

IFIO POST-BASIC DEEPENING WORKSHOP: PRACTICE AND EXPERIMENTATION

Intimacy From the Inside Out©

May 15 to 17, 2025

The IFS-association offers an IFIO three-day deepening workshop, led by Lead Trainers certified by Toni Herbine-Blank, founder of the IFIO model, and validated by Richard Schwartz, founder of the IFS model.

Ann Drouilhet



Trainer

Larry Rosenberg



Trainer

Prerequisites: The workshop is open to people who have already attended an IFIO basic training.

Teaching methodology: didactic, demonstrations, experiential exercises, and small group practice with the support of an experienced Program Assistant, small and large group discussions, Q&A time...

Support and Mentoring: The Trainers are supported by a team of Program Assistants coordinated by Vinciane van Outryve. There will be one PA for every three or four students, to support the many practices and exercises that complement the theory.

The Trainers will teach in English and a translation in French will be provided by a person trained in IFIO.

Workshop fee: €1,200 for three days.

Registration: Places are limited to 28 students (of which maximum 8 English speaking people) so we recommend you to book your spot as soon as possible.

To apply, please fill in the pre-registration form below and send it to Claire-Lise Vertet at inscription@ifs-association.com.

Pre-registration form

Workshop title: **Post-Basic IFIO - Intimacy From the Inside Out© Deepening workshop**

Hosted by **Ann Drouilhet** and **Larry Rosenberg**, Lead Trainers certified by Toni Herbine-Blank and IFSI.

Dates: **May 15 to 17, 2025**

Location: **Fontenay-aux-Roses**

Number of days: **3 days**

Number of hours: **20 hours**

Workshop price: **€1,200**

PREREQUISITES

Be trained in IFIO - provide attendance certificate.

APPLICANT - please complete all fields

Mr. Ms. First name: Last name :

Address:

Postal code: City: Country :

Mobile: Mail:

Profession:

Status (cross out what does not apply or complete): employee - self-employed - Professionals- other :

.....

If the invoice is to be issued in the name of an organization/company, please specify

Name - Address - SIRET as applicable for France.....

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Dat :

Signature:

Send by e-mail to Claire-Lise Vertet: inscription@ifs-association.com

Workshop program IFIO POST-BASIC DEEPENING WORKSHOP: PRACTICE AND EXPERIMENTATION

Intimacy From the Inside Out©

3-day workshop - 20 hours

- **Program**

The program is given for information only. It may be adjusted to participants' requests and/or may vary according to each trainer's teaching methods.

Day 1

Welcome - Introduction of trainers and PA Staff
Introduction of participants: names and backgrounds
Meditation - Intention
Small-group sharing with a PA
IFIO Model review
Demo
Practice groups
Question-and-answer time

Day 2

Meditation
Small-group sharing with an assistant

Didactic and Q&A: the practice of accompanying couples
Various experiments in the practice of the Model
Demo
Practice Group

Day 3

Meditation
Practice group
Video of a session and technical debriefing
Question-and-answer time
Sharing in small groups with an assistant
Perspectives for the future
Closing time and farewells

- **Lead Trainers and Program Assistants**

Workshop led by **Ann Drouilhet and Larry Rosenberg.**

Ann is a Licensed Clinical Social Worker and a Licensed Marriage and Family Therapist, practicing psychotherapy in the Greater Boston area since 1988. Since her introduction to IFS in 2006 and to IFIO in 2009, she has found working with these models to be transformational both personally and professionally. Practicing and teaching IFIO has been instrumental in helping her to "find her seat" as a couple therapist. In addition to her enthusiasm for this model, she is very interested in working with couples who are impacted by ADHD, addictions and betrayals.

Larry is a psychologist with a consultation practice in Cambridge, Massachusetts, a teacher and supervisor through Harvard Medical School, and a Lead Trainer for Intimacy from the Inside Out (IFIO). Since discovering IFS in 2005, he has appreciated the simple power of the model and its integration of mind and body, and teaches workshops, many with a focus on bringing sexuality into courageous therapy conversations for individuals and couples. Larry enjoys baking desserts, dancing, travel, the arts, and is delighted to be teaching in France.

The translation is provided by a person trained in the IFIO model, who is familiar with the terms specific to the model in both languages.

The trainers will be supported by a team of Program Assistants, members of the *Institut Francophone pour le Développement du Self Leadership* (IFS-association), who will support the practice sessions in small groups (one PA for 3 to 4 trainees). The PA are coordinated by Vinciane van Outryve.

- **Training format**

Format includes:

- Didactic, lecture, case examples by the trainer, with sharing and questions/answers from participants.
- Therapeutic practice demonstrations by the trainers with a volunteer participant, in the presence of the group, followed by a time of sharing by the observer-witnesses in relation to what has been observed individually.
- Time for supervised practice exercises: two participants play the role of the client couple, with the therapist supported and supervised by a PA. These groups are supervised by the trainers.
- Diverse and various experiments to enrich practice and broaden the field of experience of practitioners.

Each training day alternates between theoretical and experiential sessions.

- **Evaluation system**

We encourage participants to self-assess their progressive acquisition of the Model. This aspect has a pedagogical function in itself, as being able to recognize one's progress and acquisitions is a powerful factor in the integration of new skills. Doing so in a group encourages co-learning. At the end of the course, an evaluation sheet will be given to each trainee, enabling him/her to assess what he/she has learned, the teaching methods used and the content of the course. This evaluation enables participants to assess their own learning achievements.

- **Documents and hand outs for the students**

Each student receives a booklet containing :

Educational fact sheets

A reminder of the various themes covered

An evaluation sheet at the end of each module

- **Training location:** Fontenay-aux-Roses.

- **Training times:** 9am-6pm (5pm on the last day) The workshop will comprise a total of 20 hours of training.

Institut francophone pour le développement du self leadership

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