

# LEVEL II

## Intimacy from the inside out (IFIO)

Online (2022)

May 6/8 . May 20/22, 2022.  
July 8/10. July 29/31, 2022.



### 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 (2022)

💰 Tuition: Early bird until February 20th **2450 €**  
From February 21th **2650 €**

👤 **Nancy Wonder.** May 6/8.  
📅 May 20/22. July 8/10, 2022.

👤 **Toni Herbine Blank, MS/RN**  
📅 July 29/31, 2022.

🕒 Schedule: 3:00pm to 9:30pm  
Central European Time.

🗣️ english/spanish

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## 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**

## NANCY WONDER



**Nancy Wonder, Ph.D.** Licensed Psychologist, is in private practice in Florida. She began her journey with Internal Family Systems in 2003. Dr. Wonder loved the body-centered approach of IFS along with the insight gained through internal experience. Dr. Wonder completed her Level I training in 2005 and was subsequently chosen to serve as a program assistant for several years. She then acted as an Assistant Trainer, helping lead trainers pioneer the “retreat” style trainings.

Currently, Dr. Wonder serves as a Senior Faculty for Toni Herbine-Blank’s Intimacy From the Inside Out (IFIO), a couples program based on I.F.S. She also serves as an assistant trainer with Center For Self-Leadership. She has been very active as an assistant trainer, having participated in over 8 trainings. She also played a significant role in establishing a research instrument, working in conjunction with the IFS Foundation, which is an independent organization furthering research in the IFS model.