

# RESEARCH

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## Accomplishments Since 2013 - Highlights

**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).  
<https://FoundationIFS.org/research/empirical-evidence>.

**Funded the completion of an annotation project of IFS articles**, designed to assist researchers with important IFS-related resources, and completed the development of a searchable online IFS publications database. [www.FoundationIFS.org](http://www.FoundationIFS.org) (Resources Tab).

**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 and accepted for publication in the Psychological Trauma peer-reviewed journal).

**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—the latter is in progress.

## Moving Forward – Expanding the Evidence

**Support next set of 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, depression, and addiction.

**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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