Intimacy from the Inside Out™

IFIO Basic Training
IFS Level 2 #1603

Online - US Eastern Time Zone
Mar 18-20, Apr 8-10, Apr 29-May 1
May 20-22, 2027 (Thurs-Sat)



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."

Keisha H. Bryan, LCSW, LCAS (she/her) is a Licensed Clinical Social Worker and Addiction Specialist in the Triangle Area of North Carolina. She is an IFS-Institute Approved Consultant and an Assistant Trainer with the IFIO Training team. Keisha brings nearly two decades of experience supporting individuals and couples, with a particular focus on helping clients cultivate secure, Self-led connection in their most important relationships. In addition to her clinical practice , Keisha is passionate about applying relational and systems-focused principles to leadership development, team dynamics, and organizational wellness within nonprofits and other mission-driven spaces. "As a Black woman and a relational therapist, IFIO gave me language for what I had always sensed: that our bodies carry history and that healing happens when those histories and stories are honored, not avoided."



Assistant Trainer

IFIO™ Basic Training Description

Our IFIO Basic Training is a 72-hour experiential clinical training for graduates of IFS Level 1. It is designed to deepen and refine your effectiveness as a couples therapist while fulfilling a core requirement toward IFS certification.

Grounded in the Internal Family Systems (IFS) model, this training thoughtfully integrates elements of systems thinking and neuroscience. IFIO emerged from a desire to bring IFS into a relational setting, using intimate relationships as a powerful vehicle for both individual and shared healing and growth. Rather than working with partners in isolation, IFIO invites therapists to engage the relational system itself as the pathway to change. In this training, therapists and practitioners will develop practical, embodied skills to:

- Facilitate effective relational work with couples and intimate partners.
- Navigate common challenges in couples therapy with greater confidence and clarity.
- Skillfully work with extreme protective parts and integrate both interpersonal and intrapsychic processes.
- Support couples in communicating more effectively while deepening heartfelt connection.

2027 IFIO Basic Training / IFS Level 2 #1603

Training Day, Dates and Time - US Eastern Time Zone Based

Module 1 Thursday, Mar 18 - Saturday, Mar 20, 2027 | 10am - 6pm EDT
Module 2 Thursday, Apr 8 - Saturday, Apr 10, 2027 | 10am - 6pm EDT
Module 3 Thursday, Apr 29 - Saturday, May 1, 2027 | 10am - 6pm EDT
Module 4 Thursday, May 20 - Saturday, May 22, 2027 | 10am - 6pm EDT

Breaks (1) 90 long break and (2) 15 minute breaks

Training Details + Application

IFS Level 2

Continuing Education 72 Contact Hours

Course Prerequisite

- Graduate of Internal Family Systems Level 1.
- (6) month gap between completion of Level 1 and start of Level 2 *(no exceptions).*
- Therapists or Practitioners who are currently working with couples/intimate partners.

Instructional Methodology

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

Application Process

- Click here to apply for training.
- You will be notified via email from IFIO of your training acceptance within 4 weeks of submission of your application.
- A $300 non-refundable/non-transferrable deposit will be due within (1) week of acceptance to secure your training 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, Payment Schedule + Withdrawal Policy

Tuition Cost: $3,200

- includes IFIO Basic Training Manual (*in digital format only)*, pre-training content and additional resources during training.

Payments Schedule

- **Deposit** $300 non-refundable/non-transferrable due within (1) week of acceptance to secure your training spot.
- **1st Payment Due** Sept 18, 2026 - $1,450
- **2nd Payment Due** Dec 18, 2026 - $1,450
- Tuition Payments to be paid through the payment portal on the IFIO website.

Withdrawal and Refund Policy

- Withdrawals must be emailed to intimacyinsideout@gmail.com.
- Deposit is non-refundable and non-transferrable.
- 50% of paid Tuition is refundable if withdrawal is received on/before Jan 18, 2027.
- No refunds for withdrawals after Jan 18, 2027. Credit or Refunds for extenuating circumstances are at the discretion of IFIO.
- Training Transfers are based on availability; $300 transfer deposit will be required.

Direct all Questions to
Keri Kelly, Director 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, with 18.00 contact hours per module. CE credit is awarded per Module, with full attendance required per module. Partial module 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 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: This program has been approved for 72.00 social work continuing education hours for re-licensure, in accordance with 258 CMR NASW-MA Chapter CE approving Program. Authorization No. D-92327 / D-92327-2.

- 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.