



## Lead Trainers



**Cathy Curtis, MSW, LCSW (she/her)** has been a psychotherapist for over 30 years based in Santa Cruz, CA. She has been practicing, supervising and teaching IFIO since 2010. 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 the Trainer for Session 1.

**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. Judi will be the Trainer for Session 2.

### Assistant Trainer

**Joanne Gaffney, LICSW (she/her/hers)** has been a psychotherapist for 35+ years. She has extensive experience working with individuals and couples, specializing in the treatment of developmental trauma and addictions. Practicing IFS since 2009 and IFIO since 2010, she considers it a privilege to assist with IFS Retreats and a special honor to be part of the IFIO Staff since 2016. She maintains a private practice in Provincetown, MA, where she also provides IFIO Consultation. Joanne will be the Assistant Trainer for both the April/May and June trainings.



## 2023 Online Dates

### Session 1

Fri, April 28 - Sun, April 30, 2023  
Fri, May 5 - Sun, May 7, 2023

### Session 2

Fri, June 2 - Sun, June 4, 2023  
Fri, June 16 - Sun, June 18, 2023

## Schedule

9:00am - 5:00pm US Pacific Time  
(2 - 15 min breaks + 90 min lunch)

## Continuing Education

72.00 Contact Hours | IFS Level 2

## Course Prerequisite

This course is open to:

- Graduates of Internal Family Systems Level 1
- Practicing Couples Therapists/Practitioners

**Direct all questions + special requests (per ADA) to Keri Kelly**

**intimacyinsideout@gmail.com**

## Tuition Cost: \$3,150

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

## UPDATED Payment Schedule

### Tuition

\$300 non-refundable deposit upon Training Acceptance

\$1,425: 1st Payment - Nov 15, 2022

\$1,425: 2nd Payment - Jan 15, 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.

Intimacy from the Inside Out is a Level 2 offering from The IFS Institute

### 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.

### Application Process

- To apply for a spot in the training, complete application [located here](#) or locate on our website [www.toniherbineblank.com](http://www.toniherbineblank.com)
- Application applies for both the in-person training and the online format. You must commit to both formats of the training for your application to be accepted - in the case of the in person dates cancel and move to the online format.\*
- 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.

### 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 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.