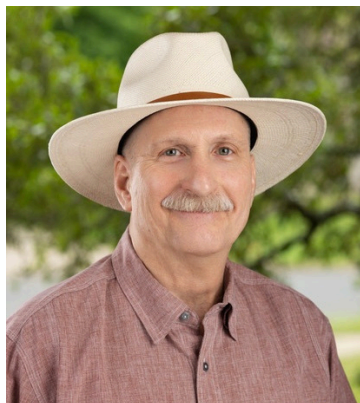

Training Team



Janet McCurdy, M.Ed., M.S., LMHC (she/her/hers) is an IFS-Institute Certified Therapist and an Approved IFS-Institute Clinical Consultant. Janet is a long standing IFIO team member and now a Co-Lead Trainer. She has a private practice where she supports both individuals and couples. She is passionate about supporting therapists in utilizing the IFIO model through trainings and individual and group consultation. **Janet is the Co-lead Trainer for Modules 1 and 2**

Sallie E. Ingle, MA LPC-S (she/her/hers) is an IFS-Institute Approved Consultant and Therapist in private practice outside Austin, Texas. She is a Clinical Supervisor, Teacher and IFIO Co-Lead Trainer with a focus on working with individuals, intimate partners and small groups seeking to expand Self to part relationships to bring healing to themselves, their families and their communities. "The IFS and IFIO self led practices of welcoming parts, listening deeply and reawakening parts awareness of Self energy through healing experiences has changed my life personally and professionally. It is a pleasure and an honor to learn and teach with others dedicated to this transformational art." **Sallie is the Co-lead Trainer for Modules 1 & 2**



John Palmer, LCSW (he/him) has over 30 years experience working with couples and individuals. Certified in Internal Family Systems Therapy and an IFIO Lead Trainer, he is passionate about helping students deepen their IFS/IFIO skills. John brings to his work a deep understanding of neuroscience with a strong focus on the autonomic nervous system as applied to intimate relationships and the therapeutic process. He maintains a private practice in Austin, Texas. **John will be the Solo Lead Trainer for Modules 3 & 4**

Susan Mason, LCSW (she/her/hers) is an Internal Family Systems Certified Therapist and Approved IFS-Institute Clinical Consultant. She has been on staff for IFIO trainings since 2015 and is now an Assistant Trainer. Susan has a private practice in the Chicago area where she supports both individuals and couples. She enjoys consulting for individual therapists as well as running consultation groups. She is passionate about the IFIO model of therapy and helping people develop healthy relationships. **Susan will be the Assistant Trainer for Modules 1-4.**



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

- **Module 1** Thursday, Apr 16 - Saturday, Apr 18
- **Module 2** Thursday, May 14 - Saturday, May 16
- **Module 3** Thursday, Jun 4 - Saturday, Jun 6
- **Module 4** Thursday, Jun 25 - Saturday, Jun 27

Time and Breaks

10-6pm EST with (1) 90 long break and (2) 15 minute breaks

Continuing Education

72.00 Contact Hours | IFS Level 2

Course Description + Prerequisites

This 72-hour clinical 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.

The 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

Course Prerequisite

- Graduate of Internal Family Systems (IFS) L1.
- (6) month gap between completion of L1 and start of IFIO Basic Training/IFS L2 (*no exceptions*).
- Practicing Therapists, Practitioners or Coaches working with couples/intimate partners

Instructional Methodology

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

Application Process and Scholarship

- Complete application [located here](#)
- You will be notified via email 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.
- Scholarships are centered on BIPOC therapists, practitioners and coaches or those working with marginalized communities. 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

- **Deposit** \$300 due within (1) week of acceptance to secure your spot.
- **1st Payment Due** Oct 16, 2025 - \$1,450
- **2nd Payment Due** Jan 16, 2026 - \$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.

Withdrawal Policy

- Withdrawals must be emailed to intimacyinsideout@gmail.com.
- Deposit is non-refundable and non-transferrable.
- 50% of Tuition Paid is refundable if withdrawal is received on or prior to February 16, 2026.
- There are no refunds for withdrawals on or after February 17, 2026.
- Training Transfers are based on availability; \$300 deposit required.

Important Information regarding Continuing Education (CE) Credit

This program is co-sponsored by Toni Herbine-Blank, MSN, 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.