Intimacy from the Inside Out™

IFIO Basic Training, IFS Level 2 #1479
In Person - Wind Horse Hill
Spicewood, TX

October 19-23 & December 7-11, 2026



Co-Lead Trainer

John Palmer, LCSW (he/him) has over 30 years experience working with couples and individuals. As an IFIO Lead Trainer and Certified IFS-Institute Approved Clinical Consultant and Therapist, he is passionate about helping students deepen their IFS and 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 and spends his leisure time hiking with his lovely wife, Anne Marie, in the great outdoors. “IFIO has been more than just a therapeutic model for me; it has been a catalyst for growth, connection, and healing. I am deeply grateful for the ways it continues to shape my relationship and the lives of those I work with.”

Co-Lead Trainer

Sallie E. Ingle MA, LPC-S (she/her/hers) is an IFS-Institute Approved Consultant and Therapist in private practice in Spicewood TX, just outside of Austin. She is a Clinical Supervisor, Teacher and IFIO Co-Lead Trainer who works with individuals, intimate partners and small groups seeking to enrich and expand Self to Part relationships bringing healing to themselves, their families and communities. She and her wife, Tammy co-created Wind Horse Hill Retreat and Training Center, which they share with their healing herd of horses and donkeys. "The IFS and IFIO self led practices of welcoming parts, listening deeply and reawakening Part awareness of Self energy through healing experiences changed my life personally and professionally. It is a pleasure and an honor to learn and teach with others dedicated to this transformational art."



Training Description

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.

This 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.

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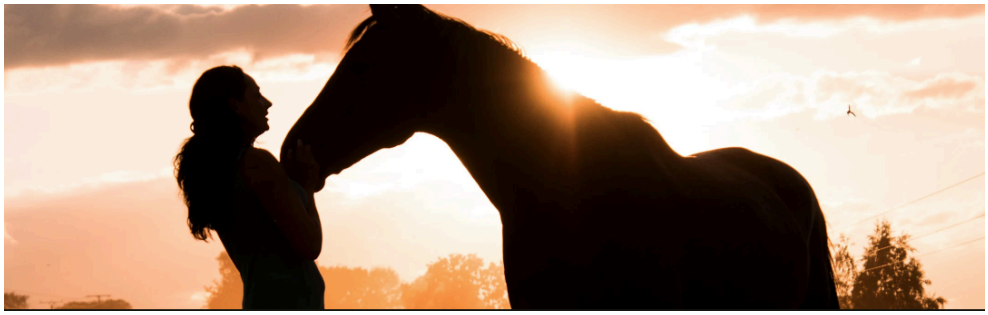
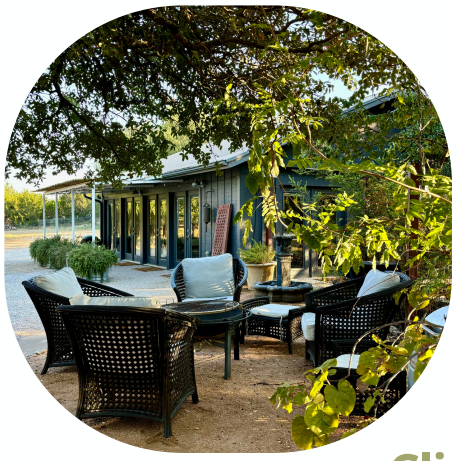
Wind Horse Hill Retreat and Training Center

Experience the healing power of nature and open yourself to explore deep connection in the beauty of the Texas Hill Country.







Click here for property details.

Training Dates and Times (US Central Time Zone)

- **Week 1/Module 1**
  - Monday, October 19 - Thursday, October 22 | 9am - 6:30pm
  - Friday, October 23 | 9am - 4:30pm
- **Week 2/Module 2**
  - Monday, December 7 - Thursday, December 10 | 9am - 6:30pm
  - Friday, December 11 | 9am - 4:30pm
- **Breaks**
  - (1) 90 long break and (2) 15 minute breaks each day - Monday - Thursday
  - (1) 60 long break and (2) 15 minute breaks each day - Friday

Continuing Education

72.00 Contact Hours | IFS Level 2

Instructional Methodology

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

Training Prerequisites

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

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Application Process

- Click here to complete application; you will be notified via email from Keri Kelly of your training acceptance within (1) month of your application submission.
- 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 Package - $4,200*

The package included the following:

- Digital IFIO Basic Training Manual and pre-training content
- Light Breakfast, Lunch and Beverages throughout day (Monday-Friday)*
- Training Cohort of 24 participants

Dinner, accommodations other travel-related expenses are not included in tuition.

*Tuition Package reflects additional costs associated with organizing and running the training.

Accommodations and interesest:

- While WHH is a training only venue, we can recommend an array of accommodations in the area. Click here to learn more and for other destination information.

Tuition Payments & Schedule

- **Non-refundable/non-transferrable Deposit** - $300 due within (1) week of acceptance to secure your training spot.
- **1st Installment due** - April 19, 2026 - $1,950
- **2nd Installment due** - July 19, 2026 - $1,950

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

- intimacyinsideout@gmail.com.
- Deposit is non-refundable and non-transferrable.
- 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.
- Training Transfers are based on availability; $300 deposit required.

IFIO Absence, IFS CE and Covid Policies - click here to read policies
Direct all Questions to Keri Kelly, Dir of Operations intimacyinsideout@gmail.com

Professional Continuing Education (CE) Credit Information

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. CE credit is awarded per Module, with full attendance required for each Module you attend. Partial Module CE 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 of Continuing education is recognized by the New York State Education Department's State Board of Psychology as an approved provider of continuing education for liscensed 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 30-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.