OVERVIEW OF OUR RESEARCH



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WHAT WE STUDY IN OUR RESEARCH

The research behind I AM Powerful examines the human factors that most directly influence how people lead, relate, recover, choose, produce, and function under pressure; in the face of challenge, change, and complexity. The research initiatives conducted by the Power Integration Center (PIC) focus on the intersection of human behavior science, emotional regulation, cognitive adaptability, and transpersonal development. The primary objective of this research is to study how individuals, family systems, and organizational leaders operate under acute stress and high-pressure environments.

The research initiatives conducted by the Power Integration Center (PIC) focus on the behavioral, internal, and relational capacities that shape how individuals function in relation to themselves, others, and the environments in which they live, work, and lead. This research examines the factors associated with responsibility, agency, confidence, and healthy connection, as well as the reduction of reactivity, disconnection, dependence, and harmful behavioral patterns.

At the center of this work is the study of measurable shifts and outcomes across multiple facets of an individual's life through an integrated approach to intervention and development. These include increases in healthy relationships; self-efficacy; resilience; empowerment; sense of safety; trust and vulnerability; leadership skills; critical thinking and problem solving; self-awareness; responsibility and accountability; healthy boundaries; emotional intelligence; healthy lifestyle choices; behavior management; communication skills; self-forgiveness; self-acceptance; acceptance of others and empathy; wider range of perspective; and other indicators associated with productive, responsible, and socially healthy functioning. The research also tracks decreases in self-harming behavior, alcohol and drug abuse, codependent behaviors, addictive behaviors, and violence.

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This research does not assess behavior solely at the level of compliance or symptom reduction. It examines the underlying capacities that shape behavior, relational functioning, and life outcomes, with particular attention to how these capacities shift when interventions are applied in an integrated manner across multiple domains of human development under pressure. Within this model, safety, empowerment, capability, confidence, responsibility, and internal and social connectedness are treated as central variables influencing human functioning across contexts.



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WHY THIS RESEARCH IS IMPERATIVE

This research is imperative because the variables under study are foundational to human functioning across multiple domains of life, including personal, relational, educational, institutional, and professional contexts. These factors are not peripheral indicators; they are central determinants of how individuals perceive themselves, regulate emotion, make decisions, engage relationships, respond to challenge, and sustain adaptive functioning over time. As such, they provide a meaningful framework for examining both individual change and broader patterns of relational and social impact.

Within this framework, healthy relationships reduce isolation and strengthen belonging, safety, and accountability. Self-efficacy influences whether an individual believes they can act effectively in the face of challenge. Emotional intelligence affects communication, conflict, discernment, and self-regulation. Self-awareness and responsibility shape behavior change. Healthy boundaries influence safety, relationship quality, and protection from harm. A sense of choice is essential to agency. Trust and vulnerability affect intimacy, team cohesion, healing, and social functioning. Critical thinking and problem solving influence decision quality and adaptation under pressure. Leadership skills affect how individuals guide themselves and others. Life skills support daily stability, follow-through, and long-term functioning. Transpersonal awareness expands perspective, meaning-making, and the capacity to locate oneself within a broader human and social context. Reductions in addiction, violence, self-harm, and codependency reflect meaningful shifts in both individual behavior and broader social impact.

In human behavior science, these factors are significant because they shape not only discrete behaviors, but broader patterns of functioning across performance, relational dynamics, decision-making, self-regulation, adaptation, and long-term life outcomes.

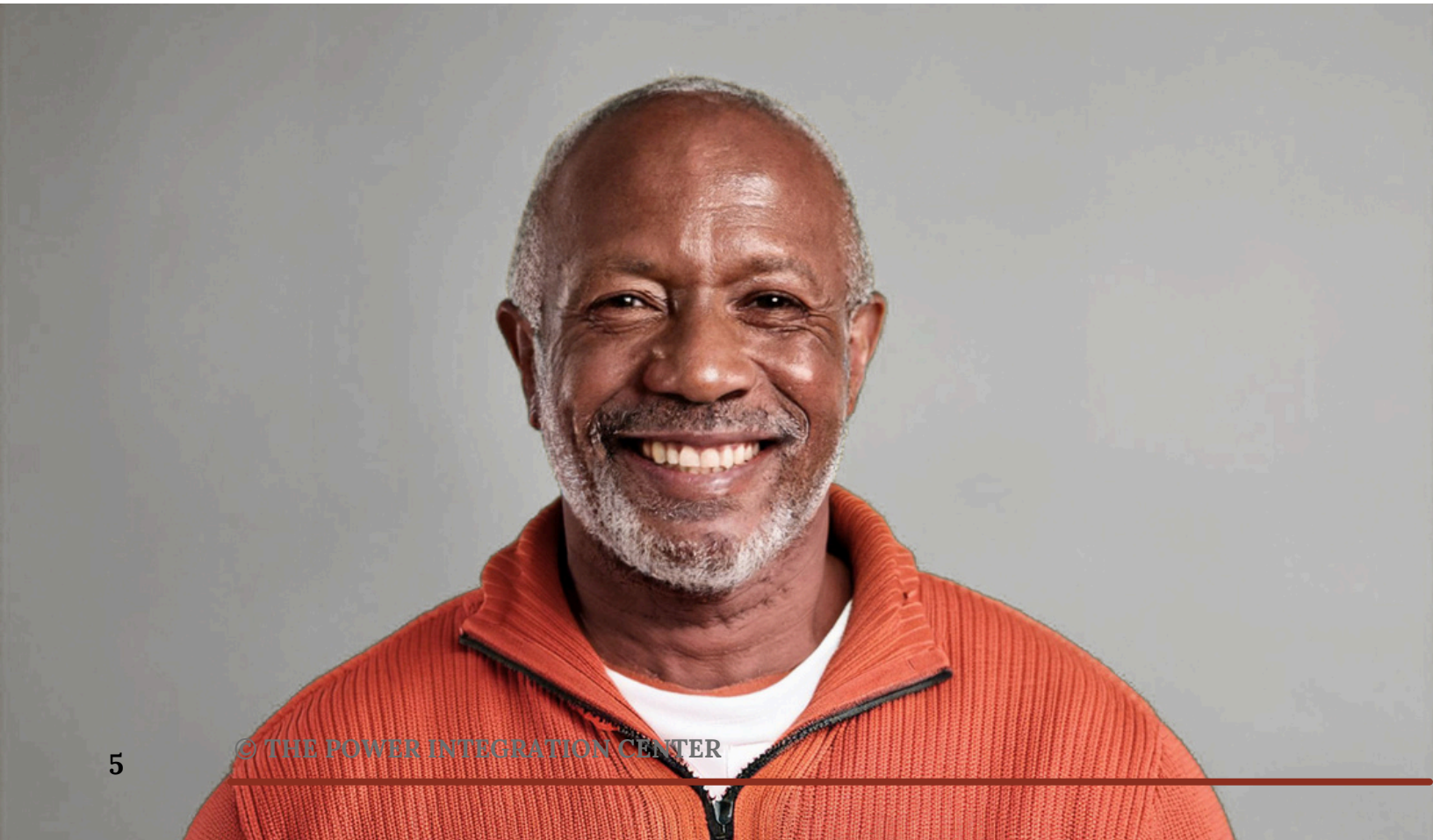
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WHAT THIS RESEARCH MEASURES

This body of research examines whether the Power Integration Center's programs, intervention methodologies, and frameworks produce measurable increases in the capacities associated with empowered, healthy, productive, responsible, self-aware, and socially constructive human functioning.

It also examines the measurable reductions in self-harm, addiction-related behaviors, trauma-related maladaptive patterns, recidivism, and other risk factors associated with adverse behavioral, relational, and social outcomes.

More specifically, it examines whether these programs, intervention methodologies, and frameworks increase [among many more factors]: connection, self efficacy, self-awareness, accountability, emotional intelligence, empowerment, resilience, communication, leadership, intimacy, social, family and institutional bonds, and the capacity to make healthy and values-aligned choices in the face of challenge.



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HOW WE STUDY IT

Our research uses pre- and post-surveys across participant populations to measure change over the course of the program. In Parents and Families, the research uses pre-, mid-, and post-surveys because of the style and nature of the program. Participants move through the program twice, once separately and once as a family unit, making it necessary to measure change across multiple phases of the intervention.

The research also incorporates standardized, nationally recognized measurement tools. Current scales in use include the Zung Depression Scale, Zung Anxiety Scale, and the Schwarzer Self-Efficacy Scale. In addition, the research framework identifies nationally recognized scales for expanded measurement in the following domains: conflict and anger management, general affect, critical thinking and problem solving, leadership, emotional health, social skills, life skills, self-responsibility, and personal accountability. Identified instruments include the STAXI State-Trait Anger Expression Inventory, the Buss-Durkee Hostility Inventory, and affect measures such as STEM and PANAS-X.

The research is further strengthened by the use of evidence-based approaches layered into the program, standardized survey methodology, research conducted over extended periods of time, and the use of control groups. Together, these elements strengthen both the evidence base and the outcome data.

This research has been conducted across a wide range of populations, including men, women, women behind bars, Fortune 500 corporate leaders, youth and families over 18 in drug court, youth and families in diversion programs under 18, women in domestic violence shelters, and women with dual diagnosis, sex trafficking, sexual assault, domestic violence, trauma, addiction, and homelessness.

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WHAT THIS RESEARCH MEANS ACROSS POPULATIONS

The research itself does not change by population. What changes is what the findings mean within the lived realities, risks, pressures, and desired outcomes of each population served. The same research domains become relevant in different ways depending on the developmental stage, environment, level of risk, social role, desired outcomes, gender, and type of adversity a population is navigating.

Corporate leaders and business owners

For corporate leaders and business owners, the research speaks directly to performance under pressure, decision-making, leadership effectiveness, strategic thinking, innovation, team trust, conflict navigation, accountability, and organizational influence, among many others. In this population, variables such as self-efficacy, emotional intelligence, critical thinking, problem solving, communication, leadership skills, healthy boundaries, and responsibility are directly tied to business performance, culture, adaptability, and sustained leadership capacity. The research shows that the same human factors that shape personal functioning also shape executive functioning, team cohesion, and institutional outcomes.



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Youth leaders

For youth leaders, the research is especially relevant to identity formation, social belonging, behavioral development, leadership emergence, peer discernment, and long-term life trajectory. In this population, self-efficacy, healthy relationships, accountability, emotional intelligence, behavior management, life skills, and resilience matter because they influence whether a young person develops increased agency, stronger decision-making, and healthier patterns in school, family, leadership, and peer environments.



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Men

For men, the research is relevant to emotional maturity, responsibility, self-governance, relational functioning, and leadership under stress. Increases in self-awareness, accountability, emotional intelligence, communication, trust, vulnerability, and boundaries matter because they affect how men relate to pressure, power, conflict, work, recovery, fatherhood, intimacy, and partnership. The research helps explain changes in the capacities that support grounded, responsible, and socially constructive male functioning.

Women

For women, the research is especially relevant to empowerment, confidence, body relationship, self-acceptance, asking for what they need, healthy boundaries, reduction in dependence on external factors or a practice of over responsibility. These factors are directly tied to agency, voice, self-definition, relational discernment, safety, and healthier social functioning. The research helps explain how internal and relational development affects women's outcomes across leadership, family, recovery, healing, and intimate relationships.

Trauma survivors

For trauma-affected populations, the research is especially meaningful because trauma impacts safety, empowerment, trust, self-awareness, emotional regulation, relational capacity, and sense of agency. In this population, the research helps explain how changes in safety, responsibility, resilience, emotional intelligence, boundaries, communication, and social connection affect functioning, recovery, and long-term stabilization. The relevance is not only emotional; it is behavioral, relational, neurobiological and social.

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Addiction and recovery

For addiction and recovery populations, the research is highly significant because it measures both the reduction of destructive behaviors and the strengthening of the capacities associated with sustained recovery. In this population, self-efficacy, accountability, emotional intelligence, communication, resilience, responsibility, life skills, and healthier relationships are essential because recovery is not only the reduction of substance abuse, but also the rebuilding of the internal and social capacities required for stable and productive functioning over time.

Spiritual awakening

For those experiencing spiritual awakening, the research is relevant to whether internal expansion is accompanied by grounded development in self-awareness, responsibility, communication, emotional health, perspective-taking, discernment, nervous system regulation, and relational functioning. In this population, the research helps explain whether growth is becoming integrated across daily behavior, relationships, and personal responsibility rather than remaining abstract, fragmented, or disconnected from lived functioning.

Parents and families

For parents and families, the research is especially important because the outcomes affect not only individuals, but the family system as a whole. Communication, accountability, empathy, behavior management, healthy boundaries, perspective-taking, emotional intelligence, and life skills all shape how families function over time. Because participants move through the program once individually and then again as a family unit, the research helps show how changes within individuals translate into changes within the broader relational system.

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Love and relationships

For love and relationships, the research is directly tied to trust, vulnerability, communication, empathy, accountability, self-awareness, self-acceptance, healthy boundaries, and reduction in codependency. These factors influence attachment, discernment, conflict patterns, partner choice, relational repair, and the ability to create healthy and sustainable bonds. The research helps explain why relational outcomes are linked to deeper internal and social capacities rather than surface behavior alone.



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CLOSING SUMMARY

The **I AM Powerful** research program studies the human factors that most directly influence how people lead, relate, recover, choose, and function in the face of challenge, change, and complexity. It measures both the strengthening of protective capacities—such as healthy relationships, self-efficacy, resilience, empowerment, safety, trust, self-awareness, emotional intelligence, communication, accountability, healthy boundaries, critical thinking, problem solving, life skills, leadership skills, and transpersonal awareness—and the reduction of harmful behavioral patterns such as self-harm, substance abuse, codependency, addiction, and violence.

This research is imperative because these factors shape outcomes across every major domain of life, including leadership, education, family functioning, recovery, trauma healing, relationships, and social functioning. The work has been studied across diverse populations, including Fortune 500 corporate leaders, men, women, incarcerated women, youth, families in court-related systems, women in domestic violence shelters, and women with dual diagnosis, sex trafficking, sexual assault, domestic violence, trauma, addiction, and homelessness.

The significance of this research is that outcomes are scientifically significant and consistent across populations, socioeconomic status, stage and age of life, gender, level of trauma, protective factors, and risk factors—showing that when interventions are layered, multiple human facets are addressed integratively and intentionally, and methodologies are delivered in ways that mirror the complexities and pressures of real life, the result is meaningful change that lasts.

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