

Bio: Liz Phillips

Liz has carried a torch for couples work since before training as a therapist. As a child watching her parents' marital distress, Liz longed to help them understand each other better. As an adult, she trained herself in couples work to make good on that longing. Liz is now an IFS Certified therapist with training in Level 1 (IFS) and Level 2 in IFIO (Intimacy from the Inside Out). In 2021, Liz delivered numerous IFIO-informed workshops to international audiences to bring interest to the model, which she has experienced as a game changer in her practice. Liz caught the attention of a number of IFS-related and couples-related podcasters who interviewed Liz about EFT and IFIO. You can catch these interviews [here](#).

Liz is now developing an IFIO-informed public program for couples. Liz graduated from the Toronto Institute for Relational Psychotherapy and is a Registered Psychotherapist in Toronto, Canada. She has also trained in Levels 1 and 2 of Sensorimotor Psychotherapy and completed core skills of Emotionally Focused Therapy (EFT). She has been a program assistant for IFS Level 1 and is staffing a number of IFIO trainings in 2021/2022.