

### **Rev. Kelly Loy, MA, LMFT, LCPC, NCC, MDiv, RN**

*Kelly Loy, MA, MDiv, is a Licensed Marriage and Family Therapist, Licensed Clinical Professional Counselor, Nationally Certified Counselor, Registered Nurse, and Ordained Christian Pastor. She is a leading Internal Family Systems therapist in Idaho becoming the first Certified IFS Therapist in our state. Kelly did her Level 1 IFS Training with Kay Gardner, Level 2 IFS/Basic IFIO Training with Toni-Herbine Blank, and Level 3 IFS Training with Richard Schwartz, lead trainers and founders of IFS and IFIO theory. Kelly has gone on to focus her learning on Advanced and Post-Advanced Trainings in IFIO working with couples and now is teaching IFIO as Staff. Kelly has also experienced many years under the consultation/supervision of Rev. Mary Steege, LMFT, IFS Therapist and early professional colleague following Richard Schwartz, and from John Palmer, LCSW, IFS Therapist, Lead Trainer for IFIO, and longtime colleague following Toni Herbine-Blank.*

*Kelly offers pastoral counseling through her private practice, Shared Path Counseling, in Downtown Boise. Kelly loves being a support to others who are learning about IFS and who are bringing Self-led and skillful IFS work to clients. As an Approved IFS Consultant, Kelly offers supervision internationally for Certification in IFS. Kelly also supervises IFS Consultation Groups, and is a state-licensed Supervisor for Idaho. Kelly is wholeheartedly committed to helping others learn, access, embody, and heal from the IFS model of psychotherapy!*

### **Darla Trent, LCPC, NCC**

*Darla Trent, Licensed Professional Counselor and Nationally Certified Counselor is a MS graduate of Northwest Nazarene University with a specialty in sand tray and an emphasis in both trauma, grief, and crisis and play therapy. Darla is the owner, lead clinician and supervisor at her practice, Darla Trent Counseling, LLC, and co-host of monthly zoom question/consultation get togethers. Darla is also a guest speaker and assistant at Northwest Nazarene University graduate counseling program's advanced trauma and IFS advanced skills classes.*

*From the moment Darla learned about IFS, she was committed to learning, understanding, living and teaching the model. She began her own work in 2019 and completed her IFS Level 1 while attending graduate school. Darla went on to complete Level 2 Addictions and Eating Disorders, Level 2 IFIO (IFS for couples) and IFS Level 3. She became a Certified IFS Therapist in 2023. Darla has continued to expand her knowledge of IFS through individual consultation with Leslie Petruk, Lead IFS Trainer and IFS child, adolescent, and parent specialist and group consultation with Lisa Spigel, author of 'Internal Family Systems with Children'. Darla is also a member of the IFS-Institute Online Circle and Continuity Program. Darla loves to work with families, children, adolescents, and individuals as they externalize their parts and Self through sand tray, play therapy, and other creative modalities while also internalizing their Self to part relationships through more traditional IFS methods. Darla is passionate about IFS and looks forward to expanding its practice within the State of Idaho.*