

Internal Family Systems

Level 2 training 2026 Deepening and Expanding

L2 1408 In-person



Organized by Peter Legård Nielsen

Training overview

IFS Level 2 trainings are a comprehensive programme in which participants deepens an understanding 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 2 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

All IFS therapists and practitioners with the basic IFS Level 1 training can apply.

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 32 and the minimum requirement for the COC is 27 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 27 hours, you will need to take the full training again (at the full cost) to receive the COC.

Dates and timing

In-person, NOR Health House,
Copenhagen, Denmark with Lead Trainer
Osnat Arbel.

11. – 15. February, 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 15. to the
30. of August 2025. 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: 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, 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 og 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; 19.200 (DKK). Includes the IFS Institute L2 manuel, plus snacks and refreshments.

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 17. of December 2025.

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 17. of December 2025 and then non-refundable after that.

Note: Please do not book travel or accommodation until the course is confirmed. The organizer Peter Legård Nielsen 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: *Internal Family Systems Therapy* (The Guilford Press, 2019).

You are also recommended to have read:

- Frank G. Anderson, Martha Sweezy and Richard Schwartz: *Internal Family Systems Skills Training Manuel* (PESI Publishing & Media, 2017)
- Richard Schwartz: *Introduction to Internal Family Systems Therapy* (Trailhead Publications, 2001)

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

Resources

The IFS Institute Level 2 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

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](https://nor.house/)
(<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

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](https://nor.house/om-nor/cafe/)
(<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.

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 \(ifs-institute.com\)](https://www.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 • IFS Training \(https://forms.gle/gr4zrMajKPy5qrwc6\)](https://forms.gle/gr4zrMajKPy5qrwc6)