



Titolo :	Primo Level 1 IFS Italia:
Edizione:	1
Sede/i di Svolgimento:	Centro Maria Candida, Armeno (NO)
Data	25-30 aprile 2026
Responsabile scientifico dell'evento:	Dr. Giovanni Tagliavini
Destinatari dell'attività:	Psicologi, Psicoterapeuti, Psichiatri
Obiettivi formativi:	Fornire ai partecipanti una comprensione completa e operativa del modello Internal Family Systems (IFS) , sviluppando le competenze necessarie per mappare il sistema interno dei pazienti, distinguere e lavorare con parti protettrici ed esiliate, e applicare in modo sicuro i principali protocolli e tecniche IFS per il trattamento del trauma e il processo di sollevamento dei fardelli. Attraverso un'intensa esperienza laboratoriale e supervisionata, il corso mira anche a favorire un lavoro diretto sulle proprie parti, sostenendo nei partecipanti la capacità di offrire uno spazio terapeutico sempre più guidato dal Sé.
Costo per partecipante:	€5795
Max n° partecipanti:	36
Programma:	<p>Il corso di Livello 1 copre interamente il modello IFS.</p> <p>Si apprenderà, dunque, a mappare il sistema dei pazienti, imparando a distinguere tra parti protettrici (manager e vigili del fuoco) e parti esiliate.</p> <p>Usare in maniera sicura i protocolli e le tecniche IFS per il trattamento dei traumi ed il sollevamento dei fardelli, che sono Le 6 Fasi per lavorare con i protettori</p> <p>I passi della guarigione per aiutare le parti esiliate a sollevare i loro fardelli</p> <p>L'accesso diretto</p>



Tecniche di differenziazione (unblending)

In aggiunta alla formazione tecnica, il livello 1 è un vero e proprio laboratorio IFS, un'esperienza che è difficile da descrivere con parole.

Visto l'alto numero di assistenti della formazione (un assistente ogni tre partecipanti), tutti gli insegnamenti esperienziali sono accompagnati e supervisionati da una persona esperta in IFS. Ciò consente una "full immersion" nel modello ed offre a tutti i partecipanti la possibilità di conoscere parti ed aspetti profondi di sé.

CV docenti/moderatori

Olivia Lester, MSc, UKCP

Olivia Lester comes to the field of psychotherapy following a career in Film & TV Production and 20 years in the field of Childbirth Education, working with women and their partners as well as Birth professionals during the period of pregnancy, birth and early parenting.

Graduating with a MSc in Psychotherapy from the Metanoia Institute in London Olivia is a member of the UK Council for Psychotherapy.

Olivia was the co-founder of IFS UK and fully involved with the Internal Family Systems Levels 1, 2 and 3 Trainings in the UK between 2010-2022.

Working closely with Richard Schwartz and Senior IFS Lead Trainers Olivia is now a Lead Trainer for the IFS Institute and their International Partners, leading Level 1 Trainings globally.

In her private practice of psychotherapy Olivia specialises in working with individuals impacted by complex trauma and neglect as well as offering bespoke trainings and workshops.



Olivia's passions are for nurturing and creating optimal conditions within which healing can occur. She loves facilitating transformation and new beginnings. She lives in Sheffield in the UK with her husband and enjoys walking outdoors in the landscapes of Yorkshire and Derbyshire.

Alessio Rizzo

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NCPS Accredited Psychotherapist in the UK (licence number NCS23-04527)

Personal Summary

Accredited Psychotherapist for individuals and groups. IFS Level 3 certified psychotherapist and Assistant Trainer for the IFS Institute. Lecturer, trainer and published academic author.

Trainer and presenter experience

August 2025 – Presenter at Pink Therapy Conference in London

May 2025 – Trainer for 2-day in-person workshop “Navigating IFS” in London

February 2025 – Presenter for Sex and Mental Health online summit

Oct 2024 – Presenter at the IFS Conference on “Neuroqueering IFS”

March 2024 – IFS for GSRD (gender and sexual diversity) workshop in cooperation with Pink Therapy

2023 – 2024 – IFS for ADHD

2022 – IFS for OCD

2022 – present – Various workshops and event for the Italian community of therapists interested in IFS

Qualifications

2023 – present NCPS Accredited Psychotherapist



2017-2023 UKCP Accredited Psychotherapist
2017 Diploma in Gestalt Therapy for Individuals and Groups at the Gestalt Centre London
2016 Accredited Sexual Diversity Therapist
2012 Qualified Teacher

Published work

Chapter published in "Gender, Sex, and Relationship Diversity Therapy: Theory and Practice". Routledge, 2026

Contributor to Altogether Us: Integrating the IFS Model with Key Modalities, Communities, and Trends (2023)

Continuing education within the past 5 years

IFS Leadership Training

From March 2023

- Assistant Trainer / Lead PA on five IFS L1 training courses
- PA on five IFS L1 training courses, one L2 and one L3

Promotion to IFS Assistant Trainer – September 2024 (my name can be found here IFSI

<https://ifs-institute.com/practitioners/all/15702>)

IFS Approved Clinical Consultant – from March 2024
ATP (Accelerated Trainer Programme) – I was one of the 6 participants selected worldwide to participate in this programme for people belonging to minority groups to accelerate the process of becoming IFS Trainers for the IFS Institute

IFS Standard Training

IFS L3 – Ann Sinko and Mariel Pastor – completed May 2025

IFS L3 - Pamela Krause - completed 20th February 2021

IFS L2 - Compassion for Addictive Processes - Cece Sykes - completed 16th November 2020

IFS L1 - Paul Ginter and Chris Burris - completed June 2019

Education History

2015: MA in Gestalt Therapy Theory Studies at The Gestalt Centre (London)

2010: PGCE at The Institute of Education (London)



2008: Taught MSc in IT Security at The University of Rome 'La Sapienza'
2006: MSc in Telecommunication Engineering at The University of Rome 'La Sapienza'
1999: Italian High School Diploma

Employment and Self-employment history

Sep 2024 – present Assistant Trainer (AT) for the IFS Institute
April 2022 – present Various assignments with IFS Institute as a Programme assistant and, recently, on the leadership team.
Sep 2021 – Sep 2022 Tutor and Lecturer for Gestalt Psychotherapy at Metanoia Institute
Sep 2014 – now Private psychotherapy practice specialised in

Employed work

Sep 2009 – June 2021
 June 2019 – June 2021: Part-Time Maths Teacher at The UCL Academy, Adelaide Road, London NW3 3AQ
 June 2013 – May 2015: Part-Time Maths Teacher at The UCL Academy, Adelaide Road, London NW3 3AQ
 Feb 2013 – June 2013: Self-Employed Maths Teacher
 Jan 2012 – Jan 2013: Senior Tutor and Maths Teacher at BSix Brooke House College, Kenninghall Road, Hackney, London E5 8BP
 Sep 2009 – Jan 2012: Maths Teacher at BSix Brooke House College
Apr 2008 – Aug 2009: work in Data Management at SPG Media, Brunel House, 55-57 North Warf Road, London W2 1LA
Jan 2007 – Feb 2008: IT Consultant employed by ADORA ICT srl, 97 Via Domenico Sansotta, 00144 Rome, Italy

Languages Spoken

Italian (mother tongue) and fluent Spanish.