

Example of an “perfectly written” Learning Lab proposal

Note: We are presenting this example of an extremely well written proposal. It is our goal to raise the bar of the quality of our workshops, and to make it easier for people to organize their thinking and write great proposals.

We are not saying that a proposal needs to be this long and thorough. On a scale of 0-10 this is a perfect 10. We do want you to model how clear it is. The presenter had never presented at ACEP before. But it was obvious to all the reviewers that she knew her stuff and could present it well. The reviewers had a very clear idea of what the workshop would look like and how it would fit in with the conference.

Title: "Intuition & EP: Enhancing Your Personal Guidance System"

The following comes from section 1. part 4(Introduction for the committee's Review

Purpose:

Although most people have a sense of what is meant when the word “intuition” is mentioned, and some may use their own intuition to help guide them in making decisions, it is only recently that the scientific community has studied the role of intuition in an empirical setting.

Intuition is defined as a natural feedback system between the conscious and unconscious mind, which allows for protection and growth of the individual. By reviewing recent theory and research supporting intuition as a useful tool for personal development, participants can examine the role of intuition for self-care and application to clinical settings. Special emphasis will be placed on the role of intuition in the context of energy psychology. Experiential exercises will provide opportunities for the workshop participants to create a personal inventory of intuition tools, based on their unique language of intuition.

Furthermore, participants are invited to reflect on their own beliefs about intuition, whether they use it for self-care, and how it can be safely used as a tool to augment energy psychology and related practices. Discussion will focus on multiple ways of knowing that intuitive process can provide for self and others.

How is this workshop relevant to the conference objectives?

The premise for this workshop complements the conference theme which is "A Path with Heart: Integrating Effective Tools with Authenticity and Presence". In order to be authentically present with clients, practitioners can benefit from learning to access multiple ways of knowing. This workshop includes many of the conference objectives through reviewing theory and research related to intuition, learning intuitive tools that can be applied for self-care and in treatment settings, and focusing on ethical dilemmas and considerations when intuition is accessed. Intuitive process, which bridges the conscious and unconscious mind, serves to both protect the individual (alert to distress states) and foster growth (assist in peak functioning).

The intuitive process, which bridges the conscious and unconscious mind, is uniquely suited to augment authentic presence. Intuitive communication allows the practitioner access to both parts of the mind; the sharp focus of the conscious mind equipped with critical thinking skills, and the vastly larger and faster processing ability of the highly flexible unconscious mind. When these two ways of knowing are brought together, a wider range of data is available to the practitioner, than if only one aspect of the mind is being considered. The language of intuition is designed to foster growth, which is an aspect of authentic presence. Intuition can be used for self-care, enhancing practitioners and clients, while accessing heart centered communication to expand treatment options.

This workshop reviews research and theory of intuitive process, and examines beliefs behind the use of intuition, providing practitioners resources to add intuitive exploration to their work with clients, or enhance the tools they already use. The workshop also presents experiential exercises, allowing each participant to identify their personal language of intuitive communications, and creating a personal inventory of intuitive tools. Exploration of personal and client centered cultural and ethical factors are discussed, such as when religious or family customs impact the use of intuition. Consequently, each participant can leave the workshop with an understanding of the role of intuition in change, reflection on their own beliefs about intuition, and obtain a personal customized set of tools for self-care..

What will be taught?

This workshop will clarify the nature of intuition as a practical resource to enhance living, by bridging the conscious and unconscious mind. Intuition will be defined using empirical and phenomenological sources. Intuition theory and research will be reviewed, establishing intuition as a personal guidance system for self-care and for energy psychology practice.

Through experiential exercises, participants can discover their own language of intuitive communication. By the end of the workshop, each person will be able to create an inventory of intuition techniques for self-care. We will discuss cultural and ethical considerations that arise when using intuition with self and others.

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Course Brochure Description

Intuition: Is it real or imagined?

Explore intuition as a bridge between the conscious and unconscious mind; review theory and research related to energy psychology. Consider unique cultural and ethical applications.

Develop a personal language of intuition, and an inventory of intuition self-care tools.

Outline

Session #1:

Overview and Objectives of workshop

Four Levels to Openness to New Ideas

- Experiential learning,
- Scientific evidence,
- Tools for practical use,
- Community of support

Define intuition

- Personal experience
- Dictionary definition
- Empirical definitions

Establish intuition as natural feedback system between conscious and unconscious mind, promoting protection of organism and growth.

Correlates of intuition for self and others

How intuition can be applied to energy psychology and related fields

Session #2:

In the Lab: Review of empirical studies on intuition

- Meehl's statistical vs clinical prediction;
- Mossbridge meta-analysis and current research 2014/2015 publication dates

In the Body: How does research apply to real world situations?

- Intuitive voice vs. ego voice
- Is it real or is it guessing/imagination.
- Pragmatic tests: is it helpful? Does it lead to new discoveries?

Examine personal reaction to use of intuition based on belief systems.

Obstacles and challenges to using intuition for self and in energy psychology practice.

Session #3:

Demonstrations of intuition through personal discovery

- Focus on levels of conscious awareness
- Educated guess about hidden objects

Language of Intuition based on

- Multisensory data,
- Information processing,
- Synchronicity,
- States of consciousness

Inventory of tools to enhance intuition in self and others with group discussion

Create personal positive reinforcement system for use of new behaviors

Identify community of support

- Internal
- Social
- Literature/other sources

Session #4:

Ethical considerations with use of intuition for self and others

- Power differential,
- Risk v. benefit ratio,

- Relative value placed on source of data

Contraindications for specific populations including energy psychology field

Cultural considerations,

- Belief structure,
- Faith
- Familial traditions

Question and Answer with participants

Objective #1:

Describe at least three ways intuition serves as a bridge between the conscious and unconscious mind, enhancing information processing.

Objective #2:

Name three theories based on empirical data that support intuition as a meaningful tool for problem solving.

Objective #3:

Identify at least two unique cultural and ethical considerations when using intuitive processes with self and others

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*(Also note the Irony that this was a workshop on personal
intuition and this first time presenter wrote the best proposal
ever submitted!!! Hence it is being used as an exemplar).*