


Internal Family Systems

Level 1 training 2025

L1 1211 Hybrid - Live (with 2 online days)



Hosted in Denmark by Peter Legård Nielsen 

Training overview

IFS Level 1 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.

Format

The training includes lectures, discussions, demonstrations, video reviews, experiential exercises, and small group supervisions and practices. Previously trained participants, known as Programme Assistants (PAs), will be present to support the learning space and small group work.

Important note: Participants should be aware that the daily experiential work during the training involves small groups for experiential practice sessions to hone your skills with the model. This is where you will learn how to apply IFS techniques to your clients. You will also be client and observer in these practice sessions. As mentioned above the participants are invited to explore their own inner worlds within the training's safe and nurturing context.

Language: The training and the manual will be in English, but there will be opportunities for the Practice Group work to take place in Danish, when the group is led by a Danish speaking Programme Assistant.

Who should apply

While the natural and predominate group for IFS Level 1 training is the professional mental health care community, others may participate and benefit from IFS training, including graduates, masters and doctoral students in the healing arts and sciences, pastoral counsellors, business and academic professionals, drama-, music-art- and body therapists, and health care professionals in allied fields.

IFS training is designed primarily for professional mental and medical healthcare professionals, degree, masters and doctoral students in the healing arts and sciences and other healthcare professionals in allied fields.

IFS Institute has revised its Admissions policy from February 2024. Please read this message below from the IFS Institute to see how this might affect you.

The revised Admissions policy is now in effect for people from the U.S., Canada and Mexico. All residents of those countries who apply to Level 1 trainings organized by IFS Institute or by IFS Institute's International Partners must adhere to the revised Admissions policy. If you are applying

to an International Partner training and you are from a country other than the U.S., Canada or Mexico, then Admissions criteria remain unchanged.

We are working on revisions to Admissions policy for International Partner trainings for the future and will make every effort to communicate those changes in advance. This means that people who are not designated as therapists and who are not from the U.S., Canada or Mexico may continue to apply for international trainings, as long as they can demonstrate a professional scope of practice for use of the IFS Model.

However, we want to clarify that acceptance into a training does not mean a participant will meet the requirements for IFS Certification, which can be found here: [IFS Certification](#)

If your goal is to become IFS Certified as a therapist or a practitioner, it is your responsibility to review the IFS Certification policy and FAQs to determine if you have the necessary qualifications.

Code of Conduct, Safety and Confidentiality Policy

Please read the [IFS Institute code of conduct for IFS trainings](#)

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 info@selv-til-del.dk if you wish to discuss this further.

Minimum requirement for the Certificate of Completion (COC)

The total number of training hours for this course is 89½ and the minimum requirement for the COC is 75 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 75 hours, you will need to take the full training again (at the full cost) to receive the COC.

Dates and timing

Module 1: In-person, NOR Health House, Copenhagen, Denmark with Osnat Arbel

28. March – 2. April, 2025

Day 1: 9.30am to 5.30pm, CET
Days 2,3,4&5: 9.15am to 5.30pm, CET
Day 6: 9.30am to 2.00pm, CET

Bridge Days: Live online with Osnat Arbel

27. and 28. of April, 2025

9.00am to 5.30pm CEST, each day.

Module 2: In-person, Salig, Copenhagen, Denmark with Osnat Arbel

16. - 21. May, 2025

Day 1: 9.30am to 5.30pm, CEST
Days 2,3,4,&5: 9.15am to 5.30pm, CEST
Day 6: 9.30am to 2.00pm, CEST

How places will be allocated

Places are allocated after applying for admission. You can apply by filling in the form here: [Link to application](#)
(The application period runs from 12. September to 30. September 2024. See more about the criteria for admission below. Applicants who have been admitted can secure a place by paying a deposit. Participants who have not been admitted will be notified of this via email. IFS UK will allocate places to this training in the following order of priority:

1. Those that meet the criteria from the 'How places will be allocated' section of this leaflet, have experience of the IFS model (through attending workshops, reading, having therapy etc).

2. 50 % of the places (18) will be reserved for participants who reside in Denmark. The remaining 18 places will be divided between residents of Finland, Iceland, Norway and Sweden.

3. Applicants from traditionally marginalised communities are welcome to apply and will be prioritised to create a balanced and diverse group of participants. If there are more applicants than there are places at the training, admission will take place via lottery.

Size of groups

36 (max) participants, assisted by up to 12 Programme Assistants (PA's) in ration of 3:1. (PA's are previous participants on an IFS L1 training).

IFS Institute Lead Trainer: Osnat Arbel



Dr. Osnat Arbel, PhD, LMFT, is a Senior International Lead Trainer with the IFS Institute. She holds a PhD in Counselor Education and Supervision, specializing in Marriage and Family Therapy, from the University of Northern Colorado,

with a focus on mindfulness and existential/humanistic therapy approaches.

With over 30 years of experience, Dr. Arbel is an AAMFT Clinical Fellow and Approved Supervisor, a Certified IFS Therapist, and an IFS-I Approved Clinical Consultant. She is also the Co-founder and Co-director of the Israeli Institute for IFS (www.ifs-israel.org). Since 2008, she has brought her boundless enthusiasm to the leadership and facilitation of IFS Level 1 and Level 2 trainings, workshops, and seminars worldwide.

Dr. Arbel is deeply committed to the education, training, supervision, and mentorship of thousands of students globally, embodying the IFS model in both her personal and professional life. Her passion lies in teaching, supervising, and mentoring therapists-in-training, with a particular focus on the presence of the therapist, legacy burdens, and working with young parts, exiles, and protectors, especially those holding deep attachment wounds.

Outside of her professional endeavors, Dr. Arbel enjoys spending time with her family and puppy, trail running, training for triathlons, creating artwork, and listening to music.

Lead PA: Peter Legård Nielsen



Peter Legård Nielsen finished his Level 1 in 2018 and took Level 2 and 3 in 2019 and was certified in 2020. He is also trained as an Advanced certified rolfer and works with IFS and rolfering in a

private clinic in the center of Copenhagen. He has lots of experience of being a PA and has also worked as a Lead PA many times. Peter has been publishing poetry and novels since 1985 and have been the leader of the fiction writers union in

Denmark. Read more: www.alle-dele-er-velkomne.dk.

Tuition cost

£ 4150 (incl VAT) Includes the IFS Institute L1 manual, plus refreshments for Module 1 and 2.

Secure your place: Once you have been offered a place on the training, you will need to secure your place with a £ 500 (non-refundable) deposit.

Final payment is due by the 28th January 2025.

Terms & conditions

In the event of withdrawal from the training, please see the T&C's displayed on the IFS UK website:

<https://www.internalfamilystraining.co.uk/t-and-c/>. The deposit is non-refundable. The remaining fee is fully refundable up to the 28th of January 2025 and then non-refundable after that.

Note: Please do not book travel or accommodation for Module 1 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.

Pre-reading

You are required to read the following before commencing training:

- Richard Schwartz: *Introduction to Internal Family Systems Therapy* (Trailhead Publications, 2001), and
- Richard Schwartz: *Internal Family Systems Therapy* (The Guilford Press, 2019).

You are also recommended to have read the:

- Frank G. Anderson, Martha Sweezy and Richard Schwartz: *Internal Family Systems Skills Training Manual* (PESI Publishing & Media, 2017)

All books are available from the book store at www.ifs-institute.com or from Amazon.

Resources

The IFS Institute Level 1 manual (in English) will be provided on the first day of training. Other resources needed during the training will be digitally provided with some key documents provided as hardcopy onsite.

Breaks

There will be a break of 1 hour towards the middle of each day and further short breaks totalling 30 minutes throughout each day.

Venue for Module 1

Venue: NOR Health House.
Address: Hejrevej 30, 5. sal (fifth floor, with escalator)
Town: 2400 Copenhagen NV
Country: Denmark

Telephone: +45 23921901
Email: info@nor.house

More on the venue, see: [Nordic Health House - Nordic Health House](#)

Venue for Module 2

Venue: Salig
Address: Masnedøgade 20, 2. sal
Town: 2100 København Ø
Country: Denmark

Telephone: +45 31131462

Email: info@saligdig.dk

More on the venue, see: [Salig](#)

Parking, public transport, taxi & WiFi

NOR Health House

There is free WiFi at NOR.

At NOR there is a small number of parking spaces, and around NOR there is public parking. It is possible to draw a parking ticket from a ticket machine or to pay using a parking app such as www.easypark.dk.

If you use public transport, Nørrebro Station is closest to NOR. Both S-trains, buses and the Metro (Cityringen M3) stop at Nørrebro Station.

See possibly www.rejseplanen.dk for more detailed planning with public transport.

It takes approx. 9-12 minutes to walk from Nørrebro Station to NOR Health House.

For taxis, you can for example call Dantaxi on tel.: +45 48484848 or TAXA 4x35 on tel.: +45 35353535.

Salig

There is free WiFi at Salig.

Public parking spaces can be found in the streets surrounding Salig. The first 2 hours are free of charge, after which the regular rate is charged. Please, purchase a parking ticket from a ticket machine or to pay using a parking app such as www.easypark.dk.

If you use public transportation, there are several options:

The metro station 'Poul Henningsens Plads' (Cityringen M3) is a 5-minute walk from Salig (400 meters).

The S-train station 'Svanemøllen' is a 10-minute walk from Salig (750 meters). Bus no. 14 goes past 'Nørreport Station' and stops at 'Poul Henningsens Plads Station' near Salig (bus stop located at Jagtvej).

Bus no. 1A stops at 'Poul Henningsens Plads Station' near Salig (bus stop located at Østerbrogade).

Please, see www.rejseplanen.dk for more detailed planning with public transport.

For taxis, you can for example call Dantaxi on tel.: +45 48484848 or TAXA 4x35 on tel.: +45 35353535.

Accommodation and meals for Module 1 and 2

Accommodation and meals are not included in the tuition price.

There is an extensive range of accommodation available in Copenhagen and this can be booked through www.booking.com and www.airbnb.com.

At the venue NOR it is possible to purchase e.g. breakfast or lunch. At arrival at NOR in the morning it is optional to book lunch.

The menu at the café is mainly vegetarian and caters for a range of dietary needs. More on menu details, see: [Cafe - Nordic Health House](#)

At Salig there is no café.

In the area around both venues there are plenty of options to eat lunch at the cafés and restaurants or to get take-away.

Three serving of tea/coffee/nuts and fruit will be available at no further cost throughout each day during the course.

Health and safety policy for on-site training

IFS UK follows the venues guidance for safety and disease and/or the Danish government's guidance regarding protocols for safety and disease.

Please note that protocols can change, and can be lifted or imposed at any time before, during or after a training. Please consider the following as you decide about applying for the training:

- Each training typically includes about 45 people, meeting in both large and small groups.
- Training members may be traveling from places near and far, sometimes internationally.

Our terms and conditions apply should you need to leave the training for any reason to abide by the health and safety protocols of the training venue and/or the Danish government.

It is not possible to attend the on-site portion of the training virtually.

While traveling, training members are responsible for determining and following any protocols that might be in effect during their travels and for understanding and following any protocols where they lodge, eat, shop etc.

Online requirements for Bridge Days

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 trainings starts. If you don't already have Zoom, you can download it here:

- [Download for Windows - Zoom](#)
- [Downloading the Zoom desktop client and mobile app – Zoom Support](#)

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 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 space.

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 successful applicants.

Further information

For more information about the Internal Family Systems Method including books & DVDs, see:

- [What is Internal Family Systems? | IFS Institute](#)
- [Internal Family Systems • IFS Training UK](#)
- [Selv til del – Om Internal Family Systems](#)

To apply

Please complete the booking application at:

- [Book your IFS training course • IFS Training UK](#)