

IFIO Training Team



Toni Herbine-Blank MSN, RN (she/her) is the founder and creator of the Intimacy from the Inside Out (IFIO) model which is rooted in her expertise of the use of the Internal Family Systems (IFS) with couples. IFIO provides Basic and Advanced Trainings globally. 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.

The (4) weekend modules will be led by Toni as Lead Trainer and Liz Phillips as Assistant Trainer. Toni and Liz will be supported with a skilled and talented BIPOC, Non-White and White bodied staff.

Course Description

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.

Course Pre-requisites

Applicants must be *both* a Graduate of Internal Family Systems Level 1 *and* a Practicing couple or relationship therapist or practitioner.

Instructional Methodology

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

Continue Education (CE) Hours

72.00 Contact Hours - A Certificate of Completion (CoC) is awarded at the end of the training. Each participant must complete a minimum (62) Contact Hours

2024 Dates

Fri, May 31 - Sun, June 2
Fri, June 21 - Sun, June 23
Fri, Aug 16 - Sun, Aug 18
Fri, Sept 6 - Sun, Sept 8

2024 US Eastern Time Zone

10:00am-6:00pm
(2 - 15 min breaks + 90 min lunch)

(96) total Training Hours
(72) Contact Hours

Tuition Cost: \$1500

Training cost will include digital IFIO Basic Training Manual and pre-training content.

Payment Schedule

\$300 within one (1) week of email acceptance
\$600 1st Payment **November 30, 2023**
\$600 2nd Payment **February 28, 2024**

Payments are to be made on or by the dates in the Payment Schedule listed above. Locate the training on the [IFIO website](#) and the corresponding Enter Payment button to submit payment.

Deposit & Withdrawal Policy

\$300 Deposit is non-refundable and non-transferrable to another IFIO training.

We will refund or transfer 1st and 2nd training payments contingent upon replacing your training spot with another participant from the training wait list. We cannot guarantee a refund or transfer otherwise.

Application Process

- To apply for a spot in the training, complete application [located here](#) or locate on our website www.toniherbineblank.com
- You will receive an email with your application status one (1) month 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.

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, 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 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.