



Co-Lead Trainers



Judi Zoldan, LICSW (she/her/hers) has over 30 years of experience working with couples, families and individuals. Certified in Internal Family System Therapy and an IFIO Lead Trainer, she is passionate about helping clinicians deepen their IFS/IFIO skills. Judi integrates psychodynamic, trauma-informed treatment, cognitive-behavioral and body-oriented perspectives into her primary IFS/IFIO focus. She maintains a private practice in Belmont, MA.

Janet McCurdy, M.Ed., M.S., LMHC (she/her/hers) is an Internal Family Systems (IFS) Certified Therapist and an Approved IFS Clinical Consultant. She is also Senior Staff member and Co-Lead Trainer for IFIO. She has a private practice where she supports both individuals and couples. She has been on the IFIO staff for the past 5 years. She is passionate about supporting therapists in utilizing the IFIO model through trainings and individual and group consultation.



Senior Staff

Kim Bolling, PsyD (she/her/hers) 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 staff member 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.

IFIO Basic Online Training | IFS Level 2 #812

Aug 24-26 | Sept 28-30 | Oct 19-21 | Nov 9-11, 2023
10:00am - 6:00pm US Eastern Time Zone | Online via Zoom

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.

Instructional Methodology

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

Course Prerequisite

This course is open to:

- Graduates of IFS 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: \$3,150

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

Payment Schedule

\$300 non-refundable/non-transferrable deposit upon training acceptance

\$1,425 1st Payment **February 24, 2023**

\$1,425 2nd Payment **May 24, 2023**

Payments are to be made by or on the aforementioned dates. Locate the training on the [IFIO website](#) and the corresponding Enter Payment portal.

Cancellation Policy

All payments, including the deposit, are non-refundable once the due dates above have passed.

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 2-4 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.

IFIO Scholarships

- We offer partial Training Scholarships 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, 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 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.