



The IFS Universe: Promoting Self Leadership for Inner Serenity and Global Peace



Through the Professions					Through Direct Public Outreach			
Healthcare		Education & Human Services		Governance	Law, Politics & Peacemaking	Families & Parenting	Relationships	Coping & General Empowerment
Mental Health	Physical Health	School Counseling	Social Services	Business Management & Organizational Development				
Treating PTSD & Effects of Trauma	Health Coaching	Dealing with Bullying Issues	Shelters & Homelessness	Executive Coaching	Mediations & Arbitration	Adolescents Counseling	Couples Counseling	Life Coaching
Treating Anxiety & Depression	Treating Auto-immune Diseases	Dealing with Issues Relating to Sex, Drugs & Alcohol	Care for Military Veterans	HR Trainings	Prisoners' Counseling & Re-entry	Senior Care	Mediating Family Feuds	Self Help: Adults
Treating General Addictions	Pain Management	Hyperactivity & Attention Deficit	Domestic Violence & Women Shelters	Personnel Crisis Management & Communication Consulting	Resolving Issues with Gangs & Neighborhood Tragedies	Overcoming Crises at Home	Strengthening Business Partnerships	Self-Leadership for Young Adults (Mobile Apps)
Treating Eating Disorders	Overall Wellness	Building self-esteem and self-confidence	Soup Kitchens	Leadership Training Programs	Post-War Reconciliation – Generational Healing & Forgiveness	Instituting Peace and Harmony at Home	Resolution of Community Conflict	Personal Growth & Development

Simplified Chart - PROMOTING & EXPANDING SELF LEADERSHIP				
Healing		Well-Being		Paradigm for Living
Within Psychotherapy (unburdening)		Beyond Psychotherapy		
Mental Health	Physical Health			
PTSD Anxiety Depression Addiction	Medical Condition	Health Coaching Business Mediation Law Prison Reform Higher Education Spirituality & Meditation		Parenting Couples Families Schools Sports