

# IFIO Basic Training

## Intimacy From the Inside Out (IFIO)

Online (2023)

May 19-21 / July 14-16  
Sept 08-10 / Oct 06-08



### 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 (2023)

💰 Tuition Fee: **2.800 €**.

👤 Co-lead Trainers: **Robin Warsh and Janet McCurdy**  
Assistant Trainer: **Joya Lonsdale**

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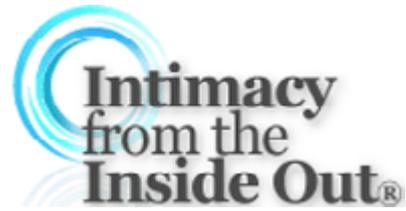
🕒 Time: 2:30pm - 10pm CET

🗣️ English/Spanish

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🌐 [www.institutoifs.com](http://www.institutoifs.com)





## ROBIN WARSH



Certified IFS Therapist and Associate Professor for Clinical Practice at Boston College School of Social Work since 1994 she has a private psychotherapy practice for individuals and couples with the focus on the impact of early complex trauma in adulthood . Since 2013 she teaches IFS and specifically IFS in relation to couples therapy both nationally and internationally. She is responsible for training psychotherapists, providing supervision and collaborating on curriculum development as a staff member of Intimacy from the Inside Out (IFIO). She has coauthored several publications on the topic of family reunification after foster care.

She is certified in EMDR and completed the two year trauma training program on “Working with the Neurobiological Legacy of Trauma”.

Assistant Trainer: **Joya Lonsdale**



## JANET MCCURDY

Is skilled in the IFS and IFIO models of therapy. She has a private practice where she supports both individuals and couples. She is an IFS Certified Therapist, an Approved IFS Clinical Consultant and IFIO Senior Staff and Co-Lead Trainer. She has been a part of the IFIO staff for the past 5 years. She is passionate about supporting therapists in utilizing the IFIO model through trainings and individual and group consultation.