

IFS Adherence Scale | Inter-rater Reliability Study

This IFS Adherence Scale is accompanied by a series of Constructs describing key elements of the IFS Therapy protocol (see end of document).

Clinical Session Review Date

When did you complete the review?

MM DD YYYY

/ /

Please provide the following rated-session's identifiers:

Client Number

Session Number

Therapist Name or Number

Identify the IFS training level of the therapist in the session being rated (please choose one).

- No IFS Training
- Completed Level 1
- Completed Level 2
- Completed Level 3 or is Lead Trainer/Expert

Please provide rater's name

Rater's Level of IFS Training (please check one)

- Only IFS-scale-related training
- Completed Level 1
- Completed Level 2
- Completed Level 3 or is Lead Trainer/Expert

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Based on the IFS construct definitions, after reviewing the recorded session and noting visual and auditory observations of both therapist and patient/client for consistency with such constructs, please rate the following statements. For each statement, please make the most appropriate choice; choose 0 if you consider the corresponding construct not to have been "observed in the session" (i.e., statement as presented is not valid in your assessment) and choose 1 if the construct has been "observed" (i.e., statement as presented is valid).

OVERALL PROCESS (Direct Access)

No (0) Yes (1) Not Sure

1. The therapist used ONLY the process of Direct Access with the "part(s)" of the patient/client.

If you chose Yes for the above statement, please go directly to Statement 13.

If scale used in print, this page is left blank for notes.

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OVERALL PROCESS (Self & Insight)

	No (0)	Yes (1)	Not Sure
2. The therapist helped guide the patient/client to access Self.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. The therapist was able to facilitate the process of Insight for the client.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

INITIAL STAGES

	No (0)	Yes (1)
4. The therapist was able to help the patient/client identify and contract with a part at some point during the session.	<input type="radio"/>	<input type="radio"/>
5. The therapist identified when the patient/client was blended with a part, evidenced by using implicit or explicit direct access.	<input type="radio"/>	<input type="radio"/>
6. The therapist assisted the patient/client in unblending from a part by asking questions that facilitated "unblending."	<input type="radio"/>	<input type="radio"/>
7. The therapist assisted the patient/client in reporting how the patient/client felt toward a part.	<input type="radio"/>	<input type="radio"/>
8. The therapist established that the patient/client had unblended from a part.	<input type="radio"/>	<input type="radio"/>

IDENTIFYING & WITNESSING STAGES

	No (0)	Yes (1)
9. The therapist helped the patient/client identify a Protector part.	<input type="radio"/>	<input type="radio"/>
10. The therapist assisted the patient/client in identifying an Exiled part.	<input type="radio"/>	<input type="radio"/>
11. The therapist helped guide the Self of the patient/client to witness the client's part(s).	<input type="radio"/>	<input type="radio"/>

RETRIEVAL & UNBURDENING PROCESSES

	No (0)	Yes (1)
12. The therapist helped guide the Self of the patient/client to lead the part in a retrieval or unburdening process during the session.	<input type="radio"/>	<input type="radio"/>
13. The therapist used one or many prompts to achieve this objective.	<input type="radio"/>	<input type="radio"/>

THERAPIST'S DISPOSITION

	No (0)	Yes (1)
14. Did the therapist display one or more of Self's "C" characteristics (see below)?	<input type="radio"/>	<input type="radio"/>
15. Did the therapist display one or more of Self's "P" characteristics (see below)?	<input type="radio"/>	<input type="radio"/>

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If Yes to either, please check all the "C" or "P" characteristics that were observed.

- | | | |
|-------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Creativity | <input type="checkbox"/> Persistence |
| <input type="checkbox"/> Calmness | <input type="checkbox"/> Courage | <input type="checkbox"/> Perseverance |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Connectedness | <input type="checkbox"/> Playfulness |
| <input type="checkbox"/> Clarity | <input type="checkbox"/> Patience | |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Perspective | |

16. Did the client make reference to any of these constructs?

- No (0)
- Yes (1)

17. If none of these constructs were observed, what is your interpretation or explanation?

This IFS Adherence Scale was developed by a group of mental health, medical and research professionals (Lois Ehrmann, PhD; Pamela Krause; LCSW; Francois Le Doze, MD; Toufic Hakim, PhD; and Nancy Wonder, PhD) and is accompanied by a series of constructs about the IFS model. This scale is the property of the Foundation for Self Leadership, but researchers are encouraged to use it in their research and are encouraged to offer donations to the Foundation at www.FoundationIFS.org/donate to advance IFS research.

The IFS Therapy protocol was developed by Richard Schwartz, PhD, as Internal Family Systems Therapy in the early eighties. You may read more about IFS on www.FoundationIFS.org or www.SelfLeadership.org.

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For questions, please contact the Foundation for Self Leadership or write to Research@FoundationIFS.org.