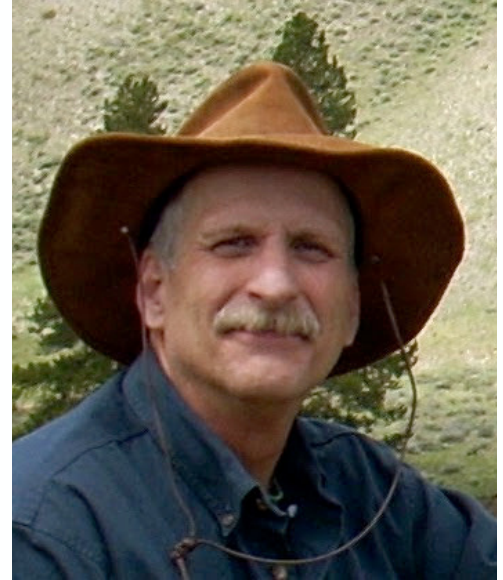




Cathy Curtis, MSW, LCSW (she/her) has been a psychotherapist for over 30 years based in Santa Cruz, CA. Certified in Internal Family Systems Therapy and has been practicing, supervising and teaching IFIO since 2010. Cathy is also an IFS-I Lead Trainer. She received her MSW degree from Boston University School of Social work and holds licensure in California as a licensed clinical social worker. *Cathy will be Lead Trainer for the Jan and Feb Modules.*

Lead Trainers



John Palmer, LCSW (he/him) has over 25 years experience working with couples and individuals. Certified in Internal Family Systems Therapy and an IFIO Lead Trainer, he is passionate about helping students deepen their IFS/IFIO skills. John brings to his work a deep understanding of neuroscience with a strong focus on the autonomic nervous system as applied to intimate relationships and the therapeutic process. He maintains a private practice in Austin, Texas. John will be Lead Trainer for the March and April Modules.



Assistant Trainer

Kim Bolling, PsyD (she/her) is a Licensed Psychologist in private practice in Nashua, NH, working with couples and individuals. Kim is a Certified IFS (Internal Family Systems) therapist and an Assistant Trainer for IFIO. She has a special interest in working with neurodiverse couples, and combines her training as a Neurodiverse Couples Counselor with IFS/IFIO to bring insight-oriented work to this often-underserved population. Kim will be the AT for all modules.

IFIO Basic Online Training 1265

Jan 24-26, Feb 21-23, Mar 21-23, April 25-27, 2025

8:00am - 4:00pm US Pacific Time Zone

Course Description + Prerequisites

This training 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 intrapsychic 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.

Course Prerequisite

- Completion of IFS-I or CCSU's Internal Family Systems Level 1
- Practicing Couples Therapists/Practitioners

Continuing Education

72.00 Contact Hours | IFS Level 2

Breaks

(2 - 15 min breaks + 90 min lunch)

Tuition Cost: \$3,200

*includes a Digital IFIO Basic Training Manual and pre-training content.

Tuition Payment Schedule

\$300 non-refundable/non-transferrable deposit due within (1) week of

acceptance to secure your training spot.

\$1,450 1st Installment due **July 24, 2024**

\$1,450 2nd Installment due **April 24, 2024**

Tuition can be paid at once or in accordance with the aforementioned payment schedule. Locate the training on the [IFIO website](#) and the corresponding Enter Payment portal.

Cancellation Policy

1st and 2nd installments are non-refundable once the due date has passed. Credit or Refunds are at the discretion of IFIO for extenuating circumstances.

Application Process

- Complete application [located here](#)
- You will be notified via email from Keri Kelly of your training acceptance within 3 weeks of submission of your application.
- A \$300 non-refundable/non-transferrable 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 training spot becomes available.

IFIO Scholarships

- Training Scholarships are centered on BIPOC therapists, people in marginalized communities, or those who work with marginalized clients. Click here to [apply](#).

Important Information regarding Continuing Education (CE) Credit

This program is co-sponsored by Toni Herbine-Blank, MS, RN, 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, with full attendance required. Partial credit 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: Application for social work continuing education credits has been submitted. This 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 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 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.