

INTIMACY FROM THE INSIDE OUT

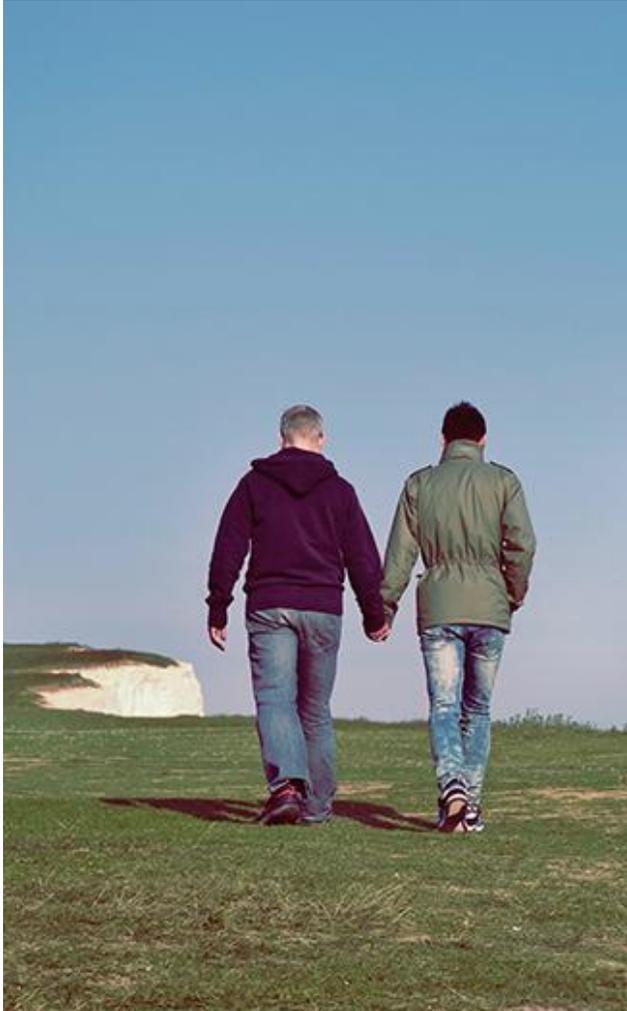
REVIEW

Toni Herbine-Blank

BASIC TRAINING: MODULE 6



IFIO is a Model of Differentiation



- > Attached and individuated, inside and out
- > Can I be myself and be loved by you?
- > Separate and connected
- > A dance of parts and self in relationship,
inside and out



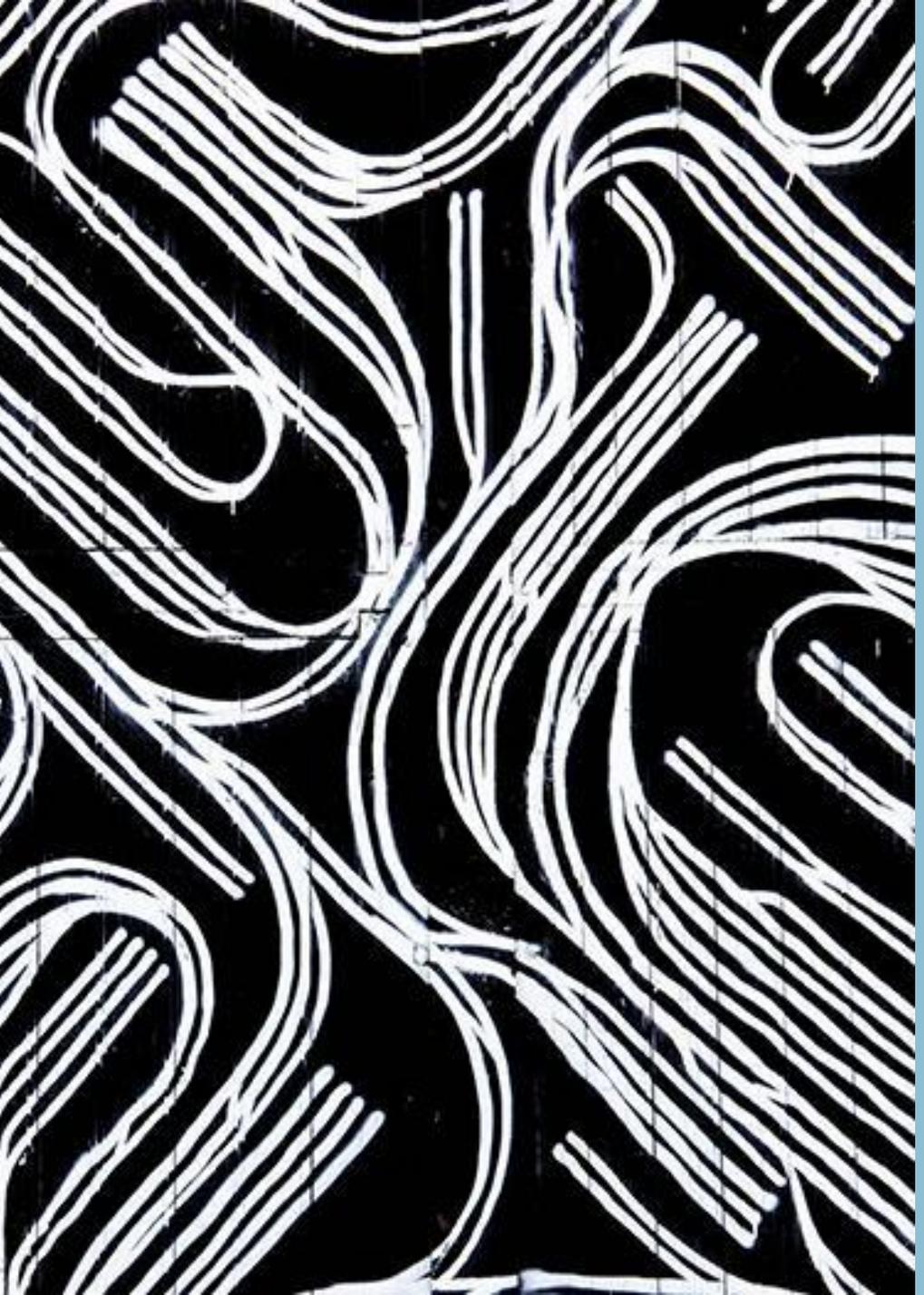
Goals of IFIO

Decrease reactivity and increase self-empowerment, choice, open-hearted connection

Create a vision for a new way of relating

A change in conversation will change a relationship

Develop a deepened relationship



Basic Non-Linear Protocols

- > Safety and trust
- > Tracking cycles of conflict
- > Unblending
- > Intra-psychic work in the presence of the other(s)
- > Courageous Communication
 - We promote safe, conscious conversations
 - Speaking and listening well, responding with empathy and understanding



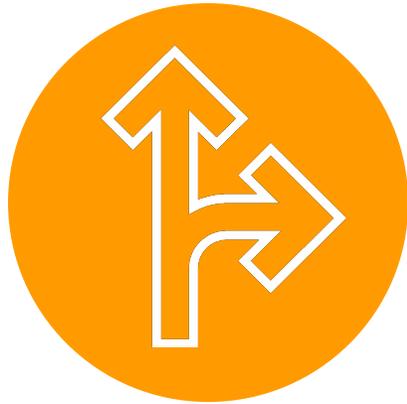
**Piglet sidled up to Pooh
from behind.**

“Pooh” he whispered.

“Yes, Piglet?”

**“Nothing” said Piglet taking
Pooh’s paw.**

“I just wanted to be sure of you.”



Techniques for un-blending

- > Skillful negotiation with the protective system
The paradox: inner separation equals more connectedness
- > Validate protectors without condoning behavior
- > Promote internal differentiation by externalizing parts
- > Breath and focus on the body can be a resource for un-blending
- > Direct access



In the beginning:

Regardless of who we are working with we hold some universals:

- > People have differences, seen and unseen
- > Everyone has a self and everyone is multiplied naturally

How we communicate this may differ based on gender, religious beliefs, sexuality, political beliefs, disabilities, culture and legacy burdens

Despite differences we convey these messages to everyone:

We are not afraid of your parts.

We will not prioritize the safety of one person to the detriment of another.

We are therapists not judges. We will not take sides.
We may give opinions and recommendations depending on circumstances.

We will be open and curious about each person's perspective.

We will hold each person with respect and curiosity, recognizing the validity of their experiences and the vulnerability that drives protectors to extremes.

IFIO can be introduced

Experientially



Or by teaching the model



Regardless of how we introduce the model, we want to convey the following to our clients:

No single feeling or experience represents all of any one person.

Parts are aspects of a larger whole.

Self is a powerful inner resource.

Some parts take on protective roles to ward off vulnerability, others are vulnerable and burdened, and still others have not been affected by wounding.

IFIO is collaborative. Our contract depends on your wishes and desires, which may change during the course of treatment.

You are free to challenge us, and express yourselves continually. Your parts may need time to trust this invitation.

We start where you are, often by understanding the parts who get caught in relational tangles.



Courageous Communication re-visited

Responsible self-disclosure

- Start with a U-turn
- Experiment with speaking for your own experience

Attuned listening

- We begin in the body
- Address protector fears
- Learn, over time, to listen from the heart
- Learn to witness and summarize the other's experience
- Tune in and extend empathy or compassion



In the Beginning We Don't Dialogue

WE EXPERIMENT WITH:

- UNBLENDING AND SPEAKING FOR PARTS
- LISTENING FROM SELF

It can be hard in the beginning because:

Protectors stick with their stories of right and wrong

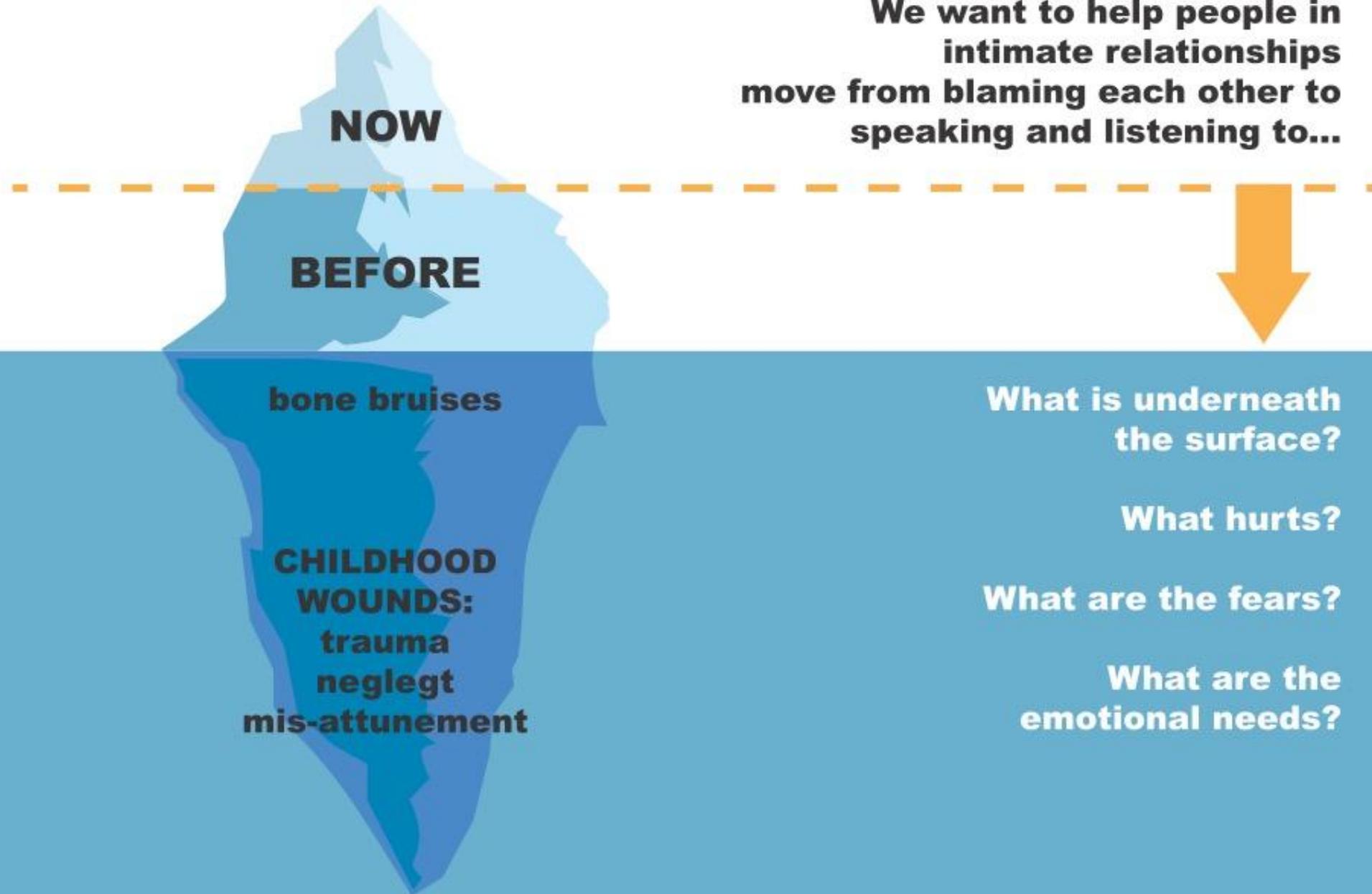
Blaming is temporarily more comfortable than doing a u-turn

Old patterns are hardwired

Protecting against current wounding overrides expressing vulnerability



We want to help people in intimate relationships move from blaming each other to speaking and listening to...





 **Intimacy**
from the
Inside Out®

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