use the IFS method for personal development

## Group

- Our leadership group will include a Lead Trainer, a Lead Program Assistant and Lead PA Mentee
- 12 additional Program Assistants
- A maximum of 36 participants in attendance

## Methods

- Lectures
- Demonstration sessions
- Supervised practice groups
- Large group discussions
- Reflection groups
- Personal experiential work

## Reading List

You will receive a comprehensive printed training manual. In order to prepare, please read Richard Schwartz: *Internal Family Systems Therapy*. 2nd Edition.

## Language

The training is conducted in English.

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# DATES

## L1 Training – Hybrid #1702 South Africa 2027

| MODULE | DELIVERY | DATES | Times (SAST) |
|---|---|---|---|
| **Module 1** | In-Person | 2 May (Day 1)<br>3 – 5 May (Day 2-4)<br>6 May (Day 5) | 10:30 – 17:30<br>8:30 – 17:30<br>8:30 – 17:00 |
| **Module 2** | Online | 30 May–1 June | 13:30 – 21:00 |
| **Module 3** | Online | 20 – 22 June | 13:30 – 21:00 |
| **Module 4** | Online | 18 – 20 July | 13:30 – 21:00 |

Total no teaching hours 89.5

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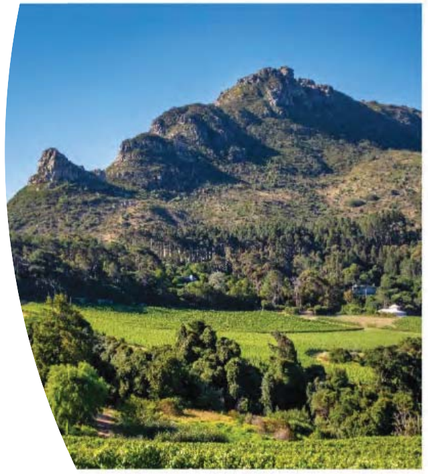
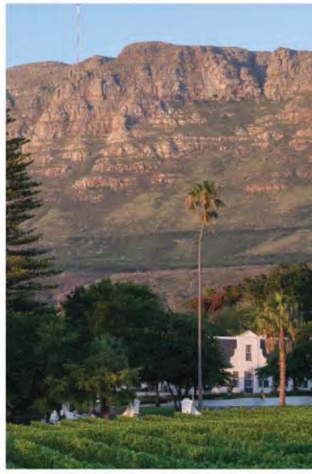
# LOCATION: MODULE 1 (IN-PERSON)

**Our in-person module will be held at the peaceful Schoenstatt Retreat and Conference Centre in Constantia, Cape Town, South Africa.**

The Schoenstatt Retreat and Conference Centre is nestled in the rural Constantia Valley within 4.5 hectares of garden. It is located in one of the most beautiful and leafy suburbs of Cape Town and is a place of tranquility and beauty, with the Groot Constantia wine farm and small restaurants within walking distance and Kirstenbosch Botanical Garden nearby. The area is perfectly situated to allow space and time for learning and contemplation.





## Address

Schoenstatt Estate, Constantia Main Road

Constantia

Cape Town

7806

South Africa

Tel: +27 21 794 3132

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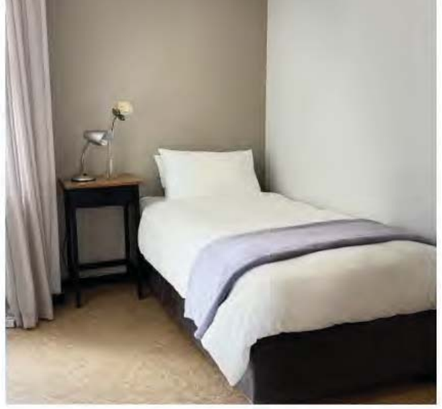

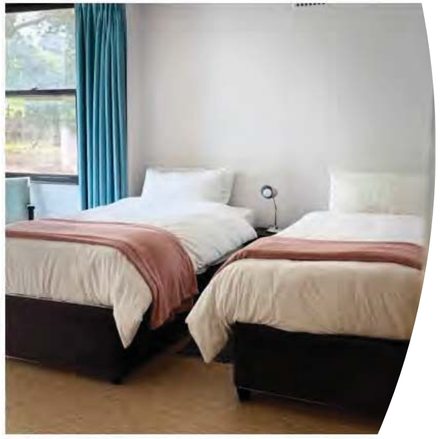

# ACCOMMODATION: MODULE 1

**We have booked a block of rooms, which will need to accommodate staff and those of you wishing to stay on site. This will be allocated on a first-come, first-served basis.**

The accommodation is modest and comfortable and there is a variety of offerings:

- Single room en suite
- Double room sharing with en suite
- Single room with shared bathroom

This rate is bed/dinner & breakfast: R1 200 per night.

## Food & Drinks

IFS Learning Institute South Africa will be covering morning and afternoon tea as well as lunch for all participants.

For those attendees that wish to be accommodated on site, dinner/bed and breakfast is included in your daily rate and invoiced and paid for separately from your course fees.

Dinner may be booked in advance of arrival at the training and charged per booking for those not staying in the accommodation.

*No alcohol or marijuana is allowed to be consumed on the premises.*

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# LEADERSHIP TEAM

## Paul Ginter, Ed.D. Lead Trainer

Paul Ginter, Ed.D. is a highly respected psychologist, trainer, and co-founder of both the IFS Consultation Collective and the Center for Psychotherapy and Wellness in Kalamazoo, Michigan. With decades of clinical experience, Paul brings warmth, depth, and clarity to his work with individuals, couples, and fellow therapists.

As a Lead Trainer for the Institute for Internal Family Systems (IFS), Paul has led more than 75 trainings in 14 countries, helping thousands of professionals deepen their understanding and practice of the IFS Model. His passion for personal growth, professional development, and the healing power of connection is reflected in the ways he works with others.

## Maha Elhamshary

LEAD PA

Egypt based psychiatrist and psychotherapist.
Certified IFS Therapist and Approved IFS Clinical Consultant

## Maria Beider

LEAD PA MENTEE

Holds a Masters in Social Work and runs a private therapeutic practice based in Johannesburg.
Certified IFS Therapist and Approved IFS Clinical Consultant

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# ADMISSIONS CRITERIA

**The Level 1 Training is intended for professionals in the field of mental health. Admission is based on the criteria of the International IFS Institute (IFSI), adapted for the South African context.**

- Applicants must be qualified mental health professionals practising within their professional scope.

- Applicants must be registered with an appropriate professional regulatory body in their country of practice.

- Relevant professions include psychologists, psychiatrists, psychotherapists, psychoanalysts, registered counsellors, social workers, occupational therapists, arts therapists, specialist psychiatric nurses and equivalent international mental health professionals.

- International applicants must meet the applicable professional registration and regulatory requirements within their country or region.

- Applicants must be engaged in current clinical, therapeutic, psychosocial, or mental health-related work.

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# APPLICATION PROCESS

## Your Application

- Applications will open for the IFS Level 1 Training on 1 October to 15 November 2026 (application period: 6 weeks).
- After the deadline, you may apply as a potential waitlist candidate.
- Please fill out the application form.
- All applicants will receive a response no later than two weeks after the application deadline.

## Application Process

- Please check prior to applying that you fulfill the admissions criteria.
- Diversity: We aim to create participant groups that are as diverse as possible.
- Applications are welcome from all regions.

APPLY HERE

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# PARTICIPATION & CERTIFICATION

## Participation

Upon completion of the training, you will receive a certificate of participation from the International IFS Institute (IFSI) (requirement: Attendance of at least 75 out of the 89.5 training hours).

This certificate allows you to integrate the IFS model into your therapeutic work. It also qualifies you to apply for:

- Advanced IFS trainings (Level 2, Level 3)
- Programs recognised by the International IFS Institute
- Serving as a Program Assistant (PA) in future trainings

## Certification

Participation in a training does not mean that you are automatically certified.

To become a certified IFS Therapist or IFS Practitioner, you must complete a separate certification process with the International IFS Institute (IFSI).

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# INVESTMENT

## IFS Level 1 Training Fee Structure

| International applicants | Documented South Africans living and working in South Africa |
|---|---|
| USD 4,775.00 | USD 2,300.00 |

We are offering a small quota of sponsored places to demonstrate our commitment to access within our context.  Should you wish to apply for sponsorship please progress through to that section of the application document. All applicants will be assessed by our panel.

The training manual as well as lunch, soft beverages and morning and afternoon tea during the in-person module are included in the fee.

Please be aware that additional individual costs may arise like travel, accommodation, transfers and meals.

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# TERMS AND CONDITIONS

**When registering for the training, you are required to agree to the following Terms and Conditions in order to complete the application process:**

- IFS Institute's Code of Conduct and Safety and Confidentiality Policy.
- Once notified of a place on the training you are required to secure your spot with a deposit within 14 days of receiving an invoice. The deposit amount of 1000 USD is payable for International candidates and 500 USD for South African applicants. Failure to do so will mean the next candidate on the waitlist will be offered the place.
- The remaining balance of course fees is due by 1 February 2027. Failure to comply will mean the deposit will be forfeited and the next candidate on the waitlist will be offered a place.
- All other individual expenses (for example – accommodation & breakfast and dinner on site at Schoenstatt Retreat Centre) must be paid directly to IFS Learning Institute and in advance of your arrival.

## Cancellation Policy

If you cancel in writing by **1 March 2027**, the course fee will be refunded minus the deposit.
We recommend taking out seminar cancellation insurance.

IFS Learning Institute is not liable for any refunds or reimbursements related to participants' travel or accommodation arrangements, including but not limited to disruptions, cancellations, or dissatisfaction with a booking

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# ZOOM INSTRUCTIONS

The Zoom link will be sent out two days before the training begins. Please make sure to install Zoom in advance. If you haven't installed Zoom yet, you can find it here: Windows | Mac If Zoom is already installed, allow enough time for possible software updates. Your device should be able to run the basic version of Zoom without problems.

Participation works best via a desktop computer, laptop, or iPad with a large screen. Using a smartphone is not recommended. Please ensure your internet connection is stable enough to use Zoom reliably.

Keep your microphone muted during the training—unless you are speaking. Your device should have a functioning microphone so you can be clearly understood.

To ensure safety and confidentiality, please join from a private space where you are undisturbed and no one can overhear.

Participation from public spaces is not permitted.

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**Lollie Smith**
Psychologist
IFS Level 2 Trained

Contact us at
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**Justine Gevisser**
ICF Certified Transformational Life Coach
IFS Level 2 Trained