

Finders Course Results Webinar

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Webinar Link: <http://webinarjam.net/webinar/go/7343/5310372b32>

Research Background

- Previous webinar about the research
<http://webinarjam.net/webinar/go/7343/36511d748c>

- Publications, including research summary
<http://nonsymbolic.org/publications>

Overview

Part 1

- Persistent Non-Symbolic Experience (PNSE) Research
- Finders Course Experiments Overview
- Results from Finders Course 2

Part 2

- Finders Course Structure and Methods

Non-Symbolic Experience (NSE)

- Persistent shift in your baseline state away from anxiety, fear, worries, etc. to a fundamental sense that everything is okay
- Fundamental 'okayness' or contentment
- Sense that you don't need to add anything to yourself, but that its okay to explore
- Reduced or eliminated mental chatter
- Increased or total freedom from thoughts impacting mood
- Increased or total focus on Now, rather than painful pasts and anxious futures
- Increased mental capacity/improved decision making and problem solving
- Increased sense of connectedness and possibility
- 'Life Flow' instead of 'Task Flow'

PNSE, O.N.E., tNSE

- Persistent Non-Symbolic Experience (PNSE)
 - Ongoing NSE > 1 Year
- Ongoing Non-symbolic Experience (O.N.E.)
 - Ongoing NSE < 1 Year
- Temporary Non-Symbolic Experience (tNSE)
 - Temporary NSE, even just momentary

Finders Course Experiment

- Attempt to take research data and apply it to initially produce O.N.E. that would make it past 1 year threshold to become PNSE.
- Self-funding, structured as an online class people pay to take
- Protocol initially worked out with individuals in 2013.
- Pilot group, Finders Course 1 (FC1), 2/1/2014 – 5/16/2014
 - 6 initial participants, 5 completed successfully
- Finders Course 2 (FC2), 8/2/2014 – 11/14/2014
 - 60 initial participants, 43 completed successfully
- Finders Course 3 (FC3), 11/15/2014 – (ongoing)
 - 64 initial participants
- Finders Course 4 (FC4), starts 1/10/2015
 - Last experimental run of the Finders Course

Finders Course 1

- Background
 - 6 initial participants (3 men, 3 women – Happy to Severely Depressed)
 - 5 completed successfully
 - Longitudinal design
 - Delivered live over Google Hangouts to interactive group
 - Recorded for participants to review
- Results:
 - 80% (4 participants) transition to O.N.E. during program. 100% within three weeks of program ending.
 - Significant improvements on wide range of academic measures.

Finders Course 2

- Background
 - 60 initial participants
 - 43 completed successfully (F=17, M=26)
 - Aged 23-75
 - 11 Single, 15 Married, 8 Significant Other, 6, Divorced, 3 Widowed
 - 38 USA, 2 Canada, 2 Western EU, 1 Australia
 - Wide range of professions, 1 homemaker, 4 students, 5 retired
 - 12 Unhappy, 21 Neutral, 8 Happy at start of course (2 not reporting)
 - 40 completed all entry and exit measures
 - Short term data collection design
 - Pre, mid, and post measures
 - Weekly tracking and feedback surveys
 - Used recorded FC1 videos, with some new videos including recorded Q&A
 - 2 Mentored and 8 unmentored small groups of 6 people

Finders Course 3

- Ongoing
- 64 initial participants
- Short term data collection design
 - Pre, mid, and post measures
 - Weekly tracking and feedback surveys
- Using recorded FC1 videos, with some new videos including recorded Q&A
- Groups of 6, all unmentored

Finders Course 4

- Starts 1/10/2014
- ~60 fully supported participants
- Short term data collection design (same as FC2, FC3)
- Using recorded FC1, FC2, FC3 videos with some new Q&A videos
- Groups of 6
 - Mentored groups
 - Unmentored groups
 - Special test groups
 - Lite support groups

After Finders Course 4

- Course will be turned over to Willow Group, Inc.
 - Renamed Finders Course O.N.E.
 - Primary experiment will be completed, but will continue to collect data
 - Run 2-3 times per year
 - Much more expensive, has to pay staff, etc.
 - Anticipate continued small class sizes
- Willow Group will also host a new class
 - Finders Course Complete – based on same research
 - Monthly, starting in February
 - Designed to solve search and fit problem, not target O.N.E.

Finders Couse 2 Results

O.N.E

Finders Course 1

- Location 1: 1
- Location 2: 2
- Location 3: 1
- Location 4: 1

Finders Course 2

- Location 1: 21
- Location 2: 3
- Location 3: 5
- Location 4: 1

- tNSE: 10
- No tNSE: 3

O.N.E - Mentored vs. Unmentored Groups

Mentored

- Location 1: 6
- Location 2: 2
- Location 3: 1
- Location 4: 0

- Total: 75%

Unmentored

- Location 1: 15
- Location 2: 1
- Location 3: 4
- Location 4: 1

- Total: 68%
- Dropout Total: 44%

Academic Measures 1 (All)

Overall Happiness (AHI)	24%	Present Moment Anxiety (STAI Y-1)	-17%
Enduring Happiness (GHS)	32%	Persistent Anxiety (STAI Y-2)	-15%
Life Satisfaction (SWLS)	35%	Stress (GSM)	-43%
		Depression (CES-D)	-53%
Time Happy as metric (FEQ)	27%	% Time Unhappy (FEQ)	-57%
% Time Happy (FEQ)	67%	% Time Neutral (FEQ)	-54%
Positive Affect (PANAS)	21%	Negative Affect (PANAS)	-21%
Positive Emotion (PERMA)	34%	Negative Affect (PERMA)	-56%

Academic Measures 2 (All)

Meaning: Presence (MILQ-Desirable)	8%	Accomplishment (PERMA)	18%
Meaning: Search (MILQ-Less Desirable)	-29%	Engagement (PERMA)	16%
Meaning (PERMA)	19%	Loneliness (PERMA)	-63%
Gratitude (TGS)	9%	Compassionate Love (CLS)	8%
Relationships (PERMA)	25%	Sick Days (PILL)	-38%
Health Symptoms (PILL)	4%	Health (PERMA)	10%

Subjective Report Measures 1 (All)

Inner peace	98%	Ability to handle stress	88%
Positive emotions	98%	Love	88%
Reactivity	-95%	Mental/internal chatter	-88%
Emotional balance	95%	Positive thoughts	86%
Anxiety	-95%	Harmony	86%
Mindfulness	95%	Conflict	-86%
Negative emotions	-93%	Sense of security/safety	86%
Negative thoughts	-93%	Tolerance of others	86%
Contentedness	93%	Understanding for others	84%
Gratitude	93%	Feeling love for others	84%

Subjective Report Measures 2 (All)

Amount of conflict with others	-81%	Confidence	67%
Body awareness	79%	Focus	65%
Forgiveness	79%	Sense of the divine	65%
Feeling whole/complete	77%	Synchronicity	63%
Wonder	77%	Energy level	58%
Sense of all pervading consciousness	77%	Accurate intuition	56%
Degree of caring for others	72%	Creativity	42%
Groundedness	70%	Curiosity	37%
Feeling close to others	70%	Quality sleep	26%
Effectiveness	67%	Physical activity level	23%

O.N.E. vs Not O.N.E.

Academic Measures 1 (O.N.E. vs Not)

Measure	O.N.E.	Not O.N.E.	Diff	% Diff
Overall Happiness (AHI)	3.91	3.62	0.28	+7.81%
Time Happy as metric (FEQ)	8.31	7.73	0.58	+7.55%
% Time Happy (FEQ)	78.45	67.73	10.72	+15.83%
% Time Unhappy (FEQ)	7.10	9.18	-2.08	-22.64%
% Time Neutral (FEQ)	14.48	23.09	-8.61	-37.28%
Enduring Happiness (GHS)	6.04	5.30	0.75	+14.12%
Positive Affect (PANAS)	38.45	36.27	2.18	+6.00%
Negative Affect (PANAS)	11.00	12.36	-1.36	-11.03%
Depression (CES-D)	5.97	8.73	-2.76	-31.65%
Gratitude (TGS)	40.00	37.18	2.82	+7.58%
Meaning: Presence (MILQ - Desirable)	27.45	25.91	1.54	+5.94%
Meaning: Search (MILQ - Less Desirable)	15.38	17.55	-2.17	-12.35%

Academic Measures 2 (O.N.E. vs Not)

Measure	O.N.E.	Not O.N.E.	Diff	% Diff
Life Satisfaction (SWLS)	28.72	23.45	5.27	+22.47%
Meaning (PERMA)	9.02	8.30	0.72	+8.68%
Relationships (PERMA)	8.52	7.39	1.12	+15.17%
Happiness (PERMA)	8.82	7.91	0.91	+11.47%
Positive Emotion (PERMA)	8.51	7.45	1.05	+14.11%
Accomplishment (PERMA)	8.66	8.24	0.41	+5.01%
Engagement (PERMA)	8.40	8.03	0.37	+4.62%
Health (PERMA)	8.12	8.03	0.09	+1.06%
Negative Affect (PERMA)	1.30	2.18	-0.88	-40.52%
Loneliness (PERMA)	1.31	1.82	-0.51	-27.93%
Compassionate Love (CLS)	5.53	5.39	0.14	+2.52%

Subjective Report Measures 1 (O.N.E. vs Not)

Item	O.N.E.	Not O.N.E.	Diff
Happiness	+100.00%	+90.91%	9.09%
Inner peace	+96.55%	+90.91%	5.64%
Reactivity	-93.10%	-100.00%	-6.90%
Positive emotions	+100.00%	+90.91%	9.09%
Negative emotions	-100.00%	-72.73%	27.27%
Positive thoughts	+89.66%	+81.82%	7.84%
Negative thoughts	-100.00%	-81.82%	18.18%
Emotional balance	+100.00%	+90.91%	9.09%
Anxiety	-93.10%	-81.82%	11.29%
Ability to handle stress	+96.55%	+63.64%	32.92%
Body awareness	-82.76%	+72.73%	10.03%
Mindfulness	+100.00%	+81.82%	18.18%
Quality sleep	+31.03%	+18.18%	12.85%
Feeling whole/complete	+79.31%	+72.73%	6.58%

Subjective Report Measures 2 (O.N.E. vs Not)

Item	O.N.E.	Not O.N.E.	Diff
Contentedness	+96.55%	+81.82%	14.73%
Love	+93.10%	+81.82%	11.29%
Harmony	+93.10%	+81.82%	11.29%
Conflict	-89.66%	-81.82%	7.84%
Focus	+68.97%	+63.64%	5.33%
Effectiveness	+72.41%	+54.55%	17.87%
Mental/internal chatter	-96.55%	-72.73%	23.82%
Curiosity	+44.83%	+27.27%	17.55%
Creativity	+51.72%	+27.27%	24.45%
Wonder	+86.21%	+54.55%	31.66%
Sense of security/safety	+96.55%	+63.64%	32.92%
Synchronicity	+68.97%	+45.45%	23.51%
Accurate intuition	+65.52%	+45.45%	20.06%

Subjective Report Measures 3 (O.N.E. vs Not)

Item	O.N.E.	Not O.N.E.	Diff
Energy level	+55.17%	+72.73%	-17.55%
Groundedness	+68.97%	+81.82%	-12.85%
Sense of the divine	+72.41%	+54.55%	17.87%
Confidence	+68.97%	+72.73%	-3.76%
Gratitude	+93.10%	+90.91%	2.19%
Forgiveness	+89.66%	+63.64%	26.02%
Sense of all pervading consciousness	+86.21%	+54.55%	31.66%
Tolerance of others	+93.10%	+81.82%	11.29%
Amount of conflict with others	-86.21%	-63.64%	22.57%
Understanding for others	+89.66%	+81.82%	7.84%
Degree of caring for others	+75.86%	+81.82%	-5.96%
Feeling close to others	+79.31%	+54.55%	24.76%
Feeling love for others	+86.21%	+72.73%	13.48%

Links...

<http://nonsymbolic.org>

<http://finderscourse.com>

contact@nonsymbolic.org