

# IFS Couple Training

intimacy from the inside out

Online

November 4-8 2020  
February 17-21 2021



## Course Description

The basic couples course 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.

📍 Online

€ 1.900 € for locals.  
2.400 € for foreigners.

📅 November 4-8 2020

👤 **Nancy Wonder, Ph.D,**

📅 February 17-21 2021

👤 **Toni Herbine Blank, MS/RN**

🕒 Wednesday - Sunday  
14:00 am - 19:00 pm

🌐 english/spanish

✉ ifshispaniamadrid@gmail.com

🌐 www.institutoifs.com





## TONI HERBINE-BLANK MS/RN



As a senior trainer for the IFS Institute in the Internal Family Systems (**IFS**) model of psychotherapy, **Toni Herbine-Blank** MS RN CS-P has earned a reputation as an experienced, compassionate, an empowering group facilitator. She develops and presents trainings, workshops, and retreats, and has created an in-depth curriculum to train therapists in **IFS couples therapy**. Drawing on 22 years as a couples therapist and her 20-year marriage to best friend and partner, Jordan Blank, she brings humor, depth, and skill to all her workshops and training programs.



**Ann Drouilhet**  
Assistant trainer



## NANCY WONDER PH.D



**Nancy Wonder**, Ph.D, is a licensed psychologist in private practice in Tallahassee, Florida. Her practice includes work with trauma survivors especially in the area of sexual abuse. She has presented at the national **IFS conference on sexuality and parts** for the last two years.