

ACEP Conference Model Proposal

(Note: this model proposal is geared to meet APA CE standards.) If you're not attempting to get APA CE, you will not need as many citations in the purpose section or brochure narrative with embedded citations.

Title: Intuition and Energy Practices: Accessing the Magic of Mind/Body Wisdom

Purpose

Recent advances in the field of mental health suggest the importance of including both the mind and the body when treating clients, based on theory and empirical research from psychoneuroimmunology, traumatology, and spiritual psychology, amongst others (Marks-Tarlow, 2012). Energy Psychology and related energy practices are at the forefront of this perspective, offering ways to engage simultaneously the energy systems of the body and the mind, when treating areas of concern and growth. Consequently, approaches that enhance the communication between mind and body are important for practitioners to learn.

One way to strengthen the communication between the mind and body is through the skill of intuition. Intuition is defined as a natural feedback system between the conscious and unconscious mind, which allows for protection and growth of the individual. Like any other skill, intuitive abilities can be strengthened and attuned for greater clarity and application (Danek, Fraps, von Muller et al., 2014; Hedne, Norman & Metcalfe, 2016; Horr, Brawn & Voltz, 2014; Mossbridge, Tressoldi & Utts, 2012; McCraty & Atkinson, 2014; Salvi, Bricolo & Kounios et al., 2016). This learning lab provides a framework to apply intuitive skills with energy practices for self and clients, serving to bridge multiple ways of knowing for the betterment of all concerned.

Relevance to the conference

The learning lab aligns with the conference title, "Celebrate the Magic of Energy Psychology". One of the seemingly magical aspects of working with the mind/body system to effect growth and change is when the practitioner can gather intuitive knowing to help their client, information which may not be discovered through a left brain, logical lens. Too often, the process of intuitive exploration is not appreciated or discussed by those embracing a contemporary materialistic world view, though this is starting to change (see review on science in nursing practices with intuition: Hassani et al, 2016). By teaching practical and easy to use intuitive techniques which can be seamlessly applied to energy practices, these natural abilities can be brought into current work, expanding the tools of the energy practitioner.

Another conference goal of offering vision and purpose to attendees will be achieved by reviewing recent research on intuition that has been published in the past ten years.

What will be taught

The learning lab will be taught by two presenters, who will each offer material from their respective areas of expertise. Dr. Hops, a licensed psychologist, will review recent research literature on intuition, which will demystify the concept of intuition as being foreign or difficult to learn, while suggesting methods of application for energy practices. Ms. Colter, a medical intuitive, will lead the class in experiential exercises to expand intuitive awareness as applied to energy practices.

Participants will be invited to share with others what they learned, as it relates to self-care, and care for clients. Ethical guidelines and considerations will be discussed which arise when applying intuition tools with energy practices. Attendees will be encouraged to specify and integrate what they want to develop from the class lessons as they apply these practices in the future. Bibliography and suggested readings will be made available on the handout bank, along with supplementary materials for use after the conference.

Outline:

Section 1

Introduction and background of presenters, disclaimers

What Will Be Covered including Review of Objectives and Evaluation Questions

Review of bibliography, resources, handout bank materials

Definition of Terms and Ideas; demystifying the "magic" in intuitive mind/body communication for energy practices

Set Personal Intention for Workshop

Experiential Exercise for Grounding and Openness to Exploration

Section 2

Research Review on Intuition in past 10 years

Visualization exercises using Intuition and Mind/Body communication

Share with others what you learned

Section 3

Embodiment exercise applying information from visualization exercise

Intuition and mind/body communication for self-care, client care and expanded awareness

Ethical guidelines for intuitive and energy practice: scope of practice, boundaries, discernment, power differential, free will

Exercise to integrate and apply workshop learning

Question and Answer

Objectives

1. Describe two ways intuitive abilities seem magical but are part of human nature.
2. Name two findings from peer reviewed research studies on intuition.
3. List three ethical guidelines when using intuition for mind/body communication with self and others.

Brochure Text - Is using intuition a "magical" talent for the few, or is it a natural human ability? Discover the latest research findings on intuition, practice intuitive tools to read your own mind and body, and explore ethical considerations when using intuition with clients.

(For APA CE) Brochure Text with embedded citations: - Is using intuition a "magical" talent for the few, or is it a natural human ability? Discover the latest research findings on intuition while practicing intuitive tools to read your own mind and body (Danek, Fraps, von Muller et al., 2014; Hedne, Norman & Metcalfe, 2016; Horr, Brawn & Voltz, 2014; Mossbridge, Tressoldi & Utts, 2012; McCraty & Atkinson, 2014; Salvi, Bricolo & Kounios et al., 2016; Warrier, Grasby & Uzevovsky et al., 2017), and explore ethical considerations when using intuition with clients (Feinstein & Eden, 2011; Hover-Kramer, 2011; American Psychological Association, 2002).

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