



IPPD

INSTITUTE FOR PSYCHOLOGY AND PERSONAL DEVELOPMENT

CURRICULUM BROCHURE

Psychological Training

at European Level

Programme Overview · Detailed Lesson Plans · Fee Schedule
Certified online training · 2026

2,400+

GRADUATES

19

PROGRAMMES

DE / EN

LANGUAGES

100%

ONLINE

— WELCOME

Science Meets Practice

"Psychology is not merely a science — it is a language that every person deserves to speak."

IPPD — the Institute for Psychology and Personal Development — was founded in 2012 at a time when awareness of mental wellbeing began to grow rapidly. Since then, we have trained over 2,400 professionals from 30+ countries through a carefully designed online format that combines scientific rigour, therapeutic craft, and personal depth.

Our curriculum covers five core fields: Gestalt therapy, family systems, trauma work, positive psychology, and coaching. Each programme is taught live by senior faculty in small groups of 8–12 participants, supplemented by supervised peer practice and personal self-experience.

This brochure contains the complete overview of our 2026 programmes — plus detailed week-by-week lesson plans for three flagship courses. For questions or a personal consultation, please reach out at info@ippd-web.org.

Founded	2012
Graduates	2,400+ across 30+ countries
Format	Fully online (live video conferencing)
Languages	German & English
Group size	8–12 participants per cohort
Director	Dr. Anna Bergmann

— NAVIGATION

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— OUR APPROACH

How IPPD Trainings Work

Every IPPD programme follows the same clear six-step structure — proven in over 2,400 successful completions since 2012.

- 01 Live Video Sessions**
Weekly 90–120 minute sessions with experienced faculty. Questions, exchange and shared reflection in small learning groups of 8–12 participants.

- 02 Peer Groups & Practice**
Between sessions you practise in pairs or triads. This is how theory becomes embodied experience — the essential foundation of good therapeutic work.

- 03 Supervision**
Regular group and individual supervision ensures your development is supported. You don't just learn techniques — you grow as a professional.

- 04 Self-Experience**
Every therapeutic training requires working on one's own material. You undergo the methods yourself — as client and observer. Mandatory in all certification programmes.

- 05 Written Final Paper**
At the end you write a case study or theoretical contribution. Your work is reviewed by faculty and remains in your personal portfolio.

- 06 Certification**
On successful completion you receive your IPPD certificate with QR code and unique verification number — verifiable online at any time by employers or professional associations.

— PROGRAMMES & FEES

Complete Programme Catalogue

All figures in EUR including VAT. Interest-free monthly instalments available over 10–18 months. Included: live sessions, learning platform, written materials, group supervision, and the final IPPD certificate.

◆ SAMPLE LESSON PLANS

In this brochure we include **three detailed sample lesson plans** — one from each of our main fields (Gestalt, Trauma, Coaching) — to give you a concrete sense of how our programmes are structured week-by-week. Full lesson plans for all other programmes are available on request: simply contact our team at info@ippd-web.org specifying which programme interests you.

TRAINING MODULE	HOURS	TOTAL FEE	FROM / MONTH
Gestalt Therapy			
Foundations of Gestalt Therapy	100 hrs	€690	from €69/mo
Gestalt Therapeutic Practice	150 hrs	€980	from €89/mo
Certified Gestalt Counselling ★ FLAGSHIP	300 hrs	€2,490	from €139/mo
Family & Systems			
Systemic Family Therapy	150 hrs	€1,190	from €99/mo
Couples Therapy & Counselling	120 hrs	€980	from €89/mo
Family Constellations — Basic	80 hrs	€690	from €69/mo
Child & Youth Counselling	140 hrs	€1,190	from €99/mo
Trauma & Body			
Trauma Education — Foundations	120 hrs	€1,190	from €99/mo
Trauma Therapy Advanced ★ FLAGSHIP	220 hrs	€1,890	from €119/mo
Body-Oriented Psychology	160 hrs	€1,490	from €125/mo
Mindfulness & Trauma-Sensitivity	100 hrs	€890	from €79/mo
Positive Psychology			
Positive Psychology — Basic	80 hrs	€690	from €69/mo

PERMA Model in Practice	120 hrs	€980	from €89/mo
Mindfulness-Based Interventions	140 hrs	€1,290	from €109/mo
Coaching & Counselling			
Life Coaching Training ★ FLAGSHIP	120 hrs	€980	from €89/mo
Business & Executive Coaching	160 hrs	€1,490	from €125/mo
Psychological Communication	80 hrs	€690	from €69/mo
Specialisations			
Addiction & Relapse Prevention	100 hrs	€890	from €79/mo
Grief & Loss Support	80 hrs	€690	from €69/mo
Burnout Prevention & Resilience	60 hrs	€490	from €49/mo

Sample lesson plans (marked with ★) are included in this brochure as representative examples of our teaching methodology. Detailed lesson plans for all other programmes are provided free of charge on request.

SAMPLE LESSON PLAN · FLAGSHIP PROGRAMME

Certified Gestalt Counselling

A complete 18-month journey into Gestalt therapeutic practice

HOURS	DURATION	LEVEL
300	18 Months	Certification

— PROGRAMME DESCRIPTION

This flagship programme prepares you to work professionally as a Gestalt counsellor. It combines the original theoretical foundations developed by Fritz Perls, Laura Perls and Paul Goodman with contemporary integrations from field theory, attachment research and neurobiology. Over 18 months you complete six sequential modules covering theory, therapeutic practice, specialised applications, supervision, and a final case study.

Target audience: psychologists, social workers, counsellors, coaches, healthcare professionals and Heilpraktiker with relevant prior experience who want to integrate Gestalt methods into their professional practice.

Prerequisites: completed Bachelor's degree in psychology, social work, education, medicine or related field — OR — Heilpraktiker for Psychotherapy licence — OR — minimum 3 years professional experience in a helping profession. Motivation letter required.

Assessment: written module assessments (20%), documented peer practice (20%), supervised case work (30%), final written case study of 12–18 pages (30%).

MODULE 1**FOUNDATIONS & HISTORY**

60 HRS · Weeks 1–10

Week 1–2**Origins and Philosophical Roots**

- Fritz and Laura Perls — biographical and historical context
- Paul Goodman and the "founding text" of 1951
- Influences: Gestalt psychology, phenomenology, existentialism, Eastern philosophy
- The break from psychoanalysis and what it meant clinically

Reading: Perls, Hefferline & Goodman (1951), Ch. 1–3 · Clarkson (2014), Ch. 1

Week 3–4**Field Theory and Phenomenology**

- Kurt Lewin and the concept of the "field"
- Organism-environment-field as inseparable unit
- Phenomenological method: "what is" vs "why"
- Introduction to bracketing and description

Reading: Parlett (1991) "Reflections on Field Theory" · Spagnuolo Lobb (2013)

Week 5–7

The Contact Cycle

- The five phases: sensation, awareness, mobilisation, action, contact, withdrawal
- Ground and figure formation
- Disturbances of contact: introjection, projection, retroflexion, confluence, deflection
- Practice: mapping your own contact patterns in daily life

Reading: Clarkson (2014), Ch. 2–3

Week 8–10

Awareness and the Here-and-Now

- The centrality of awareness (Gewahrsein) in Gestalt
- Three zones of awareness: inner, outer, middle
- The paradoxical theory of change (Beisser, 1970)
- Integration exercise: awareness continuum practice
- Module 1 written assessment (2,000 words)

Reading: Beisser (1970) "The Paradoxical Theory of Change"

MODULE 2

THERAPEUTIC PRACTICE

90 HRS · Weeks 11–30

Week 11–13

The Therapeutic Relationship

- The I-Thou relationship (Buber) in clinical work
- Dialogic presence — inclusion, confirmation, commitment
- Transference and its Gestalt reformulation
- Countertransference as information

Reading: Yontef (1993), Ch. 7 · Hycner & Jacobs (1995)

Week 14–16

Experiment Design

- What is a therapeutic experiment — and what it is not
- Graded experiments: safe enough, bold enough
- Empty chair and two-chair dialogue — technique and indications
- Enactment and dramatisation

Reading: Zinker (1977) "Creative Process in Gestalt Therapy"

Week 17–19

Working with Unfinished Business

- The concept of unfinished Gestalts
- Closure through awareness, not insight
- Grief work in Gestalt — staying with the feeling
- Live case demonstration by senior faculty

Reading: Polster & Polster (1973), Ch. 5

Week 20–22

Body Process and Embodiment

- The body as primary channel of awareness
- Working with breath, posture, gesture
- Integrating body work without crossing into bodywork scope
- Safety and scope of practice

Reading: Kepner (1993) "Body Process" · Frank (2001) "Body of Awareness"

Week 23–26

Dream Work — Gestalt Approach

- Dreams as existential messages, not hidden wishes
- Each dream part as a projection of self
- Technique: becoming each element
- Practice session: peer dream work

Reading: Perls (1969) "Gestalt Therapy Verbatim", dream section

Week 27–30

Integration & Mid-Programme Review

- Peer practice: 5 complete counselling sessions each, observed and reflected
- Supervision block: 6 hours group, 2 hours individual
- Mid-programme self-reflection paper (1,500 words)
- Module 2 practical assessment — live demonstration before faculty

Reading: Course-provided case material

MODULE 3

SPECIALISED APPLICATIONS

60 HRS · Weeks 31–50

Week 31–33

Anxiety and Depression — Gestalt Perspective

- Anxiety as interrupted excitement
- Depression as retroflected anger (and where this model fits / does not)
- Differential considerations: when to refer to psychiatric care
- Working relationally, not symptomatically

Reading: Philippson (2009) "The Emergent Self"

Week 34–36

Trauma-Informed Gestalt Work

- What Gestalt does well — and where it needs caution
- The window of tolerance (Siegel)
- Stabilisation before processing
- Integration with polyvagal understanding

Reading: Taylor (2014) "Trauma Therapy and Clinical Practice"

Week 37–40

Working with Couples and Families

- Contact boundaries in the couple system
- The field between — not either partner
- When to refer to systemic therapy
- Practice: couple role-plays

Reading: Lee & Wheeler (2003) "The Voice of Shame"

Week 41–44

Groups and Organisations

- Gestalt in group settings — what changes
- The group as field
- Application to team coaching and organisational work
- Scope, contracts and ethics in organisational work

Reading: Nevis (1987) "Organizational Consulting"

Week 45–47

Cultural Field and Social Justice

- The counsellor's own cultural field as part of the therapeutic situation
- Power, privilege and contact
- Working across cultural and language difference
- Reading and reflection group

Reading: Jacobs (2017) "Shame and the Origins of Self-Esteem"

Week 48–50

Ethics and Professional Practice

- Ethical frameworks in counselling — EAGT code
- Scope of Gestalt counselling vs psychotherapy — legal considerations in DACH
- Record keeping, confidentiality, consent
- Working with difficult terminations

Reading: EAGT Code of Ethics (most recent version)

MODULE 4

SUPERVISED PRACTICE

50 HRS · Weeks 51–68

Week 51–60

Client Work Under Supervision

- Each participant works with 3 volunteer clients (6 sessions each = 18 sessions total)
- All sessions recorded (with consent) for supervision
- Weekly group supervision (90 min per week)
- Individual supervision: minimum 6 hours across the module

Reading: Carroll & Gilbert (2011) "On Being a Supervisee"

Week 61–68

Case Formulation and Treatment Planning

- Gestalt case formulation — not diagnosis, but phenomenological description
- Writing up cases ethically and usefully
- Preparing the final case study
- Final supervision block with faculty feedback

Reading: Course-provided case formulation templates

MODULE 5

SELF-EXPERIENCE

30 HRS · Parallel to Modules 2–4

Running parallel to the therapeutic practice modules, every participant completes a minimum of 30 hours of personal self-experience. This can take the form of individual Gestalt therapy with an approved practitioner, or a combination of workshops and group work. Self-experience is **not optional** — it is the foundation of becoming a Gestalt counsellor.

We provide a list of IPPD-approved self-experience providers. Costs for individual self-experience sessions are not included in the programme fee and are paid directly to the provider.

MODULE 6

FINAL CASE STUDY & CERTIFICATION

10 HRS · Weeks 69–78

Written case study: 12–18 pages documenting one complete therapeutic process with a volunteer client. Structure: presenting situation, Gestalt formulation, course of therapy, turning points, outcome, reflection on the counsellor's own process.

Oral examination: 45-minute colloquium with two faculty members. The candidate presents their case study and discusses its implications. Pass/fail assessment.

Certification: on successful completion of all modules and the final examination, participants receive the IPPD *Certified Gestalt Counsellor* certificate with unique verification number and QR code.

SAMPLE LESSON PLAN · FLAGSHIP PROGRAMME

Trauma Therapy Advanced

Integrating polyvagal theory, somatic methods and evidence-based protocols

HOURS	DURATION	LEVEL
220	12 Months	Advanced Practitioner

— PROGRAMME DESCRIPTION

This advanced programme is designed for professionals who already have a foundation in counselling or psychotherapy and want to deepen their trauma-specific competence. Integrating polyvagal theory (Porges), somatic experiencing principles (Levine), EMDR basics (Shapiro), and contemporary attachment research, the programme prepares you to work with complex trauma presentations in a stabilising, non-retraumatising way.

Target audience: psychologists, psychotherapists (in training or approbated), Heilpraktiker, counsellors and social workers with prior therapeutic training.

Prerequisites: completed foundation-level training (minimum 120 hours) in any psychotherapeutic approach, OR current enrolment in a psychotherapy training programme. Minimum 2 years of clinical or counselling practice. Motivation letter required.

Assessment: module quizzes (15%), case conceptualisation portfolio (25%), supervised client work (35%), final written case study (25%).

MODULE 1**NEUROBIOLOGY OF TRAUMA**

40 HRS · Weeks 1–7

Week 1–2**Trauma, Memory and the Brain**

- Implicit vs explicit memory systems
- The role of the hippocampus, amygdala and prefrontal cortex
- How traumatic memory differs from ordinary memory
- Implications for therapeutic pacing

Reading: van der Kolk (2014) "The Body Keeps the Score", Ch. 1–4

Week 3–4**Polyvagal Theory in Clinical Practice**

- Stephen Porges and the evolution of the autonomic nervous system
- Ventral vagal, sympathetic, dorsal vagal — what they look like in the room
- Neuroception of safety, danger and life-threat
- Co-regulation as a therapeutic tool

Reading: Porges (2011) · Dana (2018) "The Polyvagal Theory in Therapy"

Week 5–7**Window of Tolerance and Dysregulation**

- Siegel's window of tolerance model
- Hyperarousal and hypoarousal — signs and interventions
- Tracking the client's autonomic state in real time
- Module 1 assessment — neurobiology quiz and concept map

Reading: Siegel (2012) "The Developing Mind", Ch. 8

MODULE 2**STABILISATION**

40 HRS · Weeks 8–15

Week 8–10**Safety and Resource Building**

- The three phases of trauma treatment (Judith Herman)
- Why stabilisation comes first — always
- Resource identification and anchoring
- Grounding and orientation techniques

Reading: Herman (1992) "Trauma and Recovery", Ch. 8–9

Week 11–13**Somatic Interventions for Stabilisation**

- Body-based resourcing — practical exercises
- Pendulation and titration (Levine)
- Working with freeze and collapse responses
- When somatic work is contraindicated

Reading: Levine (2010) "In an Unspoken Voice"

Week 14–15**Stabilisation Practice Block**

- Peer practice: conducting stabilisation sessions
- Supervision: review of recorded peer sessions
- Module 2 practical assessment

Reading: Course-provided case material

MODULE 3

PROCESSING TRAUMA MATERIAL

60 HRS · Weeks 16–28

Week 16–18

EMDR — Foundations

- Francine Shapiro and the AIP model
- The eight phases of EMDR
- Bilateral stimulation — how and why it works (as far as we know)
- Scope: this is an introduction; full EMDR certification requires separate training

Reading: Shapiro (2018) "Eye Movement Desensitization and Reprocessing", Part 1

Week 19–21

Somatic Experiencing Basics

- Peter Levine's SE model
- Completion of thwarted defence responses
- Tracking activation, discharge and settling
- Integration with other approaches

Reading: Levine (1997) "Waking the Tiger" · Payne et al. (2015) SE review

Week 22–24

Complex Trauma and Dissociation

- Type I vs Type II trauma (Terr)
- Structural dissociation theory (van der Hart et al.)
- Working with parts — basic integration skills
- When to refer for specialised DID treatment

Reading: van der Hart, Nijenhuis & Steele (2006)

Week 25–28

Relational Trauma and Attachment

- Early attachment wounds and adult presentations
- The therapeutic relationship as corrective experience
- Working with attachment injuries in session
- Supervision block — 6 hours group, 2 hours individual

Reading: Wallin (2007) "Attachment in Psychotherapy"

MODULE 4

INTEGRATION & CERTIFICATION

80 HRS · Weeks 29–48

Week 29–40

Supervised Client Work

- Minimum 20 sessions with 2–3 volunteer clients
- All sessions audio-recorded with consent
- Weekly group supervision (10 hours total)
- Individual supervision: 8 hours across the module

Reading: Ongoing case-based reading

Week 41–44

Self-Experience Intensive

- 40 hours of personal trauma-informed therapy with approved practitioner
- Cannot be counted from prior therapy
- Purpose: processing your own material before working with clients

Reading: Self-reflection journal required

Week 45–48

Final Case Study and Examination

- Written case study: 15–20 pages documenting one complete treatment arc
- Oral examination (60 min) with two faculty members
- Certificate issued on successful completion

Reading: Course-provided templates

SAMPLE LESSON PLAN · FLAGSHIP PROGRAMME

Life Coaching Training

Professional coaching skills aligned with ICF core competencies

HOURS	DURATION	LEVEL
120	10 Months	Practitioner Certificate

— PROGRAMME DESCRIPTION

This programme trains you to work professionally as a life coach — confidently, ethically, and with strong theoretical grounding. The curriculum is structured around the International Coaching Federation (ICF) core competencies, combined with contemporary coaching psychology research, positive psychology interventions, and practical tools you can apply from session one.

Target audience: career changers, HR professionals, team leads, therapists adding coaching to their practice, entrepreneurs wanting to work with clients on personal development.

Prerequisites: no formal prerequisites. Motivation letter required. Participants must be at least 25 years old and have some professional experience.

Assessment: module assessments (20%), recorded coaching sessions with feedback (40%), final practical examination with live coaching demonstration (40%).

MODULE 1 COACHING FUNDAMENTALS 30 HRS · Weeks 1–6

Week 1–2

What Coaching Is — and Is Not

- ICF definition of coaching
- Coaching vs counselling vs consulting vs mentoring
- Ethical boundaries and scope of practice
- The coaching contract

Reading: ICF Core Competencies · Whitmore (2017) Ch. 1–2

Week 3–4

The GROW Model and Variations

- Whitmore's GROW: Goal, Reality, Options, Will
- Limits of GROW — when it helps and when it constrains
- Alternative models: OSKAR, CLEAR, FUEL
- Practice: full GROW session with peer

Reading: Whitmore (2017) Ch. 4–6

Week 5–6

Active Listening and Powerful Questions

- The three levels of listening (internal, focused, global)
- What makes a question "powerful"

- Avoiding leading questions and advice-giving in disguise
- Peer practice: listening-only session

Reading: Kimsey-House et al. (2018) "Co-Active Coaching" Ch. 3–4

MODULE 2**PSYCHOLOGY FOR COACHES**

30 HRS · Weeks 7–12

Week 7–8**Positive Psychology and Strengths**

- Seligman's PERMA model
- Character strengths (VIA survey)
- Flow and engagement
- Application in coaching sessions

Reading: Seligman (2011) "Flourish" Ch. 1–2

Week 9–10**Motivation and Change**

- Self-determination theory (Deci & Ryan)
- Intrinsic vs extrinsic motivation
- The stages of change model (Prochaska & DiClemente)
- Motivational interviewing principles

Reading: Deci & Ryan (2000) "The What and Why of Goal Pursuits"

Week 11–12**Limiting Beliefs and Self-Sabotage**

- Cognitive distortions — recognising them in clients
- Reframing techniques
- Difference between coaching on beliefs and therapy
- When to refer a client out

Reading: Beck (2011) "Cognitive Behavior Therapy" Ch. 1

MODULE 3

SPECIALISED COACHING CONTEXTS

30 HRS · Weeks 13–22

Week 13–15

Life Transitions

- Bridges' transition model (ending, neutral zone, new beginning)
- Coaching through career change, separation, relocation
- The "who am I becoming?" question
- Practice: three different transition scenarios

Reading: Bridges (2004) "Transitions" Ch. 1–3

Week 16–18

Goal-Setting and Follow-Through

- SMART goals — and their limits
- Implementation intentions (Gollwitzer)
- Habit formation — BJ Fogg and James Clear
- Accountability structures without dependency

Reading: Clear (2018) "Atomic Habits" · Fogg (2020) "Tiny Habits"

Week 19–22

Working with Emotions in Coaching

- Emotional literacy for coaches
- What to do when a client cries, gets angry, shuts down
- Staying in the coaching frame without becoming a therapist
- Supervision block: 6 hours group

Reading: Bachkirova (2011) "Developmental Coaching"

MODULE 4

PRACTICE & BUSINESS

20 HRS · Weeks 23–32

Week 23–26

Supervised Coaching Practice

- Each participant coaches 3 clients for 5 sessions each (15 sessions)
- Recordings reviewed in weekly supervision
- Peer feedback on live practice

Reading: Course-provided feedback templates

Week 27–30

Building Your Coaching Practice

- Finding your niche
- Legal considerations in DACH (Gewerbeanmeldung, insurance, taxes)
- Pricing, contracts, intake processes
- Marketing and your first 10 clients

Reading: Course-provided legal templates for DE/AT/CH

Week 31–32

Final Practical Examination

- Live 45-minute coaching session before two faculty examiners
- Assessed against ICF core competencies
- Feedback, pass/fail, and certification decision

Reading: ICF Core Competencies (most recent version)

MODULE 5**ETHICS & SELF-DEVELOPMENT**

10 HRS · Parallel / Ongoing

Throughout the programme, every participant receives a minimum of **10 hours of personal coaching** from an approved coach. This is not optional. The purpose is to experience coaching as a client, work on your own development, and observe a skilled coach at work. Costs are not included in the programme fee.

On successful completion of all modules and the final practical examination, participants receive the *IPPD Life Coaching Practitioner Certificate*. Graduates are eligible to apply for ICF Associate Certified Coach (ACC) credential after accumulating the required client hours.

— QUALIFICATIONS & RECOGNITION

Certification Levels

IPPD certificates are issued according to European continuing-education standards. Every certificate carries a unique verification number and QR code, allowing employers and professional associations to verify authenticity online in real time.

IPPD Foundation Certificate

80–150 hours · basic programmes

Issued upon completion of foundation-level modules. Confirms introductory theoretical knowledge and basic practical skills in the chosen field.

IPPD Practitioner Certificate

150–300 hours · intermediate programmes

Confirms deepened practical skills and the ability to apply methods independently under supervision. Prerequisite: completed foundation module.

IPPD Advanced Practitioner Certificate

220–450 hours · advanced training

Awarded after advanced training including supervision and self-experience. Qualifies graduates for independent professional application of the methods learned.

IPPD Supervisor Certificate

600 hours · full training

Our most extensive qualification. Combines theoretical depth, supervised practice, self-experience and a final case study. Prerequisite for supervising other practitioners.

Transparency Notice: IPPD is an internationally active online training institute. Our certificates confirm successful completion of qualified continuing-education modules. They do not replace state-recognised psychotherapy training under the German Psychotherapy Act. Practising clinical psychotherapy in Germany requires a separate state licence (Approbation) or the Heilpraktiker permit for psychotherapy.

— GET STARTED

Your Next Steps

- 1 Free Consultation**
Book a 20-minute Zoom call with our study advisors. We discuss course content, prerequisites, financing options and find the programme that best fits your goals. No commitment.
- 2 Attend a Free Webinar or Taster Day**
Experience our teaching style and meet the faculty — before signing up. We hold free live sessions regularly; dates are coordinated individually with your schedule after registration.
- 3 Apply for a Programme**
For certification programmes we ask for a short motivation letter. Binding registration deadline is 14 days before course start. Cohorts of 8–12 participants.
- 4 Begin Your Training**
On the start date you join your first live session. Throughout the programme you are supported by faculty, supervisors and your peer group — every step of the way.

READY TO BEGIN?

Get in touch with our team

Our study advisors respond within 24 hours and help you find the right path.

E-mail: info@ippd-web.org

Phone: +49 7322 8436

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Languages: German, English

This brochure reflects our 2026 programme. All information is provided in good faith; specific course content, dates and fees may be subject to minor adjustments. Reading lists are indicative — final reading lists are provided on enrolment. For the most current information please refer to ippd-web.org or contact our team directly.