

# Internal Family Systems

## Level 1 training

### Bristol



Internal  
Family  
Systems  
UK

### Training overview

In addition to thoroughly learning 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. The training will help participants:

- Understand the conceptual base of the IFS model;
- Apply basic IFS techniques to various clinical populations; and
- Take advantage of the opportunities IFS offers for personal development.

The training includes lecture, discussion, demonstration, video review, experiential exercise, and small group supervision and practice. A more detailed curriculum can be provided on request. Each training will include previously trained participants to support training and small group work. There are no required written assignments for this training.

### Dates

6-10 May, 8-12 July and 16-20 September. All dates in 2021.

### Duration

15 days (participants need to attend a minimum of 90 hours from the total 108 training hours to receive a CPD certificate).

### Size of group

33 (max) participants + 11 (max) Program Assistants in a ratio of 3:1.

### Timings

9.30am to 5.30pm each day (start at 10.30am and finish at 4.30pm on the first and last day of each module).

### IFSI Senior Trainers

**Susan McConnell** (module 1) and **Osnat Arbel** (module 2) and **Paul Ginter** (module 3).

### Venue

Penny Brohn Centre, Chapel Pill Lane, Pill, Bristol, BS20 0HH

### Parking

There is free parking at the venue.

### Tuition cost

- **Before 2nd October 2020:** Early bird price, if fully paid by 1st October 2020, is £2800.
- **From 2nd October 2020 onwards:** £2900

### Final payment is due by 6th March 2021.

Monthly payment options are available. These prices include VAT.

**Secure your place:** A deposit of £700 is needed to secure your place (non-refundable).

### Terms & conditions

In the event of withdrawal from the training, please refer to the T&Cs displayed on the IFS UK website. The deposit is non-refundable. The remaining fee is fully refundable up to 6th March 2021 and then non-refundable after 7th March 2021.

**Note:** Please do not book travel or accommodation until the course is confirmed. IFS UK 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. It is also recommended you insure your tuition fee should you need to withdraw from training.

## Accommodation

Not included in price. The Penny Brohn Centre is a lovely, quiet and peaceful residential venue with four acres of beautiful gardens. It is the headquarters of The Penny Brohn Cancer Care Charity. It has 26 double-bedded en-suite bedrooms. Accommodation is available on a first come first served basis at £60 per night (including VAT)\*. Breakfast is included in the price. Please note that it is unlikely that rooms will be available the evening before the training. Room sharing is available at £35 per person per night (including VAT)\*. Please contact Carol Stacey ([carol.stacey@pennybrohn.org.uk](mailto:carol.stacey@pennybrohn.org.uk) or 01275 370168) at the Penny Brohn Centre to book accommodation.

## Lunch and refreshments

Tea/coffee/nuts and fruit will be available at no further cost throughout each day. A light lunch of soup and salad is also included in the price. An evening meal can be purchased from the Penny Brohn Centre for £10 (including VAT)\* per evening. Non-residents can also book the evening meal. The evening meal will need to be booked in advance. Please note that the venue offers its own delicious nutritious diet ([pennybrohn.org.uk](http://pennybrohn.org.uk)) and can cater for most special diets. It does not

allow participants to bring their own food unless they have a diet the venue cannot specifically cater for. Please contact Carol Stacey at the Penny Brohn Centre to book an evening meal ([carol.stacey@pennybrohn.org.uk](mailto:carol.stacey@pennybrohn.org.uk) or 01275 370168).

## Resources

A comprehensive course handbook will be available before the course starts by email and provided as a hard copy on the first day of training. A CPD/attendance certificate will be provided at the end of the training.

## Pre-reading

You are requested to read Richard Schwartz (2001), *Introduction to the Internal Family Systems Model* (Trailhead Publications) and Richard Schwartz (2019), *Internal Family Systems Therapy* (New York, NY; Guildford) before commencing training. These books are available from the bookstore at [ifs-institute.com](http://ifs-institute.com).

## Further information

For more information about the Internal Family Systems Method including books & DVDs, see [www.ifs-institute.com](http://www.ifs-institute.com) and [www.internalfamilysystemstraining.co.uk](http://www.internalfamilysystemstraining.co.uk).

\*Please note that prices are correct at the time of publication.