



Ithraa
Center

INTERNAL FAMILY

SYSTEMS

LEVEL 1 TRAINING - HYBRID
#1463 JORDAN

In partnership with



FOR MORE INFORMATION EMAIL



IFS@ITHRAACENTER.ORG

Internal Family Systems (IFS)

IFS is a psychotherapeutic approach that prioritizes collaboration and relies on the client's intuitive wisdom. It offers a clear, non-pathologizing, and empowering perspective on human cognitive and emotional life. By creating a transformational relationship between therapist and client, healing can occur. IFS is a versatile approach that is effective for couples, families, groups, and children. Here are some reasons why the IFS model stands out as an effective approach to psychotherapy:

- It can effectively treat trauma
- It's a client-led approach that respects each client's pace and goals
- It establishes a productive, trusting, and collaborative partnership between therapist and client
- It helps therapists remain centered and open-hearted

Developed by Richard C. Schwartz, PhD, over 30 years ago, the IFS model is now practiced by thousands of licensed therapists and practitioners worldwide. This approach integrates psychology, spirituality, intra-psychic and family systems theory in a simple yet sophisticated manner.

Overview

The Level 1 Training Program offers comprehensive, professional training that helps participants gain sufficient knowledge of the concepts and structure of the IFS model. This program equips participants with the necessary skills to practice the IFS model with diverse populations. Participants are encouraged to explore their inner systems in a supportive training environment.

Format

The training program offers a comprehensive approach integrating lectures, discussions, demonstrations, video reviews, experiential exercises, and small group supervision and practice. It also incorporates Program Assistants (PAs) who have successfully completed Level 1 training to facilitate the training and small-group practice sessions. The program does not require any written assignments.

Eligibility

We warmly invite applicants from diverse backgrounds. However, our primary focus is on local applicants, particularly those working in Jordan, Lebanon, Syria, and Palestine. Priority will also be given to mental health care professionals from these areas. We have a limitation of admitting only ten (10) international participants from the surrounding regions, specifically the Gulf countries, which include Saudi Arabia, Kuwait, Bahrain, Qatar, and the Emirates. If, as the training dates approach, we find that we have not reached our desired number of participants from the Middle East and its surrounding regions, only then might we consider applicants from other countries.

Duration

14 days - A Certificate of Completion (non-CE) is awarded by IFS Institute. Each participant must complete at least 75 of the 90 program hours offered in order to be eligible to earn this certificate.

Size of group

36 (max) participants, assisted by up to 12 Program Assistants (PAs) in a ratio of 3:1. (PAs are therapists and practitioners who have successfully completed Level 1 training).

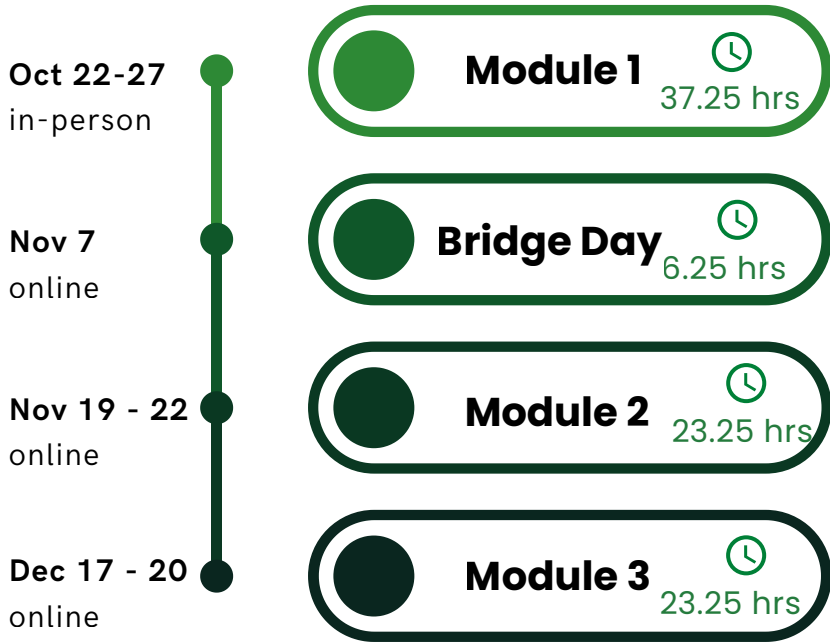
In-person sessions

These sessions are only available in-person and on-site. All training members must attend the in-person sessions on-site at Ithraa Center in Amman, Jordan.

Online sessions

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

Training Dates and Times



Please note that some of these sessions are **only available** in-person and on-site. All training members must attend the in-person sessions on-site at Ithraa Center in Amman, Jordan.

TOTAL TEACHING 90 hrs

The In-Person Portion (Module 1)			
Day	Date	Hours	Timing
Day 1	Oct 22	2 hrs	5:00 pm - 7:00 pm
Days 2-6	Oct 23 - 27	9 hrs/day	9:00 am - 6:00 pm

The Online Portion (Bridge Day, Module 2, and Module 3)			
Day	Date	Hours	Timing (GMT+3)
Bridge day	Nov 7	7.75 hrs/day	10:00 am - 5:45 pm
Module 2: Day 1-3	Nov 19 - 21	7.75 hrs/day	10:00 am - 5:45 pm
Day 4	Nov 22	6.75hrs/day	10:00 am - 4:45 pm
Module 3: Day 1-3	Dec 17 - 19	7.75 hrs/day	10:00 am - 5:45 pm
Day 4	Dec 20	6.75 hr/day	10:00 am - 4:45 pm

Olivia Lester

IFS Co-Lead Trainer

Olivia is a Psychotherapist working with individuals in her private practice based in Sheffield in the UK. Born in the South of England, she has lived her whole life in Portsmouth, London and Sheffield. She has travelled extensively throughout Europe, visited the USA, and Australia.



Her first language is English with a little French. Travelling is something that she likes to do, to learn and immerse herself in new cultures.

Olivia has a background working in Film & TV Production and as a Childbirth Educator before attending an Introduction to IFS Workshop taught by Richard Schwartz in 2008. This experience set Olivia on a path to retrain as a Psychotherapist at the Metanoia Institute in London and she is qualified with an MSc in Humanistic Psychotherapy with a Diploma in Clinical Practice. Olivia Co-founded IFS UK in 2019 and has been enjoying assisting on IFS Trainings full time since then.

Chady Rahme

IFS Co-Lead Trainer

Dr. Chady Rahme is a clinical psychologist in Lebanon, and an Associate Professor at the faculty of Humanities, at Notre Dame University, Lebanon, where he teaches courses in Psychology and Philosophy. He holds a PhD in epistemology, with a focus on Symbolism, and a Masters in clinical Psychology.



Chady's main training is in the use of attachment theory in counseling. Chady uses IFS to work with youth, couples, and mostly with people suffering from PTSD, and general anxiety disorders.

Chady leads "Ithraa-Lebanon" in Beirut, a team of therapists, coaches and counselors, who started the Lebanon branch of Ithraa center for relational enrichment, located in Amman, Jordan. At Ithraa-Lebanon, Chady conducts counseling, training, and consultation on relational enrichment for professionals, executive managers, as well as people seeking individual growth. Chady also participated in many programs on conflict transformation in areas of violent clashes, like Syria and the Western Sahara. He also worked on Trauma healing programs, helping people heal the wounds from their past. All this is integrated into his experience of more than 20 years in counselling.

Language

The course will be delivered in a combination of English and Arabic, supported by simultaneous interpretation. All English content will be interpreted into Arabic, and all Arabic content into English, through headsets provided by Ithraa Center for Training. All practice will be done in the participant's preferred language.

Becoming IFS Certified: What You Need to Know

Completion of the IFS Certification process is mandatory to gain IFS Certification status. Detailed information regarding the requirements and procedures for obtaining IFS Certification can be found on the IFS Institute website's certification page. Alternatively, please contact certification@IFS-Institute.com to obtain this information.

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 future IFS trainings.

Selection Process

In the event that the number of eligible applications surpasses the available slots, participants will be chosen through a lottery system.

Organization

This training program is organized by Ithraa Center for Training, Jordan and Lebanon offices. It is co-sponsored by IFS Institute, USA.

Resources

Rest assured that a thorough course manual will be provided to you on the first day of training at no extra charge. You may choose an Arabic or an English language manual, whichever you prefer.

Reading Requirements

To prepare for the IFS L1 Training, reading Richard Schwartz's (2001) *Introduction to Internal Family Systems Therapy* is mandatory. IFS Institute highly recommends reading Richard Schwartz's (2019) *Internal Family Systems Therapy* and *The Mosaic Mind* by Regina A. Goulding and Richard C. Schwartz before beginning the training. All books are available on the IFS-Institute's bookstore (<https://ifs-institute.com/store/126>) or Amazon. It is important to note that the training content is based on the assumption that the required reading has been completed.

Enrollment deposit for internationals

Upon acceptance into the training, a non-refundable and non-transferable enrollment deposit of \$500 will be charged. This deposit is essential to secure your position in the training.

Fee payment

To secure your spot in the training program, a deposit must be made within 7 days of receiving your letter of acceptance. Full payment is required 30 days before the start of the training. Additional payment details will be included with your acceptance letter.

	Locals	Internationals
Training Fee	3,500 USD	4,550 USD
Deposit	500 USD	500 USD

Please note that the training fee does not cover lodging, meals, or any other expenses related to travel; however, there is a discounted rate at a hotel within walking distance, as well as homemade meals for lunch that can be purchased as an additional package.

Withdrawal/Refunds

If Ithraa Center receives written notice of withdrawal before September 22, 2026, a full refund (total program fee minus deposit) will be provided. If Ithraa Center receives written notice of withdrawal after this date, no refund will be issued. A \$50 processing fee will be charged for all refunds.

Training site for module 1

Ithraa Training Center

24 Salah Al-Shemat St., Amman, Jordan

Located in Park Plaza, 7th floor

<https://goo.gl/maps/Uri34w9cWodAMpAf7>

Application Process

To apply, please complete the following application form by September 22, 2025: <https://forms.gle/DS2KGT8WQV5yJKqY8>

Additional Details

For more information about the Internal Family Systems model, including books & DVDs, visit www.ifs-institute.com