



Basic Couples Training Asheville 2020



**Week 1 will be co-led by
Kate Lingren, LICSW & Judi Zoldan, LICSW**



**Week 2 with
Toni Herbine-Blank MS, RN**
As a senior trainer for The Center for Self Leadership in the Internal Family Systems (IFS) model of psychotherapy, Toni Herbine-Blank MS RN CS-P has earned a reputation as an experienced, compassionate, and 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
John Palmer, LCSW**

Location: Bend of Ivy Lodge
3717 Bend of Ivy Road, Marshall, NC

Schedule: Sept. 30 - Oct. 5 & Dec 2-7, 2020
Wednesday 6 pm - 8 pm
Thursday - Sunday 9:00 am - 6:00 pm
Monday 9:00 am - 3:00 pm

Continuing education available: 72.00 contact hours

**Total cost
including tuition
for both weeks:**
\$3990 triple
/quad room,
\$4200 double
room, \$4620
single room,
\$3410 commuter

Register online at www.toniherbineblank.com

**To confirm your spot,
fill out the online application and pay the
\$300.00 nonrefundable deposit.**

**For more information, special requests (per
ADA), or availability of scholarships contact
Kristi Good at intimacyinsideout@gmail.com
or Toni at toni@toniherbineblank.com**

Payment Schedule

**\$300 due upon registration
First half by March 30, 2020
Final half by June 30, 2020**

Cancellation Policy

**All payments, including the
deposit, are strictly
nonrefundable once the due
dates above have passed.**

Intimacy from the Inside Out is a level two offering from The Center for Self Leadership

Course Prerequisite: This course is open to Internal Family Systems Level I graduates and offers 72.00 continuing education contact hours, delivered in two, separate and distinct sessions of 36.00 hours.

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.

Staff bios

Kate Lingren, LICSW, is a co-lead trainer for IFIO, a clinical social worker with over 30 years of experience in the field, and a social activist. She is passionate about helping couples navigate their way toward more skillful communication and deeper intimacy. Kate has been with the IFIO team since 2011 and loves bringing this model to practicing therapists around the world. In addition to teaching anti-bias work from an IFS perspective, she works in private practice in Martha's Vineyard and Boston.

Judi Zoldan, MSW, LICSW maintains a private practice in clinical social work in Massachusetts. She served as an associate faculty in the Dept. Psychiatry at Harvard Medical School and as a clinical social worker in adolescent services at Cambridge Hospital. She is a certified Internal Family Systems Therapist. She earned her MSW degree from Simmons College School of Social Work, and is a licensed independent clinical social worker in Massachusetts.

Important information about Continuing Education (CE) Credit

This program is co-sponsored by Toni Herbine-Blank, MS, RN, CS-P, and *The Institute for Continuing Education*. Continuing education credit is offered for the professional disciplines listed below. The program offers a total of 72.00 contact hours. CE credit is awarded separately for each of the two scheduled sessions of the course. Full attendance is required at the session(s) attended. Partial session credit is not offered. The CE processing fee is \$60.00 per person. Application forms and other CE materials will be available at the initial session. CE verification is mailed to participants following completion of each session. If you have questions regarding the program, continuing education, learning objectives for each session, detailed agenda for each session, 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 (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling: For counselors seeking CE credit, The Institute for Continuing Education will make a co-sponsorship application to NBCC for this program. New York Provider MHC-0016.

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

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 36.00 hours of continuing education credit, per session, for LMFTs, LCSWs, LPCCs, as required by the California Board of Behavioral Sciences.

NOTE: To receive continuing education credit, applicants must complete all CE materials, sign in/out at designated locations, and submit an evaluation form for the sessions attended.

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