

RESEARCH

www.FoundationIFS.org

Accomplishments Since 2013

Secured posting for IFS as an evidence-based practice on the U.S. Substance Abuse & Mental Health Services Administration's National Registry of Evidence-Based Practices & Programs (NREPP).
www.NREPP.SAMHSA.gov

Funded the completion of an annotation project of IFS articles, designed to assist researchers with important IFS-related resources, and the development of a searchable online IFS publications database.
www.FoundationIFS.org, Resources Tab (coming soon)

Funded two research projects through a rigorous, independent review process: A pilot study on the effects of IFS in treating complex trauma (Trauma Center at JRI); and a study to examine physiological effects of IFS therapy on both client and therapist (Northeastern University and Trauma Center at JRI). (Former is completed, in process of being published; second in progress.)

Launched a Graduate Research Fellowship program.

Hosted significant conversations with members of IFS community about ways to **incorporate IFS into graduate training curricula** in mental health professions and how to **facilitate IFS trainings at mental health agencies**, including VA centers.

Moving Forward – Expand the Evidence

Support pilot studies on the efficacy of IFS as a psychotherapy modality toward the development of large-scale research on IFS as a treatment of PTSD and as a treatment of eating disorders.

Sponsor selective research studies involving the use of IFS in schools and wholesale IFS trainings at community mental health agencies, with the intent to bring such programs to scale.

Encourage IFS research in various settings and disseminate results as broadly and innovatively as possible.

Communicate the language of IFS in simpler ways accessible to non-IFS-trained academic researchers and psychotherapists.

Build strategic partnerships to strengthen the reputation of IFS.



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SELF LEADERSHIP
Supporting IFS Research, Education & Advocacy