

Internal Family Systems

Sheffield 2018

Level 2 (452)

Intimacy from the Inside Out - Couples Training

with **Toni Herbine-Blank** and team

Dates

July 23-27 2018 (5 days)

September 3-7 2018 (5 days)

9.30am to 5.30pm (10 am start on the first day)

Trainers



Toni Herbine-Blank - Trainer
MS, RN

Toni Herbine-Blank MS RN Cs-P received her master degree at The University of Pennsylvania and has been practicing as a Psychiatric Clinical Nurse Specialist since 1993. She is a Senior Trainer for the Center for Self Leadership being instrumental in the development of the curriculum for basic and advanced trainings. Toni is the sole developer of the Intimacy from the Inside Out© training programme for IFS therapists.



Michele Bograd - Trainer
Ph.D.

Michele Bograd Ph.D. is in private practice in Massachusetts and is a recognized family and couples therapist who has taught and published on gender and family therapy; power and intimacy in couples therapy. She is an advanced IFS therapist and senior faculty for the Intimacy from the Inside Out trainings.



Kate Lingren - Assistant Trainer
Licensed Independent Clinical Social Worker

Kate Lingren is a Licensed Independent Clinical Social Worker with over 30 years of experience, who lives and works in the Boston area. She has embraced IFS in both her personal and professional worlds for the past 12 years, much to the benefit of herself, her partner and her clients. Kate is an Assistant Trainer in IFIO and continues to be in awe at how this model can transform relationships and help couples find deeper connection.



Internal
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Internal
Family
Systems
UK

About the Training

This 10 day (72 hour) intensive training programme is based on the Internal Family Systems model, teaching IFS therapists/practitioners how to deepen their knowledge and skills for facilitating relational work with couples and individuals. The methodology will include lecture, demo, audio/visual, experiential practice of techniques, large and small group discussion.

- Concentrates on the challenges of treating clients who have extremely protective systems and/or have experienced childhood trauma.
- Focuses on deepening essential processes unique to IFS, such as working with internal polarisations, working with dangerous fire-fighters, and unburdening.
- Emphasises the importance of the therapeutic relationship, focusing on both interpersonal and intrapersonal relationships.
- Emphasises the importance of the Self in both the client and therapist.
- Includes many opportunities for self-exploration.

Venue

Tapton Hall, Shore Lane, Sheffield S10 3BU, UK.
Local accommodation available, list provided when booking.
Free parking and wifi at venue.



Apply

Participants must have completed a CSL level 1 training programme to apply
Book online at www.internalfamilyystemstrainings.co.uk/booking

Tuition Cost

Tuition cost £1880

Early bird £1790 if paid by Tuesday 30th January 2018

A non refundable deposit of £600 will secure your place and the final payment deadline is 1st May 2018

Tuition includes tea/coffee/water and light snacks. A mainly vegetarian lunch is available at the venue for £7 per day.

Terms and Conditions

A refund of the tuition cost (not deposit) is available up to May 23rd 2018. After this the tuition cost is non refundable.

Please do not book flights until the training is confirmed to have reached its minimum number of participants. A full training fee refund will be given in the event of the training being cancelled. Participants should ensure that they have insurance to cover the cost of travel and accommodation should the training be cancelled.

For more information

Contact Nicola Hollings and Olivia Lester at IFSTUK@gmail.com

About IFS UK

IFS UK have been working in partnership with the Centre for Self Leadership for the last 8 years providing official CSL trainings and other related trainings in the UK.