

June 2026

Dear Cecilie,

Congratulations on participating in this first stage of your IFS journey, the IFS Level 1 Training!

As developer of the Internal Family Systems Model and founder of IFS Institute, I am honored by the commitment you have made in choosing to learn about IFS and how to use it effectively and safely. The Level 1 Training can be an intense experience, providing ample opportunities to examine your own polarizations, protectors, and exiles. I hope all of that was manageable for you, and that you are leaving the training feeling connected to your training group and with confidence in your ability to use IFS in your professional and personal lives.

I also hope that this is just the beginning of your IFS experience and that you will continue to expand and deepen your knowledge of the Model. I believe deeply in the power of Self-leadership and encourage you to bring more of it to your clients, friends, family, and to your own life, thereby bringing more of it to our planet.

I've been involved in many IFS trainings, and I know that the end of a program is a special time for participants. I trust that you have made new friends, and relationships that will stay with you for many years to come. I also encourage you to stay connected and contribute to our community in any way that feels right to you.

Everyone at IFS Institute is working tirelessly to meet the growing demand for IFS trainings. As we continue to do that, we welcome any feedback you may have as we want to create as valuable an experience for our training participants as possible.

Happy Trailheads to you, and may the Self be with you!





Certificate of Completion

Cecilie Snaphoff

has met the minimum attendance requirement of the 89.5 total hours offered to successfully complete

LEVEL 1 TRAINING PROGRAM (1407) IN INTERNAL FAMILY SYSTEMSSM THERAPY

in Online in RealTime

April 22 – 24, 2026 • April 27 – 30, 2026 • June 1 – 3, 2026 • June 6 – 9, 2026

In testimony whereof this certificate of completion is presented on June 9, 2026 by

Richard C. Adenroth

President, IFS Institute, Inc.
Founder, Internal Family SystemsSM Therapy
PO Box 3969, Oak Park, IL 60303