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| |  |  | | --- | --- | |  | REQUEST FOR PROPOSALS 2021 MHANKYSWOH Education Summit Event Date: March 11, 2021  Deadline for Submission: October 31, 2020 | |  |

### WORKSHOP FORMAT

To be considered for a workshop, presentation must:

* Align with one or several conference goals;
* Be interactive;
* Allow time for group discussion;
* Fit within a 90 minute time frame; and
* Be conducted with no more than two presenters.

PLEASE NOTE: Breakout session attendance can be anywhere from 10-75 people per session.

### SAMPLE PRESENTATION TITLES

(Samples only, not indicative of final agenda.)

* Spirituality and Mental Health: What Clinicians Need to Know
* Mind Body Practices for Managing a Patient's Fear and Worry in Illness
* How to Teach Meditation and Deepen Your Own Practice
* Acceptance and Commitment Therapy and Compassion-Focused Therapy: Two New Potential Adaptive Strategies to Manage Stress
* Narrative Healing: How to Guide Your Patients' Use of Storytelling to Promote Health
* Mind Body Approaches to Addiction Recovery
* Positive Psychology Interventions
* Mindfulness and Behavior Change
* Tools for Integrating Mind Body Medicine into an Office Visit
* Music as Medicine
* Bringing Mind Body Medicine into your Daily Practice
* Food and Your Mood: Gut Health
* How Yoga and Meditation Positively Impact the Brain and Body

## SUBMISSION INSTRUCTIONS AND GUIDELINES

Please submit the following Session Proposal Form to [education@mhankyswoh.org](mailto:education@mhankyswoh.org). Applicants must submit biographies and contact information for every speaker. Multiple applications are allowed. Please also consider sharing any links to past presentations and/or lectures that would allow reviewers to see your presentation style.

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| |  |  | | --- | --- | |  | SESSION PROPOSAL 2021 MHANKYSWOH Education Summit Event Date: March 11, 2021  Submission Date: | |  |

**Presenter Name, Credentials:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Title, Employer:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Title of Session:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Please attach verification of presenter(s) qualification, including educational background.\*

**Length of Presentation:** \_\_\_\_\_\_

**Type of Offering: Training Workshop Webinar Special Event**

## Brief Description of the Session:

3-5 Learning Objectives:

## Content Outline including Time Allotments:

## Teaching Method(s):

(PowerPoint, handouts, discussion, Q & A, etc.)