



**FOUNDATION** *for*  
**SELF LEADERSHIP**  
*Supporting IFS Research, Training & Advocacy*

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**We invite to give to the Foundation.**

*Your contribution will allow the Foundation to realize its vision of promoting emotional healing and health through research and advocacy, examining the efficacy of IFS, making it eventually an evidence-based practice within psychotherapy and expanding its scope across many fields of human endeavor. Thank you.*

You may make your gifts in a single transaction or on a monthly basis—the latter may be easier and more affordable for you and would bring consistent support to the Foundation.

Single Donation

\$500

\$250

\$100

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**We thank you for your generosity and commitment to Self Leadership.** Your dollars will help bring healing and well-being to individuals and communities. The Foundation for Self Leadership is a 501 (c) (3) not-for-profit organization. Your contributions to the Foundation are tax deductible to the extent allowed by law.