Leader Name: Judith Orloff, MD

Workshop Title: Igniting the Power of Your Empathy and Intuition

DESCRIPTION
There is a powerful connection between your emotions, intuition, and empathy. The magic comes when you learn how to tap into each of them to fully access your sensitivities without going on overload or becoming drained. Judith Orloff, a UCLA-trained psychiatrist, NY Times best-selling author, and empath, will show you how to awaken your intuition and empathy to enhance your health, work, relationships, resilience as a parent, and emotional and physical well-being. This workshop, based on Dr. Orloff’s new book, The Empath’s Survival Guide: Life Strategies for Sensitive People, will offer practical skills to help everyone, including, healthcare practitioners, increase their empathy and intuition to improve the quality of their lives and their work with patients and clients in clinical practice. Participants will learn how to:

• Access their intuition and empathy and recognize what blocks them
• Tell the difference between empathy and being an empath, and strategies for managing their sensitivities
• Use strategies to prevent sensory overload which can lead to addictions, overeating, anxiety, and exhaustion
• Avoid emotional hangovers and compassion fatigue
• Stop absorbing other people’s stress
• Combat narcissists and other energy vampires
• Express your empathic needs in relationships
• Heal with intuition and empathy
• Use oracle cards to receive intuitive guidance
• Read the body language of friends, family, co-workers, and clients

For more information visit www.drjudithorloff.com.

Required materials: Orloff, The Power of Surrender Oracle Card Deck (we will work with these oracle cards during the workshop; please bring your deck with you to Esalen).


COURSE OBJECTIVES

1. Participants will learn skills to tap into their own intuition and empathy to help guide them when working with clients.
2. Participants will learn the traits of an empath in order to recognize them in their clients and strategies to help them manage their sensitivities.
3. Participants will learn how to protect their own energy so as not to take on their client’s stresses.
4. Participants will learn how to read their client’s body language in order to detect subtle areas of discomfort.
5. Participants will learn tips on how to replenish their own energy to avoid emotional hangovers and compassion fatigue.

COURSE OUTLINE

Friday Evening: 8:30–10pm
• Introduction of course
• Discussion of what the difference is between being sensitive and empathic.
• Discussion of the different types of empaths and empathy
• Discussion of how one’s intuition and empathy enhances each other and work together.
• Q&A Session with participants

Saturday Morning: 10am–noon
• Discussion of how to access our intuition
• Discuss various ways we can incorporate the guidance of our intuition and empathy in our work and personal lives
• Discuss ways that we can block our intuition
• Q&A Session with participants

Saturday Afternoon: 4–6pm
• Discussion of different psychological types and how they can drain us of our energy
• Discussion of different ways to protect your energy
• Discuss tips to release any negative energy that we have absorbed while around people or in our work
• Q&A Session with participants

Saturday Evening: 7:30–10pm
• This session will be primarily devoted to learning the art of reading people and the messages that they may be subconsciously sending to us
• Discussion of how to read physical body language along with demonstrations
• Discussion of how to read the emotional language of someone along with demonstrations
• Discussion of how to read our own body language and how our intuition is using it to communicate with us.
• Q&A Session with participants

Sunday Morning: 9:30–11:30am
• Wrap up of what was discussed over the weekend
• Open to questions from participants
• Review of any material that people need more details on
• Discussion of how to apply many of the techniques participants have learned to their personal and professional lives

COURSE CONTENT CITATIONS

Assessment strategies for teaching empathy, intuition and sensitivity on the Labour ward
Article · Jun 2012 · Evidence Based Midwifery
The Royal College of Midwives
Anna Brown PhD, MSc, SRN, RM, PGCEA.
Abstract
Aim: This research sought to explore how the skills of non-verbal communication are taught, learnt and assessed on a labour ward.
https://www.researchgate.net/publication/287468394_Assessment_strategies_for_teaching_empathy_intuition_and_sensitivity_on_the_labour_ward

Empathy


Solicitation Number: 12-SN-0007
Agency: Department of the Navy
Office: Office of Naval Research
Location: ONR -
https://www.fbo.gov/index?s=opportunity&mode=form&id=1879f6f208bd8bfa96fd77b63f98ac39&tab=core&cview=1

Clinical intuition in mental health care: A discussion and focus groups
Cilia L.M. Witteman, Nanon L. Spaanjaars and Alexander A. Aarts
Diagnostic Decision Making, Behavioural Science Institute, Radboud University
Nijmegen, PO Box 9104, 6500 HE Nijmegen, The Netherlands
(Received 27 June 2011; final version received 9 December 2011)
http://www.socsci.ru.nl/cilia/Site%20Cilia/CPQ.pdf

Clinical Intuition in Psychotherapy: The Neurobiology of Embodied Response (Norton Series on Interpersonal Neurobiology)
Author: Terry Marks-Tarlow, PhD
Series: Norton Series on Interpersonal Neurobiology
Publisher: W. W. Norton & Company (April 16, 2012)

The Science Behind Intuition: Why you should trust your gut.
Kelly Turner Ph.D.
Psychology Today: Posted May 20, 2014
https://www.psychologytoday.com/bl...201405/the-science-behind-intuition

Going with your gut feeling: Intuition alone can guide right choice, study suggests
November 8, 2012
American Friends of Tel Aviv University
In a behavioral experiment, Prof. Marius Usher of Tel Aviv University's School of Psychological Sciences and his fellow researchers found that intuition was a surprisingly powerful and accurate tool. When forced to choose between two options based on instinct alone, the participants made the right call up to 90 percent of the time.

Is intuition embodied? A phenomenological study of clinical intuition in somatic psychotherapy practice
Jennifer Frank Tantia, PhD
Taylor & Francis Online
Published online: 03 Jul 2014
http://www.tandfonline.com/doi/full/10.1080/17432979.2014.931888

This course meets the qualifications for 10 hours of continuing education credit for: LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Esalen is an approved provider of continuing education by the California Association of Marriage and Family Therapists, CA BRN and NCBTMB. Esalen Institute maintains responsibility for this program and its content. You may contact us at CE@esalen.org. We encourage you to be in touch with our office with any grievances in a timely manner.