Intimacy from the Inside Out®

IFIO™ BASIC TRAINING
IFS Level 2 #1482

February - March- April 2027
Hybrid Training - Boston

IFIO™ Basic Training Description

The IFIO Basic Training is a ***72-hour experiential clinical training for IFS Level 1*** **graduates** ***who practice as intimate partner therapists or practitioners*** and want to bring the depth of IFS into their work with intimate partners.

Grounded in the IFS model and informed by systems thinking and neuroscience, this training was built for the complexity of relational work. IFIO was born from a simple but powerful idea that intimate relationships aren't just a context for healing - they are a vehicle for it. Rather than treating each partner separately, IFIO invites therapists to work with the relational system itself, helping couples move from conflict and disconnection toward genuine repair and growth.

Therapists leave this training with embodied, practical tools they can use immediately - skills for facilitating compassionate dialogue, navigating rupture, and supporting lasting resilience in the couples they serve.

Co-Lead Trainers



Kim Bolling, PsyD (she/her) is a Licensed Psychologist, Certified IFS Therapist and an approved IFS-I Clinical Consultant. Kim is a Co-Lead Trainer for Intimacy from the Inside Out (IFIO). She is based in southern New Hampshire where she maintains a private practice specializing in work with mixed-neurotype couples and complex PTSD. A former engineer, Kim has lived and worked in communities comprising both neuro-majority and neuro-minority individuals. As a committed humanist, Kim advocates for a shift to the non-pathologizing neurodiversity paradigm in how neuro-minorities are perceived in research and support in therapeutic practices.



Maya Hanelin LICSW (she/her) is a Certified IFS Therapist and an approved IFS- I Clinical Consultant with over 25 years of experience working with individuals, intimate partners, and groups in Boston, MA. She brings embodied warmth and clarity as a Co-Lead trainer for Intimacy from the Inside Out (IFIO). Deeply engaged in IFS for over 15 years, she has offered multiple IFIO workshops, presented at the annual IFS conference, and provides consultation internationally. Maya maintains a private practice with a special interest in supporting LGBTQIA+ and intercultural communities and is dedicated to helping people navigate relationship dynamics with compassion and equanimity.

2027 IFIO Basic Training, IFS Level 2 #1482 - Hybrid

Training Dates, Time - US Eastern Time Zone

Online

- **Module 1** Friday, Feb 5 - Sunday, Feb 7, 2027 | 9:30am - 6:00pm EST
- **Module 2** Friday, Mar 5 - Sunday, Mar 7, 2027 | 9:30am - 6:00pm EST

In-Person

- **Module 3** Monday, Apr 12 - Thursday, Apr 15, 2027 | 9:00am - 6:00pm EDT
- **Module 3** Friday, Apr 16, 2027 | 9:00am - 3:30pm EDT

Daily Breaks

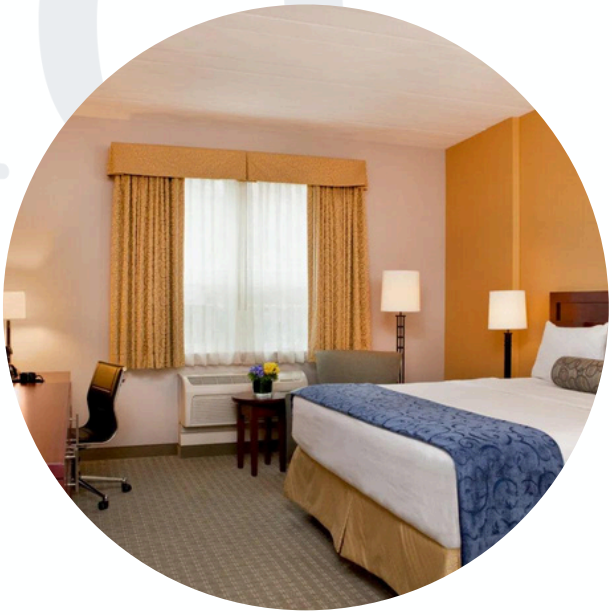
- **Module 1 - 3** (1) 90 minute long break & (2) 15 minute breaks
- **Module 3 Fri** (1) 60 minute long break & (2) 15 minute breaks

IFIO Basic Training is an IFS Level 2 Training with 72 CE

In-Person Training Venue

Wylie Center & Tupper Manor at Endicott College in Beverly, MA. Award winning waterfront venue on Boston's North Shore. Home to unparalleled serenity, unique recreational opportunities, and historic sense of place, an award-winning event facilities, offering seaside accommodations on our 10-acre oceanfront property on Boston's North Shore. Spacious guest rooms and suites with direct beach access, complimentary Wi-Fi, and access to our state-of-the-art fitness center.





Overnight Tuition Package - $4,600*

Package includes

- Digital IFIO Basic Training Manual and pre-training content
- Single room accommodations (Sun-Thurs nights)
- Morning & Afternoon refreshments (Mon-Fri)
- Lunch and Dinner (Mon-Fri; Fri - lunch only)

Other meals and other travel-related expenses are not included in tuition.

Commuter Tuition Package - $3,900*

Package includes

- Digital IFIO Basic Training Manual and pre-training content
- Morning & Afternoon refreshments (Mon-Fri)
- Lunch and Dinner (Mon-Fri; Fri - lunch only)

Other meals and other travel-related expenses are not included in tuition.

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Training Curriculum and Application Information

Continuing Education - 72 CE credits

Course Prerequisite for Therapists/Practitioners

- Graduate of Internal Family Systems Level 1.
- (6) month gap between completion of Level 1 and start of Level 2 *(no exceptions).*
- Practicing Couple/Intimate Partner Therapist or Practitioner.

Instructional Methodology

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

APPLY HERE!

Application Process

- You will be notified within (4) weeks via email of your application status.
- A $300 non-refundable, non-transferrable deposit will be due within (1) week of acceptance to secure your spot in the training.
- If not accepted, your name will be put on a waiting list and 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.**

Payment Schedule and Policies

Tuition Payments & Schedule

- **Deposit $300** due within (1) week of acceptance to secure your training spot.
- **1st Installment due Nov 5, 2026***
  - $2150 (overnight)
  - $1800 (commuter)
- **2nd Installment due Dec 5, 2026***
  - $2150 (overnight)
  - $1800 (commuter) due
- Tuition Packages reflect additional costs associated with organizing and running the Hybrid training.
- Tuition Payments to be paid through the general payment portal on the **IFIO website.**

***Updated installment dates - inquire for payment plans**

Withdrawl and Refund Policy

- Withdrawls must be emailed to intimacyinsideout@gmail.com.
- Deposit is non-refundable and non-transferrable.
- 75% of paid Tuition is refundable if withdrawal is received on/before Dec 5, 2026.
- No refunds for withdrawals after Dec 5, 2026.
- Training Transfers are based on availability; $300 deposit will be required if approved.

CE Credits, Certificate of Completion & Attendance Requirements

- Participants must complete 62 of the 72 CE training hours in order to receive a Certificate of Completion.
- IFIO will issue you your Certificate of Completion at the conclusion of the training.
- Continuing Education hours are offered for the professional disciplines detailed on the next page of this brochure.

Direct all Questions to
Keri Kelly
IFIO 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 for 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 submit a co-sponsorship application to NBCC for this program.

- **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 credit approval has been submitted to the NASW-MA Chapter CE approving Program.

- **New York:** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, Provider SW-0025.
- **Illinois Dept. Professional Regulation:** Social work provider 159-000606.

Marriage/Family Therapy. The Institute for Continuing Education is recognized as a provider of continuing education in marriage-family therapy by New York State Education Department's State Board for MFT, Provider MFT-0012.

- **California:** 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, LPCC, as required by the California Board of Behavioral Sciences.
- **Illinois Dept.** Professional Regulation: MFT Provider 168-000108.

Non-U.S. Professionals: The Institute for Continuing Education holds no CE provider status with any Canadian or other Non-U.S. licensing/certification boards. It is your responsibility to check the regulations of your licensing/certification board to determine CE requirements for training activities.

NOTE: To receive continuing education credit, applicants must complete all CE materials within 45 days of conclusion of each training 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.