

Mike Elkin, Ann Sinko

Michael Elkin, MA, LMFT, is a senior IFS trainer whose unique style is founded in strategic and hypnotic therapy. Mike has been practicing and spreading the work of IFS since 1995. He became an IFS trainer in 1999 and has enthusiastically trained therapists in IFS throughout the US and Europe. He is known for his creative and effective approaches to addictive and compulsive behavior, phobia, and anxiety. As a teacher, Page 3 of 8 Mike's wisdom is wholeheartedly shared from over 40 years of clinical experience. He is the author of *Families Under the Influence*, and several articles.

Ann L. Sinko, LMFT, is a senior trainer who has more than 30 years of clinical experience and is a licensed marriage and family therapist in Connecticut. She is in private practice and has been teaching as an adjunct Professor in the Marriage and Family Therapy program at Central Connecticut State University for more than 25 years. Ann integrates IFS theory and technique into all facets of her creative work with families, couples, individuals, and groups, and establishes a safe environment in which clients experience unconditional acceptance. She also has a background in gestalt therapy and uses sand tray therapy in her work. Ann is passionate about teaching, believes that theory is best integrated through experiential learning, and brings a down-to-earth, concrete style and a sense of humor to her teaching. She is also a seasoned world traveler, loves the outdoors, and is an avid gardener.