



Lead Trainer

Ann Drouilhet LICSW, LMFT (she/her) is an Internal Family Systems (IFS) Certified Therapist, and IFIO Trainer and an Approved Supervisor for AAMFT. Ann has a private practice in Framingham, MA where she works with couples, families and individuals. She has been practicing, supervising and teaching IFIO since 2010. She specializes in treating couples struggling with betrayal, addiction and ADHD.

Assistant Trainer

Liz Phillips, RP, Certified IFS Therapist (she/her) is an IFIO couples therapist working 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.



Course Description + Prerequisites

The IFIO Basic Training is an experiential approach to couple and intimate partnership 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 emerged from a desire to apply IFS concepts in a relational setting, using intimate relationships as a vehicle for both individual and couple healing and growth.

This 72-hour clinical training equips therapists, practitioners and coaches with the skills to facilitate effective relational work with couples and intimate partnerships. Learn to develop the skills to navigate common challenges in couples therapy successfully. This training enables participants to skillfully manage extreme protective parts, facilitate both interpersonal and intrapsychic work, and help couples communicate effectively while deepening their heartfelt connection

The **IFIO Basic Training for Therapists New to Couple Therapy** is geared for the **therapist, practitioner or coach who has not had couple therapist training and/or whose practice has less than 10% of couples**; and interested in receiving basic training with the intention of working with couples or deciding if they want to work with couples.

2026 IFIO Basic Training, IFS Level 2 #1473 NCT

Training Day, Dates and Time (US Eastern Time Zone)

- **Initial Training Day** Friday, Jan 9 | 1pm - 5:15pm
- **Module 1** Friday, Jan 16 - Sunday, Jan 18 | 10am - 5pm
- **Module 2** Friday, Feb 13 - Sunday, Feb 15 | 10am - 5pm
- **Review/Practice.** Friday, Feb 27 | 1pm - 5:15pm
- **Module 3.** Friday, Mar 13 - Sunday, Mar 15 | 10am - 5pm
- **Review/Practice.** Friday, Mar 27 | 1pm - 5:15pm
- **Module 4.** Friday, Apr 10 - Sunday, Apr 12 | 10am - 5pm

Breaks

- **Initial Day & Review/Practice Days** (1) 15 minute break
- **Module weekends** (1) 90 long break and (2) 15 minute breaks

Continuing Education

72.00 Contact Hours | IFS Level 2

Course Prerequisite

- Graduate of Internal Family Systems L1.
- (6) month gap between completion of L1 and start of L2 (*no exceptions*).
- Therapists, Practitioners or Coaches who do not currently work with or whose practice is less than 10% of couples.

Instructional Methodology

Lecture, demonstration, experiential practice of techniques along with large and small group discussion.

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.

Tuition Cost: \$3,200

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

Tuition Payments & Schedule

- **Deposit (non-refundable/non-transferrable)** - \$300 due within (1) week of acceptance to secure your spot.
- **1st Payment Due** - Jul 9, 2025 - \$1,450
- **2nd Payment Due** - Oct 9, 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 payments are non-refundable once the due date has passed. Credit or Refunds are at the discretion of IFIO for extenuating circumstances.

IFIO Scholarships

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

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.