

OUTLOOK



A Community Bulletin by the Foundation for Self Leadership

OCTOBER 2015

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Dear Friends of the Foundation & Members of the IFS Community,

It was two short years ago that the Foundation was reactivated and this Board given the task to develop and implement strategic priorities for advancing IFS research, promoting IFS within and beyond psychotherapy, and increasing access to training. It appears that, while the Foundation is still a start-up organization operationally, we have moved apace toward that goal, guided by an inspiring, far-reaching vision.

As you may know, we developed a strategic plan early on, which has framed our activities. Thanks to the generosity of our donors and tireless work of many volunteers, the first funded IFS research project on IFS for the treatment of Complex Trauma is nearly complete—an overview will be shared at the Conference. Featured in this edition of *OUTLOOK*, the first phase of the IFS annotation project, which will allow us to build an online library of all books, articles, and graduate theses involving IFS is now complete. The next phase, which has been planned, will be maintained through the efforts of a number of volunteers. A number of research applications for funding by the Foundation have been prepared and are in different stages of preparation or independent review.

Since launch, we have been very involved in outreach and advocacy. Our interest remains to build strong connections with the community and work with you to explore new possibilities for IFS. We continue to facilitate conversations, catalyze new ideas, and seed new programs. Many of you attended the Pixar pre-screening event of *Inside Out*; our efforts there have taken the Foundation into new territory and may be opening new doors for partnerships and funding. We continue to expand the communication portfolio, promoting the notion of Self-leadership and introducing the Foundation. We do all this on your behalf and, ultimately, it is our contribution to usher emotional healing in all settings across the globe.

As the Foundation starts its third year, we express our gratitude to all our loyal donors and encourage members of the community to help us match an anonymous donation of \$25,000 USD by the end of this calendar year. In this next phase of development, we are looking to strengthen the operational infrastructure, while keeping it lean. Besides our group of volunteers, two part-time associates, introduced in this issue, now support the Foundation--welcome aboard, Casita and Michele. We hope to be sharing with the community in short order news about a new group of individuals who will be coordinating our various activities and providing much needed counsel at the tactical level.

In closing, the Board wishes to thank member Ilina Singh, PhD, who will be rotating off after a two-year service to give more attention to her new Professorship of Neuroscience & Society at the University of Oxford. We thank you dearly, Ilina, for your insights, leadership, and continued effort on behalf of IFS.

We hope to see many of you at the October IFS Conference. Please make sure to spend time with us on Foundation Friday.

From your Board: Frank Anderson, MD, Chair; Harley Goldberg, DO; Mark Milton; Nancy Shadick, MD, MPH; and Ilina Singh, PhD; and our Executive Advisor, Toufic Hakim, PhD.

Inward & Outward

RESEARCH NEWS

Fostering an environment in which clinicians engage with researchers to conduct IFS research in various settings and across various applications is one of the Foundation's strategic priorities. This comes in the form of financial support where possible or in various other ways: cultivating research ideas and activities; providing educational and training opportunities around research; facilitating connections among researchers and skilled IFS practitioners; helping to disseminate research developments; and providing a forum for dialogue around research. It is within this context, that sharing news about research will be part of the Foundation's ongoing communication strategy.

The Foundation continues to solicit proposals for IFS research funding. Please see the **research grants guidelines** page on our website for more information.

IFS Parts Sub-Study...

During the course of his study on MDMA*-Assisted Psychotherapy for PTSD, Michael Mithoefer, MD, stumbled upon a curious phenomenon. Not only did many participants with chronic posttraumatic stress disorder (PTSD) come to imaginal exposure spontaneously without therapists direction, they also spontaneously began speaking about parts of themselves and being *with* those parts during the MDMA-assisted psychotherapy sessions. While Michael had long had a keen interest in multiplicity of the mind, he had at that time not yet heard of IFS, and as such IFS was not part of the initial protocol.

Michael, now IFS Certified, is completing a sub-study of these participants. Preliminary analysis revealed that in 81% of the MDMA-assisted psychotherapy sessions, participants spontaneously reported awareness of different parts of themselves along with a greater acceptance and understanding of these parts. This sub-study lends to substantiating the innate multiplicity of the mind and the healing potential of IFS.

MDMA appears to increase one's ability to be in Self-energy for an increased length of time. This is especially useful for clients for whom tapping the resources of Self is difficult or clients who have parts strongly resistant to therapy. "This is an exciting developing new therapy that could fit very well with IFS," says Michael. He has come to appreciate colleague, George Greer's sentiment, "There's nothing you can do with MDMA that you can't do without MDMA, you just might not get to it in this lifetime." Michael will present his **study**, including a video of parts work during an MDMA-assisted psychotherapy session at the 2015 IFS Annual Conference.

*MDMA is a psychoactive drug commonly known as "ecstasy."



Phase One Completed on Annotation Project...

Funded by the Foundation, a team has annotated approximately 40 sources from published writings and research papers associated with IFS. Principal Investigator, Jenn Matheson, PhD, LMFT and assistant Kristen Myshall, PhD, along with volunteers and masters-level students Rachel Benoit and Colleen Pearson dedicated three months to complete Phase One of the project. During their investigation, they discovered abundant theses and dissertation papers written about IFS, including a few in different languages.

They now turn their efforts toward Phase Two, examining approximately 110 sources that come from broader, non-research related sources including commentary and opinion pieces, theoretical books, newsletter, and magazines. These will be of great interest to clinicians as well as clients.

The Foundation is now seeking funding to develop the searchable online database where this and future information will be housed. Jenn anticipates this fully searchable online database will be available by next year around this time.

Due to volunteer turnover, the project has been slightly delayed. Jenn and Kristen are now looking for new volunteers to complete Phase Two. All volunteers will receive full training, guidance, and support. The minimum commitment is two hours per week. If interested, please contact Jenn at: drjennmatheson@gmail.com.

CSL Executive Director, Jon Schwartz, EdM, reports that CSL has “seen a significant increase in post Level One training participation.”

IN PSYCHOTHERAPY

Level Two Intensive Trainings...

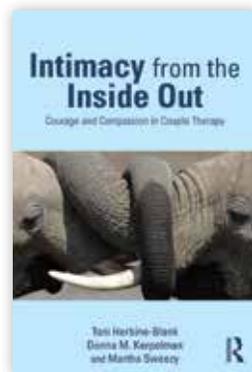
Listening to the needs of the community, the Center for Self Leadership began offering, in 2014, ways to deepen and expand our use of IFS by offering the Intensive Trainings Program for graduates of Level One. Beyond the need for deepening and expanding of Level One training, therapists and practitioners requested specific topics related to areas of their practices. As such, Level Two now includes four different training curricula focusing on the following themes: Eating Disorders/Addictions; Trauma and Neuroscience; Couples: Intimacy from the Inside Out; as well as Deepening and Expanding.

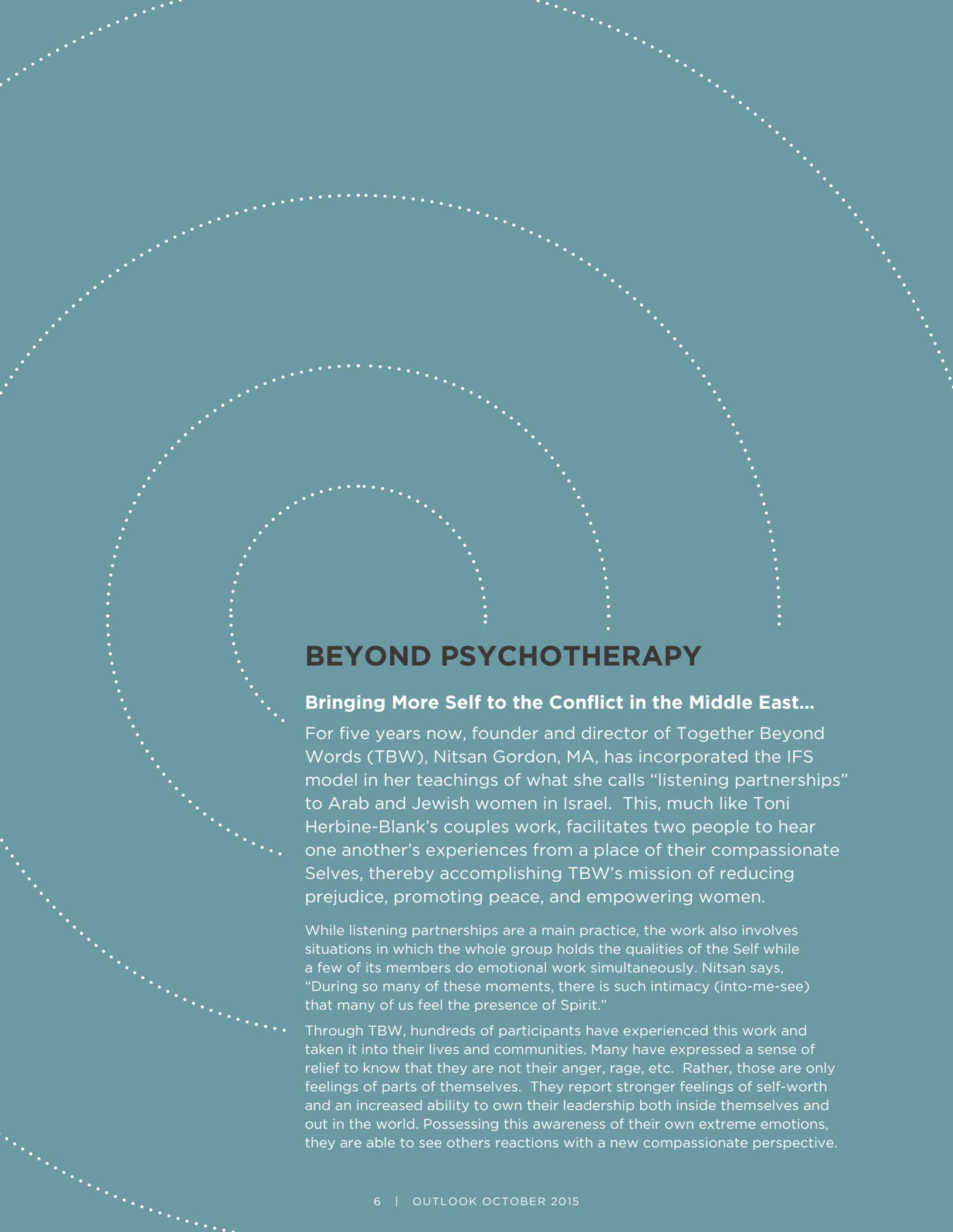
CSL Executive Director, Jon Schwartz, EdM, reports that CSL has “seen a significant increase in post Level One training participation.” As a result, CSL plans on building upon this approach to training by developing new topics for intensive trainings in the coming years. Enhanced training for practitioners is expected to help deepen the experience and achieve greater healing for their clients.

More on Intimacy from the Inside Out...

Creator of Intimacy from the Inside Out (IFIO) and lead-IFS trainer Toni Herbine-Blank, MS, RN, C-SP, brings to page instructions for therapists to respectfully and skillfully move into the 3-D relational field of a couple with the recent release of *Intimacy from the Inside Out: Courage and Compassion in Couple Therapy*. Based primarily on IFS, Toni and co-authors Martha Sweezy, PhD, and Donna Kerpelman, JD, MS, weave together case examples, which provide the scaffolding for clear guidance to the process. This couples therapy approach helps clients negotiate needs effectively and heal the deep shame that generates painful, disconnected interactions.

“I learned to heal strained or broken connections by facilitating intra-, as well as interpersonal relationships between the client and her or his parts. IFIO teaches clients to listen and speak skillfully,” says Toni of the work. While a primer for clinicians, the book is written to make the goals and process of IFIO clear to all readers. In particular, the authors hope that curious couples will find reading the book beneficial. Published in August 2015, the book is now widely available.





BEYOND PSYCHOTHERAPY

Bringing More Self to the Conflict in the Middle East...

For five years now, founder and director of Together Beyond Words (TBW), Nitsan Gordon, MA, has incorporated the IFS model in her teachings of what she calls “listening partnerships” to Arab and Jewish women in Israel. This, much like Toni Herbine-Blank’s couples work, facilitates two people to hear one another’s experiences from a place of their compassionate Selves, thereby accomplishing TBW’s mission of reducing prejudice, promoting peace, and empowering women.

While listening partnerships are a main practice, the work also involves situations in which the whole group holds the qualities of the Self while a few of its members do emotional work simultaneously. Nitsan says, “During so many of these moments, there is such intimacy (into-me-see) that many of us feel the presence of Spirit.”

Through TBW, hundreds of participants have experienced this work and taken it into their lives and communities. Many have expressed a sense of relief to know that they are not their anger, rage, etc. Rather, those are only feelings of parts of themselves. They report stronger feelings of self-worth and an increased ability to own their leadership both inside themselves and out in the world. Possessing this awareness of their own extreme emotions, they are able to see others reactions with a new compassionate perspective.

“There are clear benefits for IFS outside the therapy room. All it takes is for us to observe horrific acts of certain individuals in the world today, driven by very wounded exiles and protectors, and yet remember that each one of them also has a Self, untapped as it may be. We must find ways to speak to and empower that Self even while we are stopping the violent behavior.”

Nitsan Gordon



TBW participants experiencing the work.

The impact has inspired Einat Avni Bronstein, LCSW, MSW, of IFS Israel, to offer Level One trainings. Currently, a pilot program extends training to 18 social activists within TBW. The ripples of this work continue outward in the Israeli communities, some incredible examples of which include:

- * Sharon Basil, BA, (Jewish), will use it in the Jewish communities where she works on the border with Gaza and under constant threat of bombs and tunnels.
- * Salwa Halavi, MA, (Druze), will use IFS with the teachers in the schools in Jerusalem where she is a counselor and in Jerusalem University where she teaches students.
- * An Arab and Jewish women *From Stage to Change Playback Theatre Ensemble* (the only such ensemble in the world) led by Miriam Drori, BA, (Jewish); Galit Israeli, MA Psychology, (Jewish); Lamis Dakwar, MA Drama Therapy, (Christian Arab); Tasneem Shaaban, MA Drama Therapy, (Muslim); and Malka Nakim, MD, (Jewish), will use it in their performances with hundreds of people.

“There are clear benefits for IFS outside the therapy room. All it takes is for us to observe horrific acts of certain individuals in the world today, driven by very wounded exiles and protectors, and yet remember that each one of them also has a Self, untapped as it may be. We must find ways to speak to and empower that Self even while we are stopping the violent behavior,” says Nitsan, who is currently completing her IFS Certification and is supported in her initiative by Noa Maayan, BA, and Efrat Ashiri, MA, both Level One-trained and working toward certification, among many others. Read more at ***Together Beyond Words***.

Creating Freedom and Healing for Inmates...

In another example of the healing possibilities that IFS advances, the Jericho Circle Project (JCP) has been applying IFS in non-traditional settings, bringing it to an underserved segment of the population. Since 2001, JCP has offered weekly and weekend programming in 8 different local, state, and federal correctional facilities in the U.S. The approach, over the last 14 years, “has helped more than one thousand men develop a critical mass of Self and use that resource to redirect their lives,” says JCP’s president, Steven Spitzer, PhD.



Using IFS as the primary framework, Jericho Circles create a safe environment for 8-12 inmates at a time to engage in inner work by first exploring trailheads in the IFS parlance. During the sessions, target parts are concretized and externalized through role-playing and dialoguing with facilitators so that participants can develop what Steve calls “parts vision.” As participants become familiar with their internal systems and learn to map their unique “parts dance,” they develop the capacity to dis-identify from their sub-personalities and take responsibility for witnessing, nurturing, accepting and learning from their parts. Other approaches such as psychodrama, shadow work, and mindfulness, also play supporting roles. These circles are supported by trained volunteer facilitator teams and “circle guides.” These are often incarcerated men who learn to use the model to support their brothers “behind the walls,” as well as formerly incarcerated men who have completed the program and have been inspired to return and pass on their gifts. Reflections from some of the men in the program attest to the effectiveness of the circles and the potential of the IFS model:

- “I can’t believe I had to come to prison to find out who I really am and discover true freedom.”
- “JCP has given me a tool-kit to find my foundation and ‘flip the scripts’ that have gotten me into so much trouble in my life.”
- “In our men’s circle I learned that, as much as I didn’t want to go there, I had to go into the dark to find the light. I used to ‘fake the funk,’ but that never really served me. Now I have ‘night vision goggles’ and can see places in myself that I never saw before—things about my parts that might take me over and trip me up.”
- “I have learned that God doesn’t make junk. I am a human being who has feelings and emotions. I have learned that life does not have to be filled with anger, rage, and pain. It is okay to feel good, it is okay to feel love, and it is okay to have an opinion and to voice it.”

Although working with incarcerated populations is often challenging, prison can also offer an unique intervention opportunity — a place for inmates to pause, reflect on life journeys, and see all of their parts clearly for the first time. Prison is a highly charged environment suffused with emotion and condemning judgments on all sides. IFS offers a refreshingly alternative, non-pathologizing way to see with new eyes both inside and out. By helping clients create space inside, IFS opens doors to personal change and tools for reinventing lives. Please see ***Jericho Circle Project*** for more information.



Self-Leadership in Sports...

The Switzerland-based nonprofit, Education 4 Peace (E4P), envisions a world in which new generations have access through education to self-awareness, which allows them to develop and take responsibility for their inner peace and peaceful relationships with others. To that end, among its many different approaches, E4P is dedicated to bringing IFS—i.e., knowledge of inner parts and Self—to all children.

The organization's "Master of Your Emotions" sport initiative has a natural connection with the IFS model. Its objective is to promote understanding of emotions as multiple parts and the practice of developing an inner working relationship and trust among these parts in the context of sport activities. Sport is a natural environment for young boys and girls to learn to work with emotions. Their interactions with teammates and their opponents become a great laboratory for them to understand and learn how to become the master of their emotions. This initiative, has been working with the Union of European Football Associations (UEFA), national sport federations, and high-level clubs in Europe for the past 7 years.

The work of E4P is consistent with the philosophy that "IFS provides great access to one's inner emotional life, independently from and even beyond the context of healing," says Mark Milton, Founding Director. "We consider self-awareness and emotional intelligence as priorities to be experienced and developed at a very early age. Learning to identify, distinguish, and name one's parts and even possibly those of others, and experiencing the presence and guidance of the Self are essential and universal components in the education of the new generations."

For more information see their ***Master of Your Emotions initiative***.

Exploring IFS for Social Change in France...

In April 2015, Richard (Dick) Schwartz, PhD, presented a 3-day long workshop of the IFS model to participants of diverse organizational backgrounds just outside of Paris, France. Intended to develop Self leadership in one's daily actions for social change makers, *Who Wants to Change the World in My Self?: A Discovery of IFS for Social Change-Makers*, was attended by 24 professionals such as NGO managers, executive consultants, project educators, social entrepreneurs, journalists, physicians, and an organic farmer.



Bringing the inside out for social change in France.

The event, organized by Isabelle Desplats, IFS Practitioner, NVC Trainer and co-founder of an ecological movement, with support from Mark Milton of E4P, along with five Non-Violent Communication (NVC) trainers, was enthusiastically received.

Participants reported great appreciation for experiential exercises exploring the IFS model, and were excited about “the possibility of finding more Self in making decisions or before talking with someone who triggers them at work.” Resulting from high demand, Isabelle is now organizing Step 2 with Dick for a workshop in May of 2016 for all those who participated this past April. “My conviction is that IFS has much to offer to those who wants to make the world a better place. The help of the NVC-network is precious, because NVC already touches people’s commitment in the creation of a better world through inner and outer compassionate work,” says Isabelle, who is working toward IFS certification. In addition to the May 2016 workshop, Isabelle intends to offer regular workshops with similar themes.

IFS in Business Working Group Update...

The IFS in Business Working Group has continued its efforts toward developing the requirements for a one-day leadership workshop that focuses on developing self-leadership. The team, introduced in the May issue of *OUTLOOK*, is currently defining the outline for this workshop with proposed experiential exercises and considering such questions as, “How do you train the trainer?” and “Does this require attendance at an IFS Level One training?” As these decisions get systematized, the Working Group is also investigating similar efforts by other leadership development/coaching groups such as the Center for Right Relationship (CRR), which also utilizes an internal family systems model.

In a related effort, Anna Tansi, MSOD, a member of the Working Group and Drew Dougherty, MBA, both in Level One training, will present a breakout session on “IFS for Leaders and Aspiring Leaders” at the Annual IFS Conference. Attendees’ feedback will be greatly appreciated and will enhance the efforts of the IFS in Business Working Group.



Bringing IFS to Health Care...

IFS practitioners John Livingstone, MD, and Joanne Gaffney, RN, LICSW, have co-authored a new book to educate and train doctors, nurses, and other health care professionals on how to care for themselves while they relate to their patients.

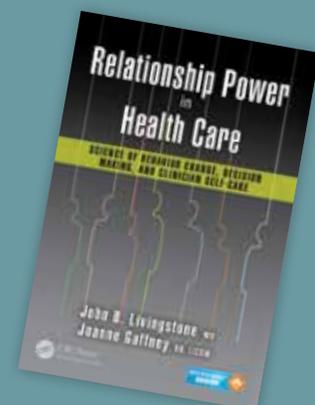
The ultimate intent is to help them develop relationships with patients that facilitate healthy behavioral change, assimilation of medical information, and improved health-related decision-making. While conceptualized as a faculty and student textbook for health care professionals, this book, *Relationship Power in Health Care: Science of Behavior Change, Decision Making, and Clinician Self-Care*, presents valuable clinical insights to IFS therapists and practitioners working with health care professional clients or clients dealing with health care crises. It also makes strong connections between neurobiology and IFS, considering especially that multiplicity of mind is a relatively new concept within the health care field.

John and Joanne studied interactions of doctors and nurses with their patients and found that when triggered, health care professionals were not present for themselves or their patients, and their parts-driven verbal and action behaviors were antithetical to their patients' best interests. A key element of IFS therapy is for the clinician to remain in a state of Self leadership throughout a session. Imagine a doctor who may have a mother whose diabetes complications led to an amputation. When this doctor has not yet healed his or her exiles and protectors around this personal issue, those burdened parts will often bring treatment decisions potentially in the form of shame, blame, or urgency to their diabetes patients, instead of a calm, confident and compassionate

plan of action. "One of the things this book does, is it enables health care clinicians to put the oxygen mask on themselves before trying to care for their patients," John says.

Prior to this work, clinicians were offered meditation as a way to cope with their emotions and stress. By keeping the clinician grounded and in touch with the attributes of Self, the IFS approach will facilitate greater healing for patients and have a ripple effect to colleagues and others. Effective health care management may emanate not from burdened protectors or exiles, using IFS parlance again, but from the state Self of health care professionals. This aids each patient's ability to access his or her own Self, creating more opening for healing on many levels.

The book, dedicated to Dick Schwartz, as well as Hal and Sidra Stone, founders of Voice Dialogue, will be available December 18, 2015. You can pre-order the book [here](#). Both John, who has been instrumental in driving the IFS research agenda, and Joanne will be at the IFS Annual Conference where you can get more information first hand.



Matching Your Donations...

We are pleased to remind the community that earlier this year we received an anonymous gift of \$25,000 USD to support the Foundation's mission. The same source has offered us the welcome challenge of a matching gift: an additional \$25,000 USD when we raise **another \$25,000 USD from you**, the IFS community by the end of this calendar year. We urge you to make this matching gift campaign successful.

These donations will make it possible for us to consider funding proposed research projects in review and future studies, to launch our IFS training scholarship program, to build the online searchable library, and to continue promoting IFS within and beyond psychotherapy. **Please donate at foundationifs.org/donate.**

As a non-profit, we rely upon your support. Please donate *here* before December 15 to double your giving and help us raise \$50,000 USD. Thank you for your support.

Operational Update

Foundation Friday at the Annual Conference...

Foundation volunteers Pamela Krause, LICSW; Jenn Matheson, PhD, LMFT; and Laura Crandall, EdM; supported by Jill Stanzler-Katz, MSW, LICSW, BCD, have been diligently planning "Foundation Friday" for this year's IFS Annual Conference (October 30 through November 1) to raise greater awareness of the Foundation. In addition to Friday mornings plenary, throughout an all-day atmosphere of fun and frivolity, attendees will be able to bid in a silent auction where all proceeds go towards fulfilling our mission. The Foundation's Board, led by Chairman Frank Anderson, will be hosting a reception in the foyer prior to the evening's entertainment of the Rainbow Dance Theatre. Some auction items include: therapy consultation hours; CSL scholarships for: a Level 2 training on Deepening and Expanding and a Level 3 training; handmade jewelry; a sunset cruise; a weekend getaway in the Pocono Mountains, among many others. **If you would like to donate something to the silent auction please contact Pamela soon.**

Additional volunteers are needed to assist with the running of the auction at the event. Whether you have the whole day or a few hours of time to share, please contact Pamela Krause at **pamela.krause@gmail.com**. In future years Foundation Friday will also hold mission related workshops.



Michele Bruce



Casita Negrón Wild

Introducing New Associates...

The Foundation is pleased to introduce two new associates who will provide their expertise in our endeavors. Please welcome Michele Bruce and Casita Negrón Wild.

Michele Bruce will be providing administrative support with Chairman Frank Anderson, MD, and Foundation events. Michele holds a Bachelor's degree in Psychology from Westfield State University. She began her career in Human Resources at a large medical device company. For two years now, after spending many years as a stay-at-home mother, she has been serving as Assistant to Richard Schwartz, PhD, and Founder of The Center for Self Leadership. She looks forward to lending her creative skills to the Foundation.

Casita Negrón Wild will be supporting the work of the Senior Coordinators and Executive Advisor Toufic Hakim, PhD, in the areas of strategic communication and development, research coordination, and general operational and online activities. Casita received a BS in Psychology from the University of Massachusetts, as well as a MA in Higher Education Administration from Lesley University. In 2010 she joined the National Board of Certification for Medical Interpreters, which successfully launched a credentialing certification program, which resulted in legislation in four states. She implemented an online proctoring system to allow international and rural candidates the opportunity take exams remotely. Prior to the National Board she worked at Harvard University's School of Engineering and Applied Sciences as the Department Administrator. She looks forward to supporting the efforts of the Foundation and contributing to its success.

Supporting the Foundation Continuously...

Did you know that you can make regular contributions to the Foundation through your daily activities without feeling a pinch? Smile.Amazon.com will contribute 0.5% of all of your eligible purchases to our Foundation when you make purchases through **Smile.Amazon.com**. It's as simple as selecting the Foundation as beneficiary, a one-time task, and going through Smile.Amazon.com (exact same look and products) each time you purchase. That small percentage adds up with each community members purchases throughout the year. We have received \$160 already this year.



About OUTLOOK

OUTLOOK is an occasional bulletin that the Foundation for Self Leadership will publish to share news relevant to IFS, the IFS community, and developments relating to the Foundation. It is not intended to appear solely and passively in the conventional print mode; rather, it is designed to interface with the Foundation's social media and online platforms. Nor is it a venue for sending information out; it is envisioned more so as an attempt to generate discussions within the community around issues and ideas of general interest and great impact.

The ultimate purpose of OUTLOOK is to support the Foundation's mission of promoting the notion and agency of Self leadership. By naming it OUTLOOK, we hope it stands as a reminder that IFS is at once an external as much as an internal peace-seeking model, while holding a far-reaching view of the future.

The Foundation is grateful to Volunteer Michelle Glass and Advisor Toufic Hakim, who play key roles in its production, Sylvia Miller for layout and graphic design, and Karen Locke and Laura Taylor for proofreading.



Do you know of any IFS-related news our community would like to know?

Please share with us such developments or happenings within one of these categories: IFS research, IFS within psychotherapy or programming, and IFS applications beyond psychotherapy. Please **complete the form** on our website or send general information in a short email to Michelle Glass at **outlook@foundationifs.org**.

We will reach out to you for additional details or specific guidelines. *Thank you* for your submissions and helping keep our community apprised of IFS-related endeavors.

Editors of OUTLOOK reserve the right to make final decisions regarding content of OUTLOOK.

About IFS

Founded in the early 1980's by family therapist and author Richard Schwartz, PhD, Internal Family Systems (IFS) Therapy suggests that the "inner self" is not a single persona but rather a complex system of distinct parts (thoughts, feelings, and beliefs), each with its own viewpoints, desires and agendas. The main agenda of these parts is to protect us from inner pain generated through developmental and life traumas. The model rejects psychopathology and posits that there is an undamaged Self with healing attributes that is at the core of each individual, even in the presence of extreme behavior.



The model continues to generate growing interest among psychotherapists and practitioners outside the realm of psychotherapy, where it promises a myriad of applications simply as a thought process. Thousands of practitioners have been trained in IFS through a rigorous training program, administered by the Center for Self Leadership; and tens of thousands of therapy clients and workshop attendees have experienced personal transformations through the IFS paradigm. Read more about IFS at FoundationIFS.org.

About the Foundation

The Foundation for Self Leadership is an independent, not-for-profit 501(c)(3) organization registered in Illinois, U.S.A. Its mission is to advance IFS research, promote the IFS model far and wide within and beyond psychotherapy, and increase access to IFS trainings through scholarships, especially among groups with limited financial ability.

Board of Directors:

- Frank G. Anderson, MD; Practicing Psychiatrist and Certified IFS Therapist; Chair (U.S.A.)
- Harley Goldberg, DO; Physician Executive, Kaiser Permanente (U.S.A.)
- Mark Milton; Founding Director, Education 4 Peace (Switzerland)
- Nancy Shadick, MD, MPH; Director and Associate Professor of Medicine, Harvard Medical School (U.S.A.)
- Ilina Singh, PhD; Research Professor, Oxford University (U.K.)

The Board and Foundation are supported by Toufic Hakim, PhD, who serves as Executive Advisor; Mary Mitrovich, providing financial management support; Ashley Curley, who has provided event-planning assistance; and a team of dedicated volunteers.



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

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