

IFS UK Trainings 2024

Please find below our outline schedule of IFS trainings for 2024. We hope this will help you plan ahead for 2024.

For most trainings, we use a **lottery system** to admit participants. On the schedule, you'll see the dates the lottery opens and closes and when you'll hear whether your application has been successful. On the date the lottery opens, the training will be posted on our [Booking page](#) where you'll find more detailed information about the training, a brochure and a booking form.

For one training on this schedule, places will be allocated on a **first come, first served** basis. You can find out more about this training and apply from the date indicated on the schedule via our [Booking page](#).

So you don't miss out on applying for a course you're interested in, please see page 3 of this document.

IFS Training	Trainers	Dates in 2024	Admission
Level 1 (1068) On-site, Bristol + 1 online day	Sue Smith & Liz Martins	5-10 Feb (on-site, Bristol) 1-6 May (on-site, Bristol) 6 April (online day)	Lottery Lottery opens: 20th Oct 2023 Lottery closes: 27th Oct 2023 Final date to hear if you are successful or not: 6th Nov 2023
Level 1 (1065) Online	Liz Martins	21-23 Feb and 26-29 Feb 9-12 April and 14-16 April	Lottery Lottery opens: 8th Nov 2023 Lottery closes: 16th Nov 2023 Final date to hear if you are successful or not: 20th Nov 2023
Level 1 (1066) Hybrid	Liz Martins	15-18 July (online) 1 Sept (online) 4-7 Sept (online) 1 Oct (online) 28-31 Oct (on-site, Bristol)	Lottery Lottery opens: 1st Feb 2024 Lottery closes: 8th Feb 2024 Final date to hear if you are successful or not: 23rd Feb 2024
Level 1 (1067) On-site, Bristol + 2 online days	Liz Martins & Kathy Cox	24-29 July (on-site, Bristol) 18-23 Sept (on-site, Bristol) 28 & 29 Aug (online)	Lottery Lottery opens: 20th Feb 2024 Lottery closes: 27th Feb 2024 Final date to hear if you are successful or not: 12th Mar 2024
Level 1 (1069) Online	Sue Smith & Nick Austin	6-9 Oct (online) 4-7 Nov (online) 21-24 Nov (online) 9-12 Dec (online)	Lottery Lottery opens: 23rd Apr 2024 Lottery closes: 30th April 2024 Final date to hear if you are successful or not: 13th May 2024

Level 2 (1049) A Compassionate Approach to Addictive Processes – IFS, Addictions and Eating Disorders On-site, Bristol	Cece Sykes	16-20 May (on-site, Bristol)	Lottery Lottery opens: 12th Dec 2023 Lottery closes: 20th Dec 2023 Final date to hear if you are successful or not: 16th Jan 2024
Level 2 (1070) Deepening and Expanding with IFS On-site, Bristol	Osnat Arbel	7-11 July (onsite, Bristol)	Lottery Lottery opens: 9th Feb 2024 Lottery closes: 16th Feb 2024 Final date to hear if you are successful or not: 27 Feb 2024
Level 2 (1071) Shame, Anxiety & Depression: An IFS Approach Online	Ann Sinko	26-29 Sept (online) 12-15 Oct (online)	Lottery Lottery opens: 8th May 2024 Lottery closes: 15th May 2024 Final date to hear if you are successful or not: 30th May 2024
Level 2 (1092) Intimacy from the Inside Out (IFIO) Online	Joanne Gaffney, Ann Drouilhet & John Palmer	3-5 May (online) 24-26 May (online) 2-4 Aug (online) 23-25 Aug (online)	First come, first served. This training will be available to book on our website on 1st December 2023
Level 3 (1072) On-site, Bristol	Chris Burris	22-26 June (on-site, Bristol)	Lottery Lottery opens: 5th March 2024 Lottery closes: 12th March 2024 Final date to hear if you are successful or not: 24th March 2024

How to apply for a Level 1, 2 or 3 training

1

Tell us which level of training you're looking for: email info@ifstuk.co.uk or use the **Register your interest** form on our [Booking page](#)

2

We'll notify you when a **lottery** is about to open or when a **first come, first served** course is about to go live on our Booking page

3

Apply for a place on your chosen training via the [Booking page](#). You can download a brochure about the training from here.

4

For training places allocated by lottery, we'll let you know whether we can offer you a place by a specific date after the lottery closes.

5

If your application is successful, we'll request a deposit so you can secure your place.