

Internal Family Systems

Level 1 training 2026

1453, live online



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.

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

Format

The training includes lectures, discussion, demonstration, video review, experiential exercise, and small group supervision and practice. Previously-trained participants, known as Programme Assistants (PAs), will be present to support the learning space and small group work. These trainings provide a 3:1 participant to Programme Assistant (PA) ratio to ensure a high degree of support as participants learn and practise the model.

There are no required written assignments for this training. A more detailed curriculum can be provided on request.

Who should apply

The IFS Institute recently updated its Level 1 Admissions policy for UK Level 1 training being advertised from 1st January 2025.

The IFS model is a psychotherapy modality with an emerging evidence base, as well as a theory of the mind, and for some, an approach to living a more compassionate life.

[Read the research supporting the IFS model.](#)

The IFS Institute's Level 1, 2 and 3 trainings are specifically designed to provide instruction in the emerging evidence-based psychotherapy model. Our training programmes provide continuing education in the IFS model for established mental health care professionals with existing mental health care education, experience and qualifications/credentials.

The IFS Institute's trainings are deeply experiential, combining lectures, question and answer sessions, demonstrations and individual practice in the presence of skilled and experienced therapists.

The IFS Institute's trainings provide instruction in the IFS model alone and do not attempt to provide the educational foundation necessary to provide mental health care.

What this means for our Admissions Policy

The IFS Institute invites professionals who are providing mental health care in compliance with applicable national/regional/local laws and regulations to apply to our Level 1, 2 and 3 programmes.

As a qualified mental health care professional, you are responsible for applying the learnings from your IFS Institute trainings in compliance with your professional standards and scope.

Please see the [UK admissions policy here](#).

When you apply for a training, you will need complete a set of questions and make a formal declaration to the IFS Institute and IFS UK that you acknowledge the description above and meet the Level 1 admissions requirements.

How places will be allocated

Places for this training will be decided by a lottery system. There will be a 12-day period during which you can apply for this training. After this 12-day period, places will be allocated by lottery and successful applicants will be invited to secure their place with a deposit. Unsuccessful applicants will be notified by email.

Note: In line with IFS Institute policy for international trainings, IFS UK are currently allocating up to 10 places per cohort on IFS trainings to those who reside in countries outside of the UK and Ireland.

Dates

1–3 November 2026, 15–18 November 2026,
5–7 January 2027 & 17–20 January 2027
(all online)

Timings (GMT)

10am–6pm each day, with 1 hour for lunch and other short breaks as needed.

Duration

14 days (participants need to attend a minimum of 75 hours from the total 89.5 training hours to receive a CPD certificate).

Certificate of completion

Please note that you need to attend a minimum of 75 hours of the total 89.5 hours to receive a certificate of completion. On receiving the certificate, you will be able to refer to yourself as 'IFS trained.'

IFS Certification

Participants are not Certified IFS Therapists or Practitioners until they successfully complete the IFS Institute's IFS Certification process. Information about the criteria and procedures for [becoming IFS Certified](#) is available on the IFS Institute website or by emailing Certification@ifs-institute.com.

Size of group

36 (max) participants, assisted by up to 12 Programme Assistants (PAs) in a ratio of 3:1.

IFS Institute Trainers

Co-Lead trainer: Sue Smith



Sue is an IFS Co-Lead Trainer and a Certified IFS Therapist with a private psychotherapy and consultation practice in the Northwest of England. Trained in IFS in 2011, her background is in experiential Person-Centred therapy and Hakomi mindfulness-based somatic psychotherapy. Since her initial training with Dr Richard Schwartz, she has supported the growth of the model as part of the IFS UK leadership group.

Sue has worked as a therapist with children, young people and adults in various community settings over the years. Her life journey, including gaining an MA in Dance and Somatic Wellbeing, informs her interest in the relational, somatic and creative aspects of IFS. She is a sensitive and warm person. She has two adult sons and enjoys hill-walking with her husband, live music and time in nature.

Co-Lead trainer: David Allick



David Allick, LCSW (St. Thomas University in St. Paul, Minnesota), Certified IFS Therapist, Consultant, Co-Lead Trainer, Certified EMDR Therapist and member of the EMDR Institute of Israel and Ketamine assisted Psychotherapist (KAP).

David was born in Athens, Greece, and raised in the United States and settled in Israel in 2015. He served in the United States Air Force in various positions such as a Recruiter, Industrial Organization Psychologist and Professional Military Education Instructor. After serving in the military, David taught K-5 and first grade in an inner-city school and later moved into work as an LCSW. He worked in a maximum-security prison in Stillwater, MN, in CPS (child protective services), in hospice and at the County Jail in Milwaukee as a Psychiatric Social Worker.

David currently has a private practice in Israel. David's unique personal and professional history and experience along with his natural ability to connect to and support his clients encourages a lot of personal growth. His mission and passion is to provide client-centred therapy that will meet the growing needs of his clients and to help them to fully see themselves for who they are while accomplishing their goals and fulfilling their deepest desires in life.

Tuition cost

£3,200 (includes a copy of the IFS Institute Level 1 manual).

Secure your place: A deposit of £600 is needed to secure your place (non-refundable).

Final payment is due by 1st September 2026.

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 1st September 2026 and then non-refundable thereafter.

Code of Conduct and Safety and Confidentiality Policy

Please read the IFS Institute's **Code of Conduct and Safety and Confidentiality Policy**, which you can find at the bottom of the IFSI's [FAQs webpage](#). You will be asked to agree to this at the registration stage of training. Only apply to this training if you can agree to the code of conduct. Contact ifstuk@gmail.com if you wish to discuss this further.

Resources

A comprehensive course handbook will be posted out to you. A CPD/attendance certificate will be provided at the end of the training.

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.**

Recording

All IFS Institute trainings operate a strict policy prohibiting recording by participants of any part of the training. Although, parts of this training may be recorded for trainer training purposes by IFS UK, any such recordings made by IFS UK will not be available to participants. Further information about this will be available to successful applicants.

Required reading before the training begins

Schwartz, RC, and Sweezy, Martha (2019). *Internal Family Systems Therapy* (2nd edition).

Suggested reading before the training begins

Schwartz, RC (2023), *Introduction to Internal Family Systems*, Boulder, CO: Sounds True Publishing, ISBN 978-1683643616.

Note: This book is required reading for those with no prior experience with the IFS model. Training content is designed on the assumption that this reading is completed.

Other suggested reading

Anderson, Frank G., Sweezy, Martha, and Schwartz, Richard C. (2017). *Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD and Substance Abuse*, Eau Claire, WI: PESI Publishing & Media, ISBN-10: 1683730879, ISBN-13: 978-1683730873.

These books are available from [Blackwells](#), [The Book Depository](#) or [Amazon](#).

Further information

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

To apply...

Please complete the booking application at <https://internalfamilysystemstraining.co.uk/booking/>.