



Toni Herbine-Blank: Living in Relationship with an Open Heart: Intimacy from the Inside Out



Toni Herbine-Blank is a Senior Lead Trainer for the IFS-Institute and developer of the Intimacy from the Inside Out curriculum for couple therapists. Toni teaches nationally and internationally. Toni has co-authored a book called *Intimacy from the Inside Out, Courage and Compassion in Couple Therapy*. Explore a taste of what Toni offers to perhaps improve the relationship firstly with yourself, and then others around you.

TOP EMBODIMENT TIP: We All Have An Inner Wisdom, An Open Heart That Can Be Used As A Resource

The Past: **Open Hearts**

- We all have some level of relational wounding from childhood.
- We can learn new ways of connecting and relating to ourselves and others.
- The Practice of Life - when we bring self compassion and self forgiveness to ourselves we are naturally better able to do this for the people close to us in our lives.

Disconnected:

- Are we disconnected from each other, from nature, spirit, maybe isolated **as a result of COVID-19**, or feeling trapped with loved ones.
- **Many couples are regressing to childhood traumas** and therefore protection behaviours.

Practical Solutions: **What IFS and Intimacy from Inside Out can offer**

- Join in an experience where you might have an opportunity to explore who **you** are in a relationship and what parts of **you** might need some help to soften, to trust and to allow you to soften your heart.

Exploration: **Parts Of Us**

- Introduction to the many different 'parts' of our inner selves and the complex interactions between the parts.
- Understanding that somebody close to you - their behaviours are coming out of a part and not all of who they are, is a game changer. Being able to step back and see that is a powerful resource.
- Join Toni as she guides you through an inner journey to notice how your parts play out and how it could be different.

Resources

- ❖ **Books:** [Intimacy from the Inside Out, Courage and Compassion in Couple Therapy](#)
- ❖ **Courses:** [Intimacy from the Inside Out](#)
- ❖ **Website:** [Toni Herbine-Blank](#)
- ❖ **Social:** Facebook [intimacyinsideout](#), YouTube [Toni Herbine-Blank](#)
- ❖ **References:** [ifs-institute.com](#)



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

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