

Internal Family Systems

Level 1 training 2026



L1 1406 Hybrid - Live (with 2 online days)

Organized 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 native languages, when the group is led by a Programme Assistant and consists of participants speaking the same language.

Who should apply

The IFS Institute has revised its admissions policy from the 1st of January 2025.

The IFS Level 1 training is now particularly relevant for professionals within the psychological and psychotherapeutic field. It is primarily aimed at psychologists and psychotherapists, as well as psychiatrists and social workers with further psychotherapeutic training and clinical experience.

From the 1st of January 2025, specific admission criterias apply for each individual country. The admission criterias for the five Nordic countries can be found at <https://selv-til-del.dk/uddannelse>. If you are an applicant from a country outside the Nordic countries, you must contact the international IFS partner for your country to find out about the admission requirements. If you are applying from a country where there is no international IFS partner, you must contact the IFS Institute: info@ifs-institute.com.

Code of Conduct, Safety and Confidentiality Policy

Please read the IFS Institute code of conduct for IFS trainings (<https://ifs-institute.com/resources/code-of-conduct>).

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 Lead Trainer Mariel Pastor

28. September – 3. October, 2026

Bridge Days: Live online with Lead Trainer Mariel Pastor

13. - 14. November, 2026

Module 2: In-person, NOR Healt House, Copenhagen, Denmark with Lead Trainer Mariel Pastor

7. - 12. December, 2026

The **training schedule** has not yet been determined.

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 the 23. of March to the 11. of April 2026. 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.

The organizer 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).

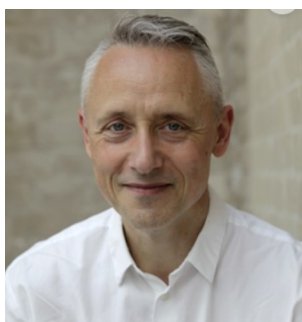
IFS Institute Lead Trainer: Mariel Pastor



Mariel Pastor is an IFS Lead Trainer and Marriage & Family Therapist based in Portland, Oregon. Trained in IFS since 1998, she is the

principal author of the IFS Institute Level 1 Participant Training Manual and Co-founder of the IFS TelehealthCollective, a multi-state group practice in America. Mariel's roots in Integral Theory inform her integration of somatic psychotherapies, social justice and spirituality within the framework of IFS. Her previous career in entertainment and her love of working with artists inspired her to create Character Mapping – a psychological toolbox for actors, writers and directors, helping them build characters and find themselves. Information about all of these offerings can be found at www.marielpastor.com.

Lead PA: Peter Legård Nielsen



Peter Legård Nielsen, psychotherapist MPF, is a licensed IFS therapist and IFS Approved Clinical Consultant, who has worked with IFS since 2018. He is also trained as a licensed

Advanced Rolfer™ and works with IFS and Rolfing at his private clinic in the center of Copenhagen. He has extensive experience as a PA and has also worked as Lead PA on many trainings. Peter organizes the official IFS trainings in the five Nordic countries.

He has published poems and novels since 1985 and is the former president of the Danish Fiction Writers. In 2024 he published the non-fiction book: *Alle dele er velkomne. Internal Family Systems i teori and praksis*, and in 2025 the non-fiction book: *Spontaneous Kundalini Awakenings. Healing the Damage Through IFS*. Read more about Peter Legård Nielsen at: www.alle-dele-er-velkomne.dk.

Tuition cost

In Danish Crowns: 35.980 (DKK). Includes the IFS Institute L1 manuel, plus snacks and 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 DKK 5.000 (non-refundable) deposit.

Final payment is due by the 3. of August 2026.

Terms & conditions

In the event of withdrawal from the training, please see the T&C's displayed on www.selv-til-del.dk: [Link](#). The deposit is non-refundable. The remaining fee is fully refundable up to the 3. of August 2026 and then non-refundable after that.

Note: Please do not book travel or accommodation for Module 1 until the course is confirmed. The organizer 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 and 2

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](http://NordicHealthHouse-NordicHealthHouse) (<https://nor.house/>)

Parking, public transport, taxi & WiFi

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.

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](http://Cafe-Nordic)

Health House
(<https://nor.house/om-nor/cafe/>)

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

The organizer 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 50 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](https://zoom.us/support/download)
(<https://zoom.us/support/download>)
- [Downloading the Zoom desktop client and mobile app – Zoom Support](https://support.zoom.us/hc/en-us/articles/4415294177549-Downloading-the-Zoom-desktop-client-and-mobile-app)
(<https://support.zoom.us/hc/en-us/articles/4415294177549-Downloading-the-Zoom-desktop-client-and-mobile-app>)

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 the organizer, any such recordings made by the organizer 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 \(ifs-institute.com\)](http://ifs-institute.com)
- [Selv til del – Om Internal Family Systems \(www.selv-til-del.dk\)](http://www.selv-til-del.dk)

To apply

Please complete the booking application at:

- [Book your IFS training course \(https://forms.gle/JQf3p55WARGLfJCU6\)](https://forms.gle/JQf3p55WARGLfJCU6)