



Lead Trainer

Judi Zoldan, LICSW (she/her) has over 30 years of experience working with couples, families and individuals. Certified in Internal Family System Therapy and an IFIO Lead Trainer, she is passionate about helping clinicians deepen their IFS/IFIO skills. Judi integrates psychodynamic, trauma-informed treatment, cognitive-behavioral and body-oriented perspectives into her primary IFS/IFIO focus. She maintains a private practice in Belmont, MA.

Assistant Trainer

Liz Phillips, RP, Certified IFS Therapist (she/her) is an IFIO couples therapist based in Toronto. Liz's passion for teaching and working in the IFIO model is grounded in her experience of moving clients from conflict to connection. Her successes with IFIO inform her commitment to helping other couples therapists learn the model as well. Fostering safer, more loving connections extends to all areas of Liz's life, including her beloved Chihuahua, Jackson Bug.



Training Description

This training is an experiential model of couples therapy and intimate partnerships 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 and practitioners enhance their knowledge and skills, facilitating relational work with couples and intimate partnerships. 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.

2025 IFIO Basic Training, IFS Level 2 #1269

2025 TRAINING DAYS, TIMES & CE HOURS

September 14-16, October 19-21, November 16-18 and December 7-9
Sabbath Sensitive - Sunday-Tuesday pattern | 10:00 am - 6:00 pm EST

(1) 90 long break and (2) 15 minute breaks each day

72 CE Hours - IFS Level 2

Training Prerequisites

- Graduate of Internal Family Systems L1.
- (6) month gap between completion of L1 and start of L2 (*no exceptions*).
- Therapists and Practitioners who work with intimate partnerships and couples.

Instructional Methodology

Lecture, demonstration, audio/visual, experiential practice of techniques, large and small group discussion.

Breaks

(2 - 15 min breaks + 90 min lunch)

Application Process

- Complete application [located here](#)
- You will be notified via email from Keri Kelly of your training acceptance within 3 weeks of submission of your application.
- A \$300 non-refundable/non-transferrable deposit will be due within (1) week of acceptance to secure your spot.
- If not accepted, your name will be put on a waiting list + you will be contacted when/if a training spot becomes available.

IFIO Scholarships

Training Scholarships are centered on BIPOC therapists, people in marginalized communities, or those who work with marginalized clients. Click here to [apply](#).

Tuition Cost: \$3,200

*includes an IFIO Basic Training Manual (in digital format only) and pre-training content.

Tuition Payments & Schedule

- **Non-refundable/non-transferrable Deposit** - \$300 due within (1) week of acceptance to secure your spot.
- **1st Installment due** - March 14, 2025 - \$1,450
- **2nd Installment due** - June 14, 2025 - \$1,450

Tuition can be paid at once or in accordance with the aforementioned payment schedule. Locate the training on the [IFIO website](#) and the corresponding Enter Payment portal.

Cancellation Policy

1st and 2nd installments are non-refundable once the due date has passed. Credit or Refunds are at the discretion of IFIO for extenuating circumstances.

Direct all Questions to Keri Kelly, IFIO Director of Operations

intimacyinsideout@gmail.com

Important Information regarding Continuing Education (CE) Credit

This program is co-sponsored by Toni Herbine-Blank, MS, RN, and The Institute for Continuing Education. Continuing education credit is offered for the professional disciplines listed below. The training offers a total of 72.00 contact hours, with full attendance required. Partial credit is not offered. The CE processing fee is \$60.00 per person. Application forms and other CE materials will be made available to participants. CE verification is mailed to participants following completion of the training. If you have questions regarding the training, continuing education, learning objectives, detailed agenda for each day, or program faculty, please contact The Institute for Continuing Education at: instconted@aol.com.

Psychology: The Institute for Continuing Education is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

- New York: The Institute for Continuing education is recognized by the New York State Education Department's State Board of Psychology as an approved provider of continuing education for licensed psychologists #PSY- 0043.

Counseling: For counselors seeking CE credit, The Institute for Continuing Education will make a co-sponsorship application to NBCC for this program. The website will be updated regarding accreditation.

- New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. Provider MHC-0016.

Social Work: Application for social work continuing education credits has been submitted. This website will be updated regarding accreditation.

- New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board of Social Work as an approved provider of continuing education for licensed social workers, Provider SW-0025.
- Illinois Dept. Professional Regulation, Provider 159-000606.

Marriage-Family Therapy: The Institute for Continuing Education, Provider 56590, is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs. The Institute for Continuing Education maintains responsibility for this program and its content. This Course meets the qualifications for continuing education credit for LMFTs, LCSWs, LPCCs, as required by the California Board of Behavioral Sciences.

- New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Marriage-Family Therapy as an approved provider of continuing education for licensed Marriage-Family Therapists, Provider MH-0012.

Non U.S. Professionals: The Institute for Continuing Education holds no provider status with licensing/certification boards outside the United States. It is your responsibility to check the regulations of your licensing board to determine CE requirements for your profession.

NOTE: To receive continuing education credit, applicants must complete all CE materials within 45 days of conclusion of each workshop segment.

NOTE: It is the responsibility of the attendee to determine if CE credit offered by The Institute for Continuing Education meets the regulations of their state licensing/certification board.