



MISSION STATEMENT

THE I-SYSTEM INSTITUTE EXISTS TO PROMOTE WELL-BEING THROUGH ITS TEACHING, TRAINING, RESEARCH, AND CLINICAL SERVICES USING THE PRACTICES OF MIND-BODY BRIDGING.

"Mind-Body bridging was precisely what I needed to help me understand my problems and gave me the tools to process the experiences that affected my day-to-day life...I'm not exaggerating when I say it's changed my life."

- MBB Clinic Client

As Director of the I-System Institute I am excited to report that we have completed our first full year of offering individual and group therapy services in our free MBB Clinic. Since opening in October of 2022, we have served nearly 95 USU faculty, staff, students, and community members.

We also continued to grow our programs for first responders, universities and K-12 schools, mental health and substance abuse clinicians, athletes, businesses, and other organizations. We look forward to building on this foundation in 2024!

Let us know how we can help you, a loved one, or your organization.

Best wishes for a happy and productive new year.

Derrick Tollefson, MSW,
PhD, LCSW



The MBB Clinic - 2023

We offer **FREE** therapy sessions to any person in Utah who would like to build an MBB practice. It is one of the core ways that we fulfill our mission.



Tanya Pirtle, CSW



Haylee Parr, MSW



297

Therapy Sessions



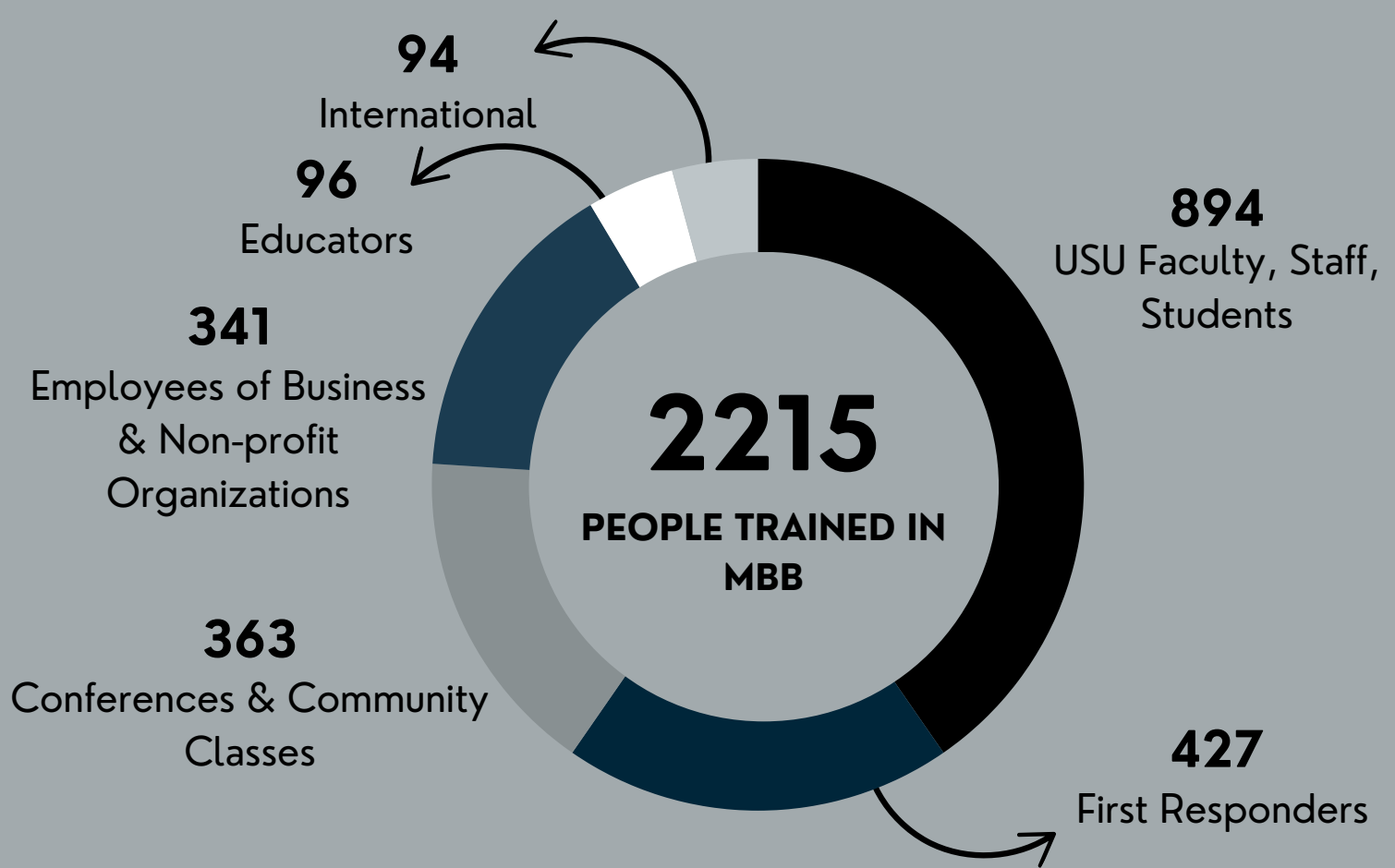
80

Clients Served



1.5

Clinicians



MBB AT USU

- 7 MBB COURSES TAUGHT
- 70 TOTAL STUDENTS
- 8 CERTIFIED CLINICIANS
- 21 CLIENTS SEEN IN THE MBB CLINIC

MBB WITH FIRST RESPONDERS

- 15 DEPARTMENTS IN UTAH.
- 271 CLINICAL SESSIONS

"The profession of law enforcement is very unique, and the creators of the I-System training have designed a program well suited for police. It is the best tool I have found for self-assessment and mindful awareness of my own thoughts and actions in my professional and personal life."

– Tim Ramirez
Patrol Lieutenant, Cache Co. Sheriff's Office

Total Revenue Generated

