

IFS, Now an Evidence-Based Practice

On behalf of the Foundation for Self Leadership, I'd like to share with you a recently posted announcement and joint statement by CSL and the Foundation regarding some very exciting news. You may have already seen it; but it is worth savoring the moment. Congratulations to all.

IFS, Now an Evidence-Based Practice

We are pleased to share with the community of IFS therapists and practitioners the exciting news that the Internal Family Systems (IFS) Therapy is now posted on NREPP as an evidence-based practice.

NREPP is the National Registry for Evidence-based Programs and Practices, a repository that is maintained by the U.S. government's Substance Abuse and Mental Health Services Administration (SAMHSA). Interventions listed in NREPP, including IFS, have been subject to independent, rigorous scrutiny and are deemed to show significant impact on individual outcomes relating to mental health.

Basis for Inclusion. A comprehensive application requesting the inclusion of IFS in NREPP was submitted in April 2014. It was based on a proof-of-concept study by Nancy Shadick, MD, MPH; Nancy Sowell, MSW, LICSW; and a number of researchers and IFS therapists. The longitudinal randomized clinical study, which involved 70-some patients in an IFS treatment during 36 weeks with periodic follow-ups including 12 months post-intervention, was published in August 2013 in the peer-reviewed Journal of Rheumatology.

SAMHSA's independent scientific review of the study and NREPP application affirmed the following findings, which are now listed as of November 23, 2015, on the federal NREPP website: NREPP.SAMHSA.gov.

As a clinical treatment, IFS has been rated effective for improving general functioning and well-being. In addition, it has been rated promising for improving phobia, panic, and generalized anxiety disorders and symptoms; physical health conditions and symptoms; personal resilience/self-concept; and depression and depressive symptoms.

These scientific findings and the ensuing listing of IFS on NREPP affirm the vast potential of IFS Therapy for advancing emotional healing and mental well-being. In particular, they indicate promising effects on mind (depression, anxiety), body (physical health conditions), and spirit (personal resilience and self-concept). Such outcomes deepen our resolve to catalyze additional research studies, both in clinical settings and in

applications beyond psychotherapy. Further examination of the efficacy of IFS will help expand its empirical evidence and position us well for an updated NREPP posting, with more outcomes, five years from now.

We see in the NREPP news an indirect acknowledgment of longstanding efforts of this growing community of IFS trainers, practitioners, psychotherapy clients, and individuals for whom the model has offered a new way of being in the world.

We thank you all for your continued engagement in promoting the model and contributing to our collective work. We encourage you to share this message with you colleagues and clients. With your support and involvement, we remain committed to broadening the impact of IFS both as a treatment modality and as a thought paradigm accessible to all. If you are interested in advancing IFS research and supporting in particular studies on the physiological effects of IFS and the efficacy of IFS in treating PTSD, please consider contributing to the Foundation's efforts at www.FoundationIFS.org/donate. The Center for Self Leadership | www.Selfleadership.org Foundation for Self Leadership | www.FoundationIFS.org

Most importantly to your question - here is the direct NREPP link for the IFS rating:

<http://nrepp.samhsa.gov/ProgramProfile.aspx?id=1#hide1>