

# Internal Family Systems

## Level 1 training (749)

Live online



Internal  
Family  
Systems  
UK

### Training overview

IFS L1 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.

A select group of IFS trainers teach L1s across the world using a format that features lectures, experiential exercises, large and small group discussion, demonstration, video review and small group practice sessions. A more detailed curriculum can be provided on request.

### Who should apply

We welcome applications from professional mental and medical health care practitioners, degree, masters and doctoral students in the healing arts and sciences, pastoral counsellors, dance, art and music therapists, and health care professionals in allied fields.

### Minimum requirement for the Certificate of Completion (COC)

The total number of training hours for this course is 84 and the minimum requirement for the COC is 72 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 72 hours, you will need to take the full training again (at the full cost) to receive the COC.

### Dates (all 2022)

**Module 1:** 20-23 March (4 days) & 25-27 March (3 days)

**Module 2:** 24-26 April (3 days) & 29 April-2 May (4 days)

### Timings

**Module 1:** 10am to 5.30pm GMT

**Module 2:** 10am to 5.30pm BST

### IFS Institute Lead Trainer



**Einat Avni Bronstein, MSW**, is a certified IFS therapist, supervisor and a Senior International Lead Trainer for the IFSI. She has worked with IFS since the early days of the model and learned closely and directly from the IFS founder Dr. Richard Schwartz.

Einat graduated from law school in Tel Aviv University, Israel, and earned her Master's degree in Clinical Social Work at Washington University in the USA. She is an experienced psychotherapist with over 26 years of clinical experience with individuals, couples, families and groups.

Einat is also the co-founder and co-director of The Israeli Institute for IFS which has brought IFS to Israel and trained hundreds of Israeli therapists in the model since 2008. She taught for eight years at the School of Social Work in Tel Aviv University, has presented multiple times at the IFS Annual Conference and has led IFS trainings, seminars and workshops all over the world.

## Tuition cost

£2,850

**Secure your place:** A deposit of £650 is needed to secure your place (non-refundable). **Final payment is due by 20th January 2022.**

## Terms & conditions

In the event of withdrawal from the training, please see the [T&Cs displayed on the IFS UK website](#).

The deposit is non-refundable. The remaining fee is fully refundable up to 8th February 2022 and then non-refundable after that. It is recommended you insure your tuition fee should you need to withdraw from training.

## Resources

A comprehensive course handbook will be posted out to you. A certificate of completion will be provided at the end of the training by email.

## Pre-reading

You are required to read Richard Schwartz (2001), *Introduction to Internal Family Systems Therapy* (Trailhead Publications) and Richard Schwartz (2019), *Internal Family Systems Therapy*, before commencing training. You are also recommended to have read the *Internal Family Systems Skills Training Manual* by Frank G Anderson, Martha Sweezy and Richard Schwartz. All books available from the book store at [www.ifs-institute.com](http://www.ifs-institute.com) or from Amazon.

## Online requirements

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 training starts. If you don't already have Zoom, you can download it here:
  - [For Windows](#)
  - [For iPads](#)
- 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 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.**

## Breaks

Breaks will be taken at suitable points during the day, including an hour for lunch/dinner.

## 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).

## To apply...

Please complete the booking application at [internalfamilysystemstraining.co.uk/booking](http://internalfamilysystemstraining.co.uk/booking).