Level 1 Training Admissions Criteria

Eligibility requirements for applicants to IFS Level 1 Training. Revised November 2026.

A Psychotherapists & Counsellors

General eligibility criteria for IFS Level 1 Training.

- Applicants for IFS Level 1 training will be mental health professionals with a significant proportion of their current primary role being one-to-one psychotherapy/counselling.
- Applicants will have successfully fully completed training in psychotherapy/counselling to at least Level 4 on the Qualifications and Credit Framework (QCF) in England, Wales and Northern Ireland; Level 8 on the Scottish Credit and Qualifications Framework (SCQF) in Scotland.
- Applicants with the minimum Level 4 qualification in England or Level 8 qualification in Scotland must have completed 300–400 hours of training, preferably including at least 100 hours of client work, with a minimum of 1.5 hours of supervision per month during that client work.
- Applicants will have membership of a professional body that is accredited by the Professional Standards Authority for Health and Social Care (PSA) or Health and Care Professional Council (HCPC) in England, Wales and Northern Ireland.
- Due to the experiential nature of the training, applicants will have appropriate support in place (e.g. their clinical supervisor/therapist).

B Other Mental Health Professionals

Professionals whose primary role is not as a Psychotherapist/Counsellor but currently involves a significant proportion of mental health work. This includes Clinical Psychologists, Counselling Psychologists, Psychiatrists and other Medical Doctors, Registered Mental Health Nurses, Registered Learning Disability Nurses, Counselling Occupational Therapists and Registered Social Workers.

- Applicants will be trained to at least Level 5 in their profession on the Qualifications and Credit Framework (QCF) in England, Wales and Northern Ireland; Level 8 on the Scottish Credit and Qualifications Framework (SCQF) in Scotland.
- Applicants will have membership of a professional body appropriate for their primary role.
- Applicants will be able to recognise and assess common mental health presentations.
- Applicants will be able to evidence additional training and experience in one-to-one clinical therapeutic work and be supervised for this by an appropriately trained professional.

C Applicants Based Outside the UK

Applicants based outside the UK who hold relevant mental health qualifications and experience must meet the relevant professional guidelines and legal requirements for providing mental health services in their country of practice. A significant proportion of their current professional role must involve providing one-to-one psychotherapy or counselling.

Applicants must also be a member of an appropriate professional body that has a formal complaints procedure in place and must receive regular professional supervision for their psychotherapy or counselling work.

Policy review

These criteria will be reviewed and updated in line with relevant changes e.g. in UK regulatory frameworks or IFS Institute policy.

Further Information

Qualifications and Credit Framework (QCF)

https://www.accreditedqualifications.org.uk/qualifications-and-credit-framework-qcf.html

Scottish Credit and Qualifications Framework (SCQF)

https://scqf.org.uk/about-the-framework

Professional Standards Authority for Health and Social Care (PSA)

https://www.professionalstandards.org.uk

Health and Care Professional Council (HCPC)

https://www.hcpc-uk.org

SCoPED

https://www.pcpb.org.uk/about-scoped-framework

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