



JOEL BUBBERS

*'Intimacy from the Inside Out' (IFIO)
Coaching for Couples*

ABOUT ME

I spent 10 years in my 'first' career working in cultural diplomacy in the Middle East, leading teams trying to develop connections, opportunities and programmes that helped to bridge divides between people, cultures and communities. Ultimately it was all about trying to build deeper relationships in the midst of conflict and challenge.


The more I learnt about myself, the more I realised that it was this relational part that really moved me. Around this time, I discovered the Internal Family Systems therapy model and experienced first-hand its capacity for deep healing. This, along with coaching, changed my life - enabling me to take on bigger leadership responsibilities - in work, and then as a husband and father.

After training in coaching and IFS, I started working on relationships in a different way, as a Coach with IFS as a prime modality, helping people improve their relationships with themselves, their families, and their work.

I've since trained in IFIO, a model of couple therapy that draws primarily from Internal Family Systems. Like so many others around the world who are now benefiting from IFIO, once I experienced the model for myself, I knew it was a game-changer. IFS had a transformational impact on my marriage and now I want to help other couples find their own pathways to stronger communication and deeper connection.

Ultimately we can't heal our families, our communities or our countries without getting our most intimate relationships right first, which is why I believe that changing the world starts here.

CONTACT ME

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➤ WHAT TO EXPECT

My main approach to supporting couples is IFIO - a model of couple therapy that helps even the most conflicted, disconnected couples restore and heal their relationship. It was developed by Toni Herbine-Blank in 2009 as a therapeutic model that draws primarily from Internal Family Systems (IFS). It helps couples understand the impact of their life experiences on their relationship, and facilitates the healing required to transform how they communicate. I also bring in transformational coaching practices, somatic awareness and nervous system education.

My aim as a Couples Coach is to provide a safe environment to help you with the following:

- To identify and make sense of the defense mechanisms that may be stopping you connecting i.e. where they came from, the roles they play, and ways to navigate them in the context of relationship;*
- To develop new skills for speaking and listening in ways that can foster safer, more loving connection - on the topics that mean most to you, right through to those smaller, repetitive drivers of conflict (like house chores!);*
- To build your resilience as a couple in order to navigate difficult challenges and choices in life.*

You can find out more here:

- IFIO: <https://www.toniherbineblank.com>*
- Internal Family Systems: <https://ifs-institute.com/>*

You can also find me as a guest host at the podcast: '[Parenting from the inside](#)'

➤ WHAT I AM OFFERING

*I offer introductory coaching packages of **6x 90-minute online sessions with me**, either weekly or fortnightly, at a time that works for you. These include an in-depth intake call followed by one -to-one session with each partner and 4 couple's coaching sessions. I have slots that are suitable to both European and American time zones. If you're interested to find out more then **get in touch for a free Discovery call.***