

IFS UK IFS Level 1 Frequently Asked Questions

What is the difference between the IFS Institute and IFS UK?

IFS Institute (IFSI), based in the US, is the worldwide headquarters of IFS and was set up by Richard Schwartz PhD to run IFS trainings.

IFS UK is an International Partner of the IFSI and works in partnership with them to run the only IFSI-approved IFS trainings in the UK.

As well as running the IFSI Levels 1 to 3 training courses, IFS UK run a programme of short IFS-related workshops at an introductory and a more advanced level. Workshops and IFSI training programmes are run online and at various locations in the UK.

What are the entry requirements/prerequisites?

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

Do I need to be a therapist to apply?

This training is designed as an 'add on' for counsellors/psychotherapists; however, you should apply if you meet the prerequisites above.

As a coach, am I eligible to apply?

If you have training in counselling and psychotherapy and you meet the prerequisites above, you can apply.

Do I need to do an introductory workshop before taking an L1 training?

Introductory workshops are optional. It is not a prerequisite for an L1 training.

As I am already a qualified therapist. What level can I start at?

Everyone starts with IFS L1 training. The IFS L1 training is highly experiential, teaches the full IFS model and how to use IFS safely. This training covers the concepts of the IFS model and includes a high level of supervised practice that is recommended by IFS Institute before you start to work with clients.

Can I start at IFS L2 or L3 training?

Participants need to have successfully completed an L1 training in order to enrol on an L2 training. Those who wish to enrol on an L3 training need to have successfully completed a Level 2 programme. If you have completed your L1 in the UK, you can apply for any L2 worldwide organised by IFS Institute or their International Partners.

See <https://ifs-institute.com/trainings/level-1/international-trainings> for a list of International Partners.

Is IFS recognised by the British Association for Counselling & Psychotherapy (BACP)?

Currently the IFS Trainings are stand-alone. There is an additional certification process that some people will continue with once they have completed their L1 training. This leads to certification with the IFS Institute. IFS UK is a training provider that is affiliated to the IFS Institute based in America. It is an increasingly evidence-based model.

[Read about the research here.](#)

Many people use the hours accrued on IFS trainings towards their continuing professional development (CPD). The IFS trainings *per se* do not count towards the initial accreditation with the BACP.

How do I become certified?

After you have successfully completed IFS L1 training, you can begin to pursue becoming IFS Certified. The certification process is managed by the IFS Institute. For more information about the certification process, email certification@ifs-institute.com.

How much is IFS Training in 2024?

IFS Institute set the tuition prices for IFS training in the UK.

The price for each training is indicated on the [brochure for the training](#). The cost of L1 training in 2024 varies between £3200 and £4200 depending on whether the training is online, hybrid or in-person. The following 2024 Level 1 training prices are approximate and may vary (usually by not more than +/- £100):

L1 1067 and L1 1068 (in-person) £4352*

L1 1066 (hybrid) £3725*

L1 1065 and L1 1069 (online) £3200

* Includes lunch and refreshments at £21 per day. Due to the venue's requirements, it is not possible to opt out of lunch and refreshments.

Do you offer scholarships, bursaries or reduced fees?

IFS UK doesn't currently offer scholarships. If offered a place on a training, you would need to secure your place with the deposit and meet the final payment deadline (details of which can be found on the training brochure). IFS UK are happy to consider monthly payments to help participants budget. IFS UK is reviewing this policy at the moment and will keep you up to date with any changes.

Are accommodation costs included in the fee for in-person trainings?

The cost of in-person trainings includes tuition and some refreshments (see individual brochures for details of meals and refreshment inclusions). Accommodation is not included.

What are the terms and conditions?

The deposit is non-refundable and non-transferable. The full cost, minus the deposit, is refundable until two months before the first day of training. After this, the full cost is non-refundable and non-transferable under any circumstances, including COVID, should a participant cancel.

As there is a huge demand for IFS L1 training why aren't more training dates being offered?

We appreciate that the demand for L1 trainings outstrips the supply. There has been an unprecedented large increase in applications. IFS Institute are working hard to address this with their Lead Trainer Programme. This will provide a larger group of IFS Institute trainers and Co-Lead Trainers and will increase the future availability of L1 trainings. The UK now has three trainers with another person in training for this role.

We acknowledge how frustrating and disappointing it is to have to wait for a training. We are supporting IFS Institute with the development of future trainers.

How do I apply for a training?

You can apply for a training at www.internalfamilyssystemstraining.co.uk/booking

Does IFS UK operate a lottery system for IFS trainings?

Due to demand, places for Level 1, 2 & 3 trainings are currently allocated using a lottery system. There is a deadline for applications for each training. IFS UK will let you know within a specified and published timeframe whether your application has been successful.

To start the process:

1. Use the 'Register your interest' form on the [Booking page](#) of our website to make sure you're notified when the next training becomes available.
2. Once available, you can apply for a place via the Booking page.

IFS UK will let you know within a specified and published timeframe whether your application has been successful.

Do I need to apply each time or will I automatically be entered into the lottery if I am on the registered interest list?

You need apply for each separate training. Please make sure you can commit to the scheduled dates of the training before applying.

How many places are available on the training course?

IFS trainings typically have 36 participants and 12 staff (to support training and work with participants in practice groups).

Can people outside the UK apply for an IFS UK training?

Yes. Currently, we are allocating 90% of places on IFS trainings to those permanently residing in the UK and Ireland as there is a shortage of IFS-trained therapists and practitioners in these countries. The remaining 10% will be allocated to those residing in countries where no IFS trainings are available.

How many hours do I need to attend an L1 to gain the certification of completion?

Check the specific brochure for your training for confirmation. Most L1 trainings are 89.5 hours and you'll be required to attend 74 hours to receive the certificate of completion.

Can I make up days I miss by going to another training?

No; this is to preserve and foster the positive group dynamics that develop within each training programme. In addition, staffing levels, breakout groups and site arrangements are particular to each training, so temporary increases in enrolment while a training is running cannot be accommodated.

Are there make-up sessions or material if I miss part of my training?

In order to receive your Certificate of Completion, you need to complete the minimum number of hours required for each training, as detailed in the relevant course brochure. If you are unable to attend the minimum number of hours, you would need to attend another complete training at full cost in order to get your certificate.

What's the course content?

Read the individual brochure for course content. You can download these from the [Booking page](#).

What reading and other materials are required for a training?

Download the brochure for the training from our [Booking page](#) to find out about required and recommended reading and video/audio materials.

What does having the Certificate of Completion for a training mean?

Earning the Certificate of Completion in an IFS training means you may:

- Apply for the next level of training.
- Ask to be added to the IFS UK Directory and the IFS Institute Directory.
- Apply to become a Programme Assistant.
- Begin the process of becoming IFS Certified.

Will a recording of the training be available?

IFS Institute have a no-recording policy for all parts of the training.

Does the training include any assessments?

There are no formal assessments, written or oral, on IFS trainings.

Is there any pre-reading for IFS L1 training?

Pre-reading for IFS L1 training can be found in the [course brochures](#).

What does the term 'IFS-informed' mean?

You can refer to yourself as IFS-informed when you have taken any of the many introductory or short courses available from the IFS Institute, IFS UK or the many other places they are available. However, this does not qualify you to use the IFS model with clients.

Can I practice IFS with clients straight after completing IFS L1?

Once you have an L1 certificate of completion, you will be able to let your clients know you are IFS L1 trained. You will be able to integrate IFS into your professional work in a way that is appropriate to your individual professional standing.

We recommend that, when using IFS with clients, you make provision for an appropriate level of IFS consultation/supervision.

It is important that members of the public have an accurate description of your full credentials and in which capacity you are using the IFS model.

What can I call myself when I've completed an IFS Level 1 Training?

IFS UK recommends that, once you have an L1 certificate of completion, you can let your clients know you are IFS L1 trained. You will be able to integrate IFS into your professional work in a way that is appropriate to your individual professional standing.

You may have heard of the titles 'IFS Therapist' and 'IFS Practitioner.' This is an US distinction and not congruent in the UK. For a more detailed description of these terms and how they are applied in the US, see <https://ifs-institute.com/trainings/ifs-certification>.

When can I apply to become certified by IFS Institute?

After you have successfully completed IFS L1 training, you can begin to pursue becoming IFS Certified. The certification process is managed by the IFS Institute. Email certification@ifsinstitute.com for more information.

What support or additional training is available after completing IFS L1 training?

After IFS L1 training, you will be able to apply for IFS L2 trainings and, after that, for IFS L3 trainings. There are also other workshops, trainings and conferences widely available. You can be added to the IFS Institute and IFS UK directories. It is highly recommended that you form peer practice groups during your L1 training, have IFS therapy and IFS supervision/consultation (individual or in groups). From time to time, there are community events you can join too; details of these can be found on our website or on our [Facebook group](#). After 6 months of supervised work with clients, you can [apply to be a Programme Assistant \(PA\)](#) on an L1 training.