

# Friends of the Collective

Welcome to **Community Box**, the platform we use to connect our audience with other reputable IFS resources!

This guide will serve as a step-by-step resource to creating your entry & advertising on our site.

Please note that all submissions will need to be reviewed/ approved by our team.

## Step ONE: Navigate to the correct page

Visit [ifstherapyonline.com/friends-of-the-collective](http://ifstherapyonline.com/friends-of-the-collective) to sign up (or edit) your profile on our website.

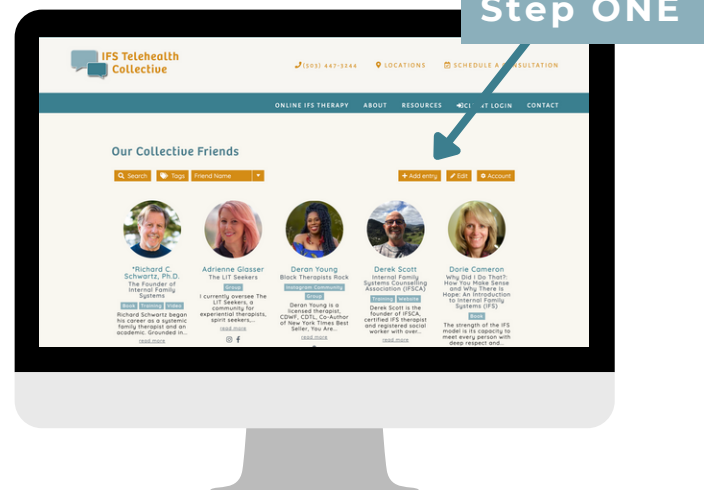
For podcast submissions, navigate to [ifstherapyonline.com/ifs-friendly-podcasts](http://ifstherapyonline.com/ifs-friendly-podcasts)

Select "+ Add Entry" to begin the process.

## Step TWO: Sign up for an account

If you already have a profile on our site, you can make changes in 2 different ways. 1) Compile all requested changes and email [admin@ifs-tc.com](mailto:admin@ifs-tc.com) or 2) Create a new profile following the steps in this guide.

## Step THREE: Agree to our community Guidelines



Sign Up

Sign up

Cancel

Welcome to the community! We're glad to have you!

Already have an account? You can [log in here](#).

email address

password

Would you like to receive updates about IFS Happenings?

Sign Up

Cancel

Check this box to stay updated about all happenings at the IFS-TC!

Community Guidelines



Please read through, and agree, to the following Community Guidelines.

We want to create a friendly and tolerant community that is safe for everyone. Please don't add anything that infringes on other people's copyright, violates any laws, includes images of an exploitative or sexual nature, promotes hate speech or intolerance or discriminates against groups or individuals based on their gender, race, ethnicity or sexual orientation.

Agree

Cancel

Add a photo of yourself & your name here!

Profile Photo

Friend Name (required)  
Write your name here!

Resource Name  
What is your most well-known product?

About (required)  
Write one paragraph here as a quick bio for those who are unfamiliar with your work!

Resource Category (required)  
Article

Phone number

Contact email

Location

Website

Instagram

Twitter

Facebook

Add entry Cancel

Leave the location blank!

Hit "Add entry" and you're finished!

### Step FOUR: Determine the title of your resource

Include the name of your brand, foundation, book, group or training.

In particular, we are looking for contributions to the development of IFS therapy and there will be room to include information regarding additional projects in the **About** section.

### Step FIVE: Write a bio

In the **About** section, please share more about what you have to offer and what you would like people to know about your services. Please note that the first sentence is what will be featured on the site before readers will be prompted to "learn more".

### Step SIX: Select 1-3 resource categories

This function will help people easily navigate through our page of resources. Please limit yourself to the most relevant tags (typically 1-3).

### Step SEVEN: Include contact details

Include the URL for your website, email address, and phone number if desired.

For Instagram, Twitter & Facebook, use your @handle, or the unique identifier associated with your page.

Thanks for contributing your expertise to the development of IFS therapy and for being a friend of the collective!