

OUTLOOK SHORTS

A brief communiqué from your [Foundation for Self Leadership](#)

Emerging from our IFS community and working on your behalf, the Foundation engages in programs and initiatives that inspire individuals to get in touch with their inner system of parts and discover their inner wisdom. We see Self-discovery as a path to greater personal resilience and deeper connections with self and others.

Please find in this **brief** email updates and developments of general interest.



**Bring IFS to One Teacher.
Empower a Thousand Minds.**

Inspired by the book chapter *Being Before Doing: Transformation Through an Education for Peace*, authored by Foundation board members, Mark Milton and Vicki McCoy, MA, (published in



**IFS in academic settings...
Four professors share syllabi.**

Presenting the IFS paradigm and protocol early on to students at both undergraduate and graduate levels is not a new undertaking. Distinct courses or modules within courses focusing on IFS as a theme have

Peacefulness: Being Peace and Making Peace, Spirit of Humanity Forum, 2017), the Foundation is funding a pilot teacher program in Minnesota, USA. The program, designed and managed by Jody Nelson, EdD, LMFT, is well underway, engaging 16 middle school teachers in a special, extensive IFS experience.

The authors "were deeply moved by Jody's description of the impact of IFS in the lives of students from challenging backgrounds.

These young people are being offered the gift of Self-awareness to recognize and put their most difficult emotions in perspective."

For the Foundation, **bringing IFS to students** via school teachers is a key priority--and a gift to teachers that keeps on giving!

The next *Shorts* will focus on the pilot program, being independently evaluated. We will regularly share updates, teacher reactions, and outcomes. Please stay tuned.

been offered more consistently than one might think in mental health, behavioral science, and marriage-and-family-therapy programs at a few colleges and universities.

The Foundation's website is now hosting four samples of such syllabi (from Boston College, Central Connecticut State University, Seattle Pacific University, and Virginia Tech). Visit our new [Resources page for review and further details](#).

The Foundation is grateful to those who shared them with us.

We encourage members of the community with contacts or appointments within academic programs to start conversations with their contacts or even with their own alma mater departments about how to incorporate the evidence-based IFS into their training curricula.

Affiliated with a university?

Please let us know at Outreach@FoundationIFS.org; you may want to join the IFS-in-Academe Special Interest Group.

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