



Basic IFIO Training IFS Level 2 #853

BIPOC Affinity

2023 Dates

Part 1

Sat, Feb 4 - Mon, Feb 6

Sat, Feb 25 - Mon, Feb 27

Part 2

Sat, April 15 - Mon, April 17

Sat, May 13 - Mon, May 15

U.S. Time Zone

10am-6pm ET (all weekends)

*(90) meal break + (2) 15 min breaks

Course Prerequisites

- Couple or Family Therapist
- Graduate of IFS Level I
- (6) months between completion of IFS Level 1 + start of IFIO/IFS Level 2

Location Online via Zoom

\$1,500 Tuition

includes digital IFIO Basic Training Manual + pre-training content

Tuition Payment Schedule

Deposit \$300

1st Payment \$600 on August 6, 2022

2nd Payment \$600 on November 6, 2022

Deposit + Cancellation Policy

Deposit is non-refundable and non-transferrable.

Installments are non-refundable after corresponding due date.

CE Credits (72) continuing education contact hours in (4) sessions of (18) hours.

Application Process

- To apply for a spot in the training, complete application located [here](#) or locate on the IFIO our website
- You will receive an email with your application status 2 weeks after submission of your application.
- A \$300 non-refundable deposit will be due within (1) week of acceptance to secure your spot.
- If not accepted, your name will be put on a waiting list + you will be contacted when/if a spot opens up.

Direct all questions + special requests (per ADA) to Keri Kelly intimacyinsideout@gmail.com

Course Description

The basic couples course is an experiential model of couples therapy that draws primarily from the Internal Family Systems (IFS) model of psychotherapy, but includes aspects of psychodynamic therapy, systems thinking, neuroscience and mindfulness practices. This model was born out of a desire to carry the concepts of IFS into a relational setting and to use the intimate relationship itself as a vehicle for growth and healing of the individual, as well as the couple. This 72-hour clinical training helps therapists enhance their knowledge and skills, facilitating relational work with couples and with individuals. Learn to work successfully with common difficulties in couples therapy. In this training, IFS therapists become skilled at working with the extreme impulses of protective parts, facilitating interpersonal and intra-psychic work, and assisting couples to communicate well and deepen heartfelt connection.

Instructional Methodology

Lecture, demonstration, audio/visual, experiential practice of techniques, large and small group discussion.

IFIO Co-Lead Trainers



Toni Herbine-Blank MS, RN, C-SP (she/her) is a Senior trainer for The IFS Institute. Her expertise is the use of IFS with couples and is the sole developer of IFIO Basic and Advanced Trainings now offered nationally and internationally. She is an experienced group leader with a reputation for being compassionate, respectful and empowering. Toni has co-authored 2 books on IFS couple therapy: *Intimacy from the Inside Out courage and compassion in couple therapy* and the new IFS couple therapy manual, both available in the [IFSI bookstore](#) and on [Amazon](#).

Kate Lingren, LCSW (she/her/hers) is a clinical social worker with nearly 40 years of experience in the field. She is a Certified IFS (Internal Family Systems) therapist and is a lead trainer on the faculty of Intimacy From the Inside Out (IFIO). Kate has served on the D/E/I Committee for IFSI since it's inception in 2016. She is also on the faculty of Boston College School of Social Work where she teaches IFS.



Important Information regarding Continuing Education (CE) Credit

This program is co-sponsored by Toni Herbine-Blank, MS, RN, CS-P, and The Institute for Continuing Education. Continuing education credit is offered for the professional disciplines listed below. The training offers a total of 72.00 contact hours. The training is structured as two Parts. Part 1 is scheduled for Feb 4-6, 2023; and February 25-27, 2023 (18.00 hrs per session). Part 2 is scheduled for April 15-17, 2023, and May 13-15, 2023 (18.00 hrs. per session). Participants must attend each scheduled session of Part 1 and Part 2. Partial CE credit, per Part, is not offered. The CE processing fee is \$60.00 per person. Application forms and other CE materials will be made available to participants. CE verification is mailed to participants following completion of the training. If you have questions regarding the training, continuing education, learning objectives, detailed agenda for each day, or program faculty, please contact The Institute for Continuing Education at instconted@aol.com.

Psychology: The Institute for Continuing Education is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

- New York: The Institute of Continuing education is recognized by the New York State Education Department's State Board of Psychology as an approved provider of continuing education for licensed psychologists #PSY- 0043.

Counseling: For counselors seeking CE credit, The Institute for Continuing Education will make a co- sponsorship application to NBCC for this program. The website will be updated regarding accreditation.

- New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. Provider MHC-0016.

Social Work: This program has been approved for 36.00 hrs. (Part 1) and 36.00 hrs. (Part 2) for social work continuing education re-licensure, in accordance with 258 CMR, NASW-MA Chapter CE Approving Program. Authorizations: D-90796-1 / D-90796-2.

- New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board of Social Work as an approved provider of continuing education for licensed social workers, Provider SW-0025.
- Ohio Board Social Work, Provider RCS 030001
- Illinois Dept. Professional Regulation, Provider 159-000606.

Marriage-Family Therapy: The Institute for Continuing Education, Provider 56590, is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs. The Institute for Continuing Education maintains responsibility for this program and its content. This Course meets the qualifications for 36.00 hours, per segment, of continuing education credit for LMFTs, LCSWs, LPCCs, as required by the California Board of Behavioral Sciences.

- New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Marriage-Family Therapy as an approved provider of continuing education for licensed Marriage-Family Therapists, Provider MH-0012.

Non U.S. Professionals: The Institute for Continuing Education holds no provider status with licensing/certification boards outside the United States. It is your responsibility to check the regulations of your licensing board to determine CE requirements for your profession.

NOTE: To receive continuing education credit, applicants must complete all CE materials within 30- days of conclusion of each workshop segment.

NOTE: It is the responsibility of the attendee to determine if CE credit offered by The Institute of Continuing Education meets the regulations of their state licensing/certification board.