A photograph of two elephants in a savanna setting. The elephant on the right is facing forward, while the one on the left is in profile, touching the trunk of the first elephant. The background is a soft-focus landscape with a blue sky and a light blue vertical bar on the left side of the image.

INTIMACY FROM THE INSIDE OUT

OVERVIEW OF THE MODEL, THERAPIST'S PARTS

Toni Herbine-Blank

BASIC TRAINING: MODULE 1



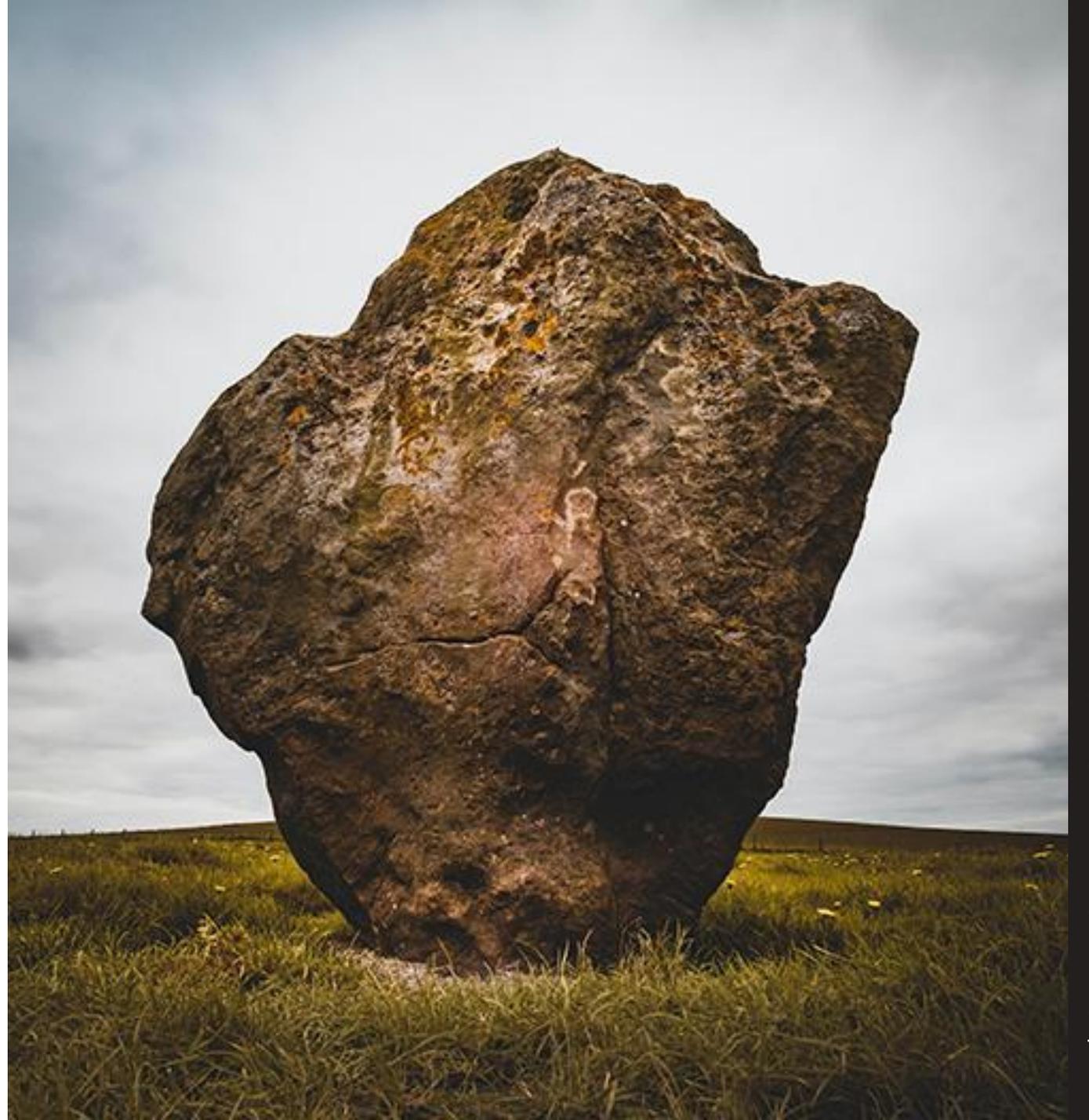
WELCOME



Intimate relationships are formed and maintained based on many factors; including but not limited to:

- > intergenerational influences
- > religion and spirituality
- > gender and sexuality
- > cultural and legacy burdens
- > people's connectedness to extended family or self-made community.

No single theory fits everyone which is why we emphasize discernment as you learn. We also stress the importance of multicultural sensitivity when beginning therapy with each individual, couple or system.





Overview of the Model

THREE PHASES OF IFIO:

Beginning:

Getting to know the relationship, introducing possibility

The Eddies and Flow of the Middle:

Non-linear protocols

Ending: Repair and Visioning

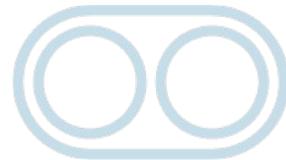
IFIO is a Model of Differentiation

> Differentiation is defined as the ability to Self-Regulate and Attach

FROM INNER DIFFERENTIATION to OUTER DIFFERENTIATION 



Securely connected
inside



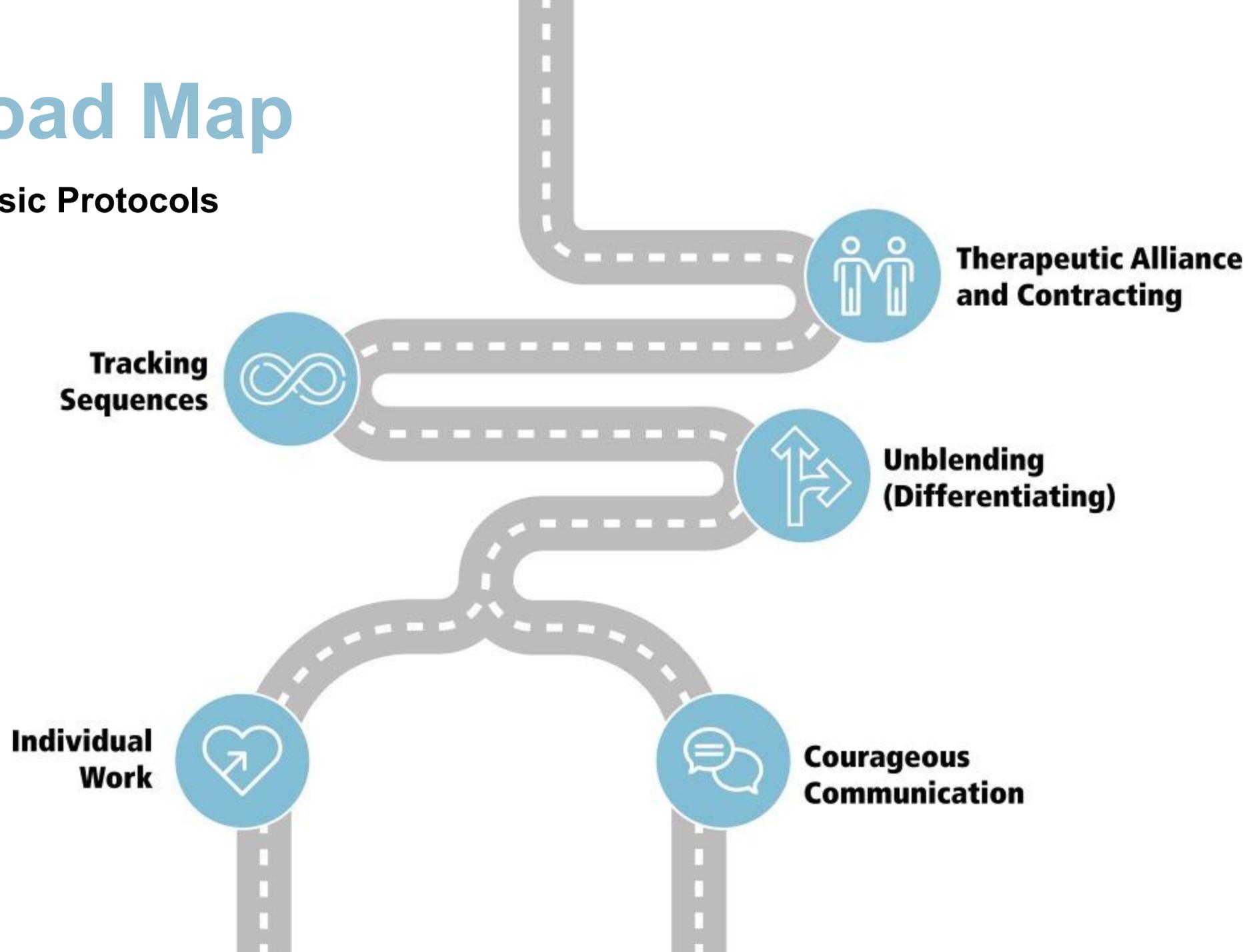
Securely connected
with the other



Differentiation
strengthens intimacy

Road Map

5 Basic Protocols



COUPLE SYSTEM

Basic non-linear PROTOCOLS

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graph TD; A[COUPLE SYSTEM] --> B[Basic non-linear PROTOCOLS]; B --> C[GOAL: Self-leadership];
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GOAL:

Self-leadership

Unblended, differentiated, deepened relationships

IFIO

**Experiential and
process oriented**

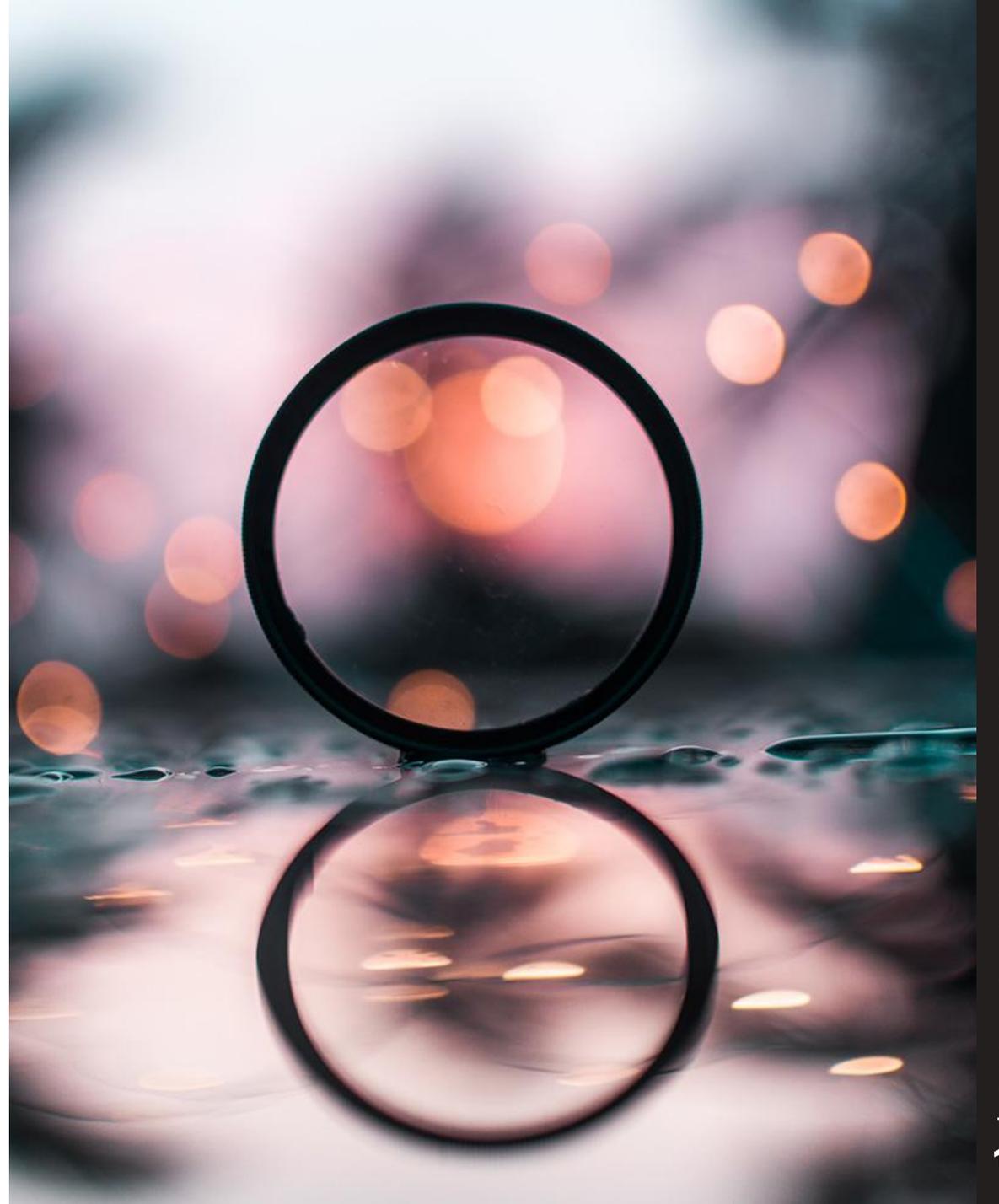
**Unblending or
Self-led** interactions
lead to effective
communication

We facilitate their
journey toward
**mutually satisfying
relationships**

What is Intimacy?



We might define intimacy as a quality in relationship that demonstrates emotional connection. To see and be seen, reciprocity and mutuality. What if intimacy is a fluid expression of Parts and Self, inside and out.





What are the factors that lead to the inability to be intimate?

Relational wounding

- Attachment wounding
- Temperament
- Psychological development

Shaming

- I am bad

What do protectors do to try to prevent pain?

> Fight

> Flee and avoid

> Numb

> Freeze

> Control Self or Other

> Caretake

> Shame/Blame

> Submit

> Attempt to attach in a desperate way

Tasks of the Therapist

- > Safety, connection, empathy, compassion and attunement

- > Clarity to recognize exiles beneath Protectors

- > Courage to both validate and challenge Protectors with clarity and kindness

- > Ability to listen to blended protectors and wait to challenge them until trust is built

Qualities of Self-leadership that IFIO therapists will cultivate

COURAGE

- > To stay with protectors and remember their dilemmas or binds

CLARITY

- > To hold the big picture for the couple when they can't

PERSISTENCE

- > “Lean in” during difficult moments in couple therapy

PERSPECTIVE

- > Trust the process
- > See the big picture

COMPASSION

- > As well as empathy (know the difference)

CREATIVITY

- > Humor
- > Willingness to change direction quickly and often

PATIENCE

- > Pay attention to the client's pacing and rhythm



Direct Access

A SKILL NECESSARY FOR THE IFIO COUPLE THERAPIST

- > Implicit or explicit
- > Especially necessary with blended protectors

Awareness of One's Own Parts is Essential to Being Successful

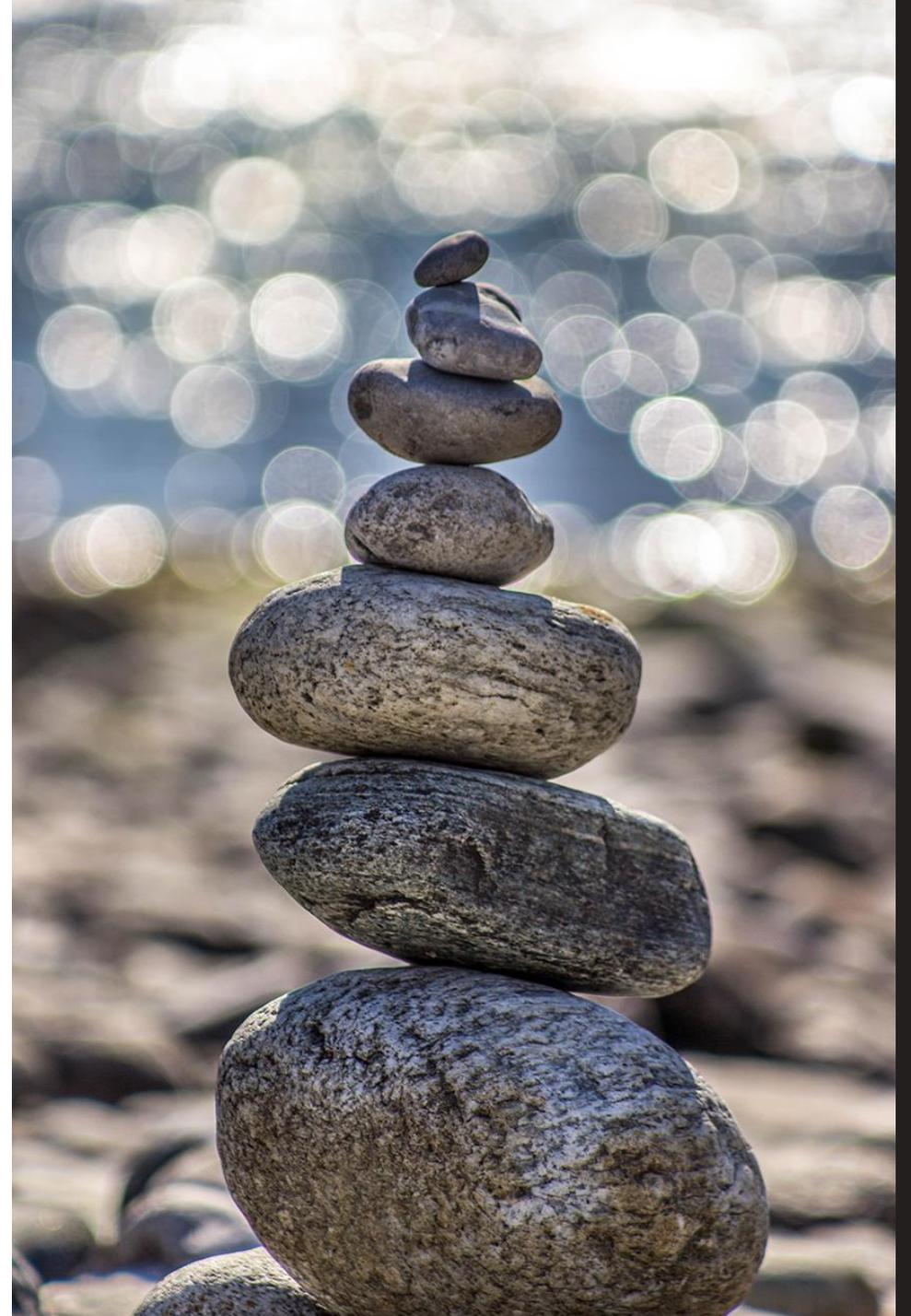
Therapist's skills

- > Expertise, good theory, concepts and judgment, awareness of implicit biases

Parts of the therapist

(Can get therapist caught in a triangle)

- > Countertransference (childhood triggers surface)





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