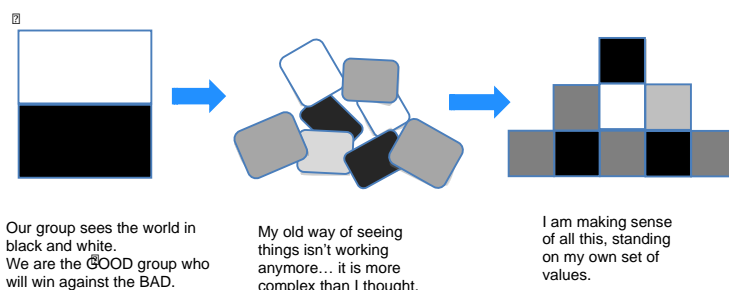


## About IC method

[www.IC-Edu.org](http://www.IC-Edu.org)

IC stands for Integrative Complexity - a method that achieves the transformation of **black and white thinking** which is core to extremism of any kind.

### *IC method shifts black and white thinking*



HOW you think, not what you think

The method enables people to explore different viewpoints regarding their own experiences of injustice, trauma, social conflict and extremism, so that they can step back, see the bigger picture and reassemble their thinking, freed from the constricting impact of threat and violence.

Using activities and role plays structured by IC that are dramatic, fun and meaningful, people experience how their **Heart Thinking** (emotions, senses, bodies and social interactions) can be interwoven with their **Head Thinking** (words, logic and reasoning) to regain their natural high IC capacity to think for themselves. The next steps include applying life skills that enable long term reintegration, rehabilitation, improved emotional regulation and critical thinking.

**IC courses are based in psychology, brain science and the arts.** The method was developed and tested at the University of Cambridge from 2005- 2022, and has been delivered in 13 countries in schools, universities, communities, camps and detention centres since 2009. The degree of black and white thinking is measured before and after a course (usually eight sessions), using non-fakable IC coding that examines the structure of thinking - not the content. Black and white thinking makes it impossible to resolve conflict, and the more IC drops to low complex 'us versus them' black and white thinking, the more intergroup violence becomes likely within weeks, based on 50 years of Prof Suedfeld's IC measurement research. In contrast, significant gains in IC predict peaceful resolution of conflict and the dismantling of black and white ideologies. This transformation of black and white thinking along with behavioural evidence of reintegration has been measured even two years after the initial IC course. Scalable ways of training /delivering IC are underway. It works!