



G R O U P i & i

THE LATEST

November 15, 2015

Group i&i Helps Client's Intervention Achieve Evidence-based Status & Recognition

Through the leadership efforts of Group i&i, led by Toufic Hakim, PhD, serving as Strategic Advisor to the Foundation for Self Leadership, the IFS Therapy modality gained recognition by the National Registry of Evidence-based Programs and Practice (NREPP).

The IFS modality, which was developed in the mid-1980's by Richard Schwartz, PhD, was accepted and included this month in NREPP. This was the result of a close, independent examination of an extensive application that Hakim prepared and submitted on behalf of the Foundation and the Center for Self Leadership, requesting an independent NREPP review and inclusion in the evidence-based database.

After extensive research about NREPP and a few conversations with developers of evidence-based programs, Hakim based the NREPP application on a key research paper by Nancy Shadick, MD, MPH, Nancy Sowell, LCSW et al. that was published in Summer 2013. The study had used a randomized clinical trial method to study the effects of IFS treatments on patients with rheumatoid arthritis. The outcomes of the study were promising on a number of fronts, including alleviating physical pain and increasing self-compassion and general wellbeing.

The elaborate NREPP application was submitted in February 2014 and eventually led to NREPP recognizing five outcomes for IFS Therapy, including enhancing general function, reducing depression and depressive symptoms, and increasing self-concept.

"This is remarkable," shared a teary Sowell at the 2015 IFS Conference to a standing ovation of attendees, "that IFS was accepted for review and acknowledged by NREPP on the first go-round as an evidence-based practice. It is truly my deepest pleasure to be sharing this exciting news with you. I am thrilled."

NREPP is maintained through the U.S.-based Substance Abuse and Mental Health Services Administration (SAMHSA). Interventions listed on NREPP have been independently and

rigorously reviewed; only those that NREPP concludes are supported by empirical evidence and ready for implementation are posted and shared with the public.

For more specifics about the IFS entry on NREPP, please visit:
<http://nrepp.samhsa.gov/ProgramProfile.aspx?id=1>

For more information about IFS and the Foundation, please visit www.FoundationIFS.org.

Group i&i is a firm based in Union, NJ, focused on advancing communities. Through its work, it helps facilitate the development of partnerships, fostering of community dialogue, and empowerment of individuals through education, employment, and personal development. The firm's activities revolve around strategic funding, outcomes and impact evaluations, and forward-looking, strategic organizational development.

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