

LEVEL II

intimacy from the inside out (IFIO)

Online (2021)

April 30-May 2 / June 4-6
August 6-8 / December 3-5



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 (2021)

💰 Tuition 2.600 €.

👤 **Cathy Curtis**

📅 April 30-May 2 / June 4-6

📅 October 3rd: from 4 to 7 pm (CET)
👤 review session with **Robin Warsh**

👤 **Toni Herbine Blank, MS/RN**

📅 August 6-8 / December 3-5

🕒 Schedule: from 4 to 10,30 pm
Central European Time

🗣️ english/spanish

✉️ institutoifsbarcelona@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.

Assistant Trainer: **Robin Warsh**



CATHY CURTIS

Cathy Curtis, LCSW is an IFS Lead trainer and has been a psychotherapist for over 25 years. She has been trained in many different body-centered modalities. For the past years, she has primarily used IFS in her work with individuals and couples. She is a lead trainer for the Intimacy From The Inside Out (IFIO) basic and advanced trainings. Cathy lives and works in Santa Cruz, CA where she has a private practice which includes leading workshops and IFS consultation groups.