

I Choose Health – Not Addictions
Help to Set A New Direction for Your Life
Certificate Program in Integrative Health 2019 - 2021



AKAMAI UNIVERSITY

Institute for CAM Studies

University For Becoming More Fully Human
Based on Virginia Satir Growth Model and Energy Therapy

www.akamaiuniversity.us / www.cam institute.com

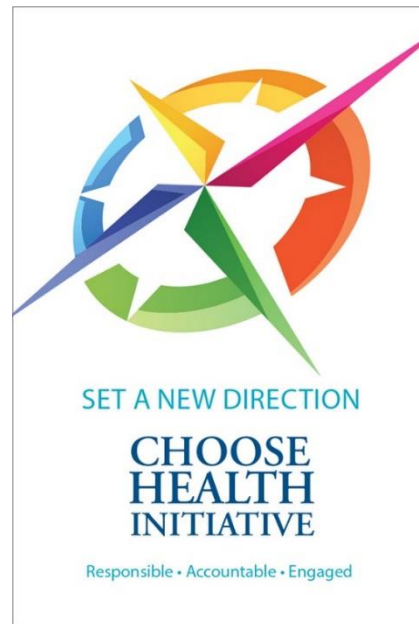
A Certificate Program in Integrative Health: I Choose Health – NOT Addictions

Offered through Institute for CAM Studies and Energy Medicine Partnerships
Affiliated with Akamai University Division of Continuing Education



www.energymedicinepartnerships.com

Description: The Certificate Program in Integrative Health offered through Akamai University Division of Continuing Education and the Institute for CAM Studies is designed for those interested in professional training to Choose Health. The program is designed to build a solid foundation supporting and awakening an individual’s spiritual life path vs an addictive life path. To achieve this mission, a non-denominational spiritual awakening, attunement and healing experience is jointly planned and executed through a mentorship relationship with the faculty. This program is individualized to support the participants challenges, set new goals, and connect with guidance. This program works with your needs, gifts, cultural and faith traditions, consciousness and adds to your development and healing. Experience a variety of energy therapy exercises and teachings that support choosing health. The studies are conducted with those needing help, those giving help and instructors as partners and co-creators of the learnings and experiences to set a new direction and “Choose Health!”



Goal: The Certificate Program is offered to support individual’s personal journey to I Choose Health.

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In April 26 to 28, 2019, a special Uniting Healers Worldwide gathering will take place in Durham, NC illustrating the progress made over the years documenting opportunities to further your life path using spiritual guided educational and healing goals to grow, advance and change. I Choose Health is one of these innovative programs.

Friday—Sunday, April 26-28, 2019
**UNITING HEALERS
WORLDWIDE**

Triangle Holistic Center | 3211 Gibson Road, Durham, NC 27703
919-923-2409 for information



Akamai University



**WORLD
TAI CHI
& QIGONG DAY**



Saturday, April 27, 2019
1:00 to 3:30p.m. EDT
A Peaceful Meditation

A FREE Annual Global Health & Healing event unfolding across the planet —10:00 a.m. Pacific Time

[Global Healing Alliance](#)

Continuing Education Units:

This integrative Health Studies program consists of 7 continuing education units or a minimum of 70 - 100 contact hours of study, reflection, training and mentorship that leads to a Certificate in Integrative Health Studies: I Choose Health – NOT Addictions!

Curriculum:

- Part I – Overview & Basic Preparation 20 hours
 - Introductory seminar = 3 contact hours
 - Awakening, Attunement & Healing = 16 contact hours
 - CHT 101 Holistic Self Care
 - CHT 102 Improving Relationships
 - CHT 103 Developing Life & Work Skills
 - CHT 104 Healthy & Fun Activities
 - Ethical considerations = 1 contact hours
- Part II – Exploring an Integrative Health Path in Choosing Health 40 contact hours
 - Energetic Assessments & Interventions = 20 contact hours
 - Exploration applying what was learned 10 hours
 - Mentorship = 10 contact hours
- Part III – Certificate in Integrative Health 10 contact hours
 - Documentation of your experience as verified by a professional project or paper outlining the journey. 10 contact hours

CHOOSE HEALTH CERTIFICATE TRAINING
Providing community based training and support

This program covers four areas:

- Holistic Self Care – CHT 101
- Improve Relationships – CHT 102
- Develop Work and Life Skills – CHT 103
- Add Healthy, Fun Activities – CHT 104

4 Core Initiatives

- Connect through the heart
- Give to others
- Do what is right
- Have fun!

**SET A NEW
DIRECTION**

Become a graduate, mentor, or instructor.
"Choose Health" where everyone works, studies
and plays together as one mutual support unit.



AKAMAI UNIVERSITY
Institute for CAM Studies

energytherapy.online info@
energytherapy.online
energymedicinepartnerships.com
919-588-3300



The Certificate of Achievement is awarded through
Energy Medicine Partnerships, Durham, NC, affiliated
with Akamai University, Hills, IA, Division of
Continuing Community Education

SET A NEW
DIRECTION
CHOOSE
HEALTH
INITIATIVE



Certificate Program in Integrative Health: I Choose Health – Not Addictions

Part 1 Goal: I Choose Health – Not Addictions

This includes an introduction to Dr. Mary Jo Bulbrook's Transform Your Life through Energy Medicine - an in-depth opportunity to explore the foundations to addictive behavior blocks to your personal journey in life as well as opening the door to increase your spiritual path.

During this course the student can experience interventions from a variety of approaches such as: Transform Your Life through Energy Medicine, Healing Touch, Reiki, Therapeutic Touch, Energy Medicine, Touch for Health, Energy Psychology, Yogi, Tai Chi or Qi Gong, Sound Healing.

Includes energetic self-care, improving relationships, developing life and work skills and healthy and fun activities. These elements are the basics to "Choose Health."

Explore the ethical dimensions in providing energy-based care.

Part 2 Personal Development Journey

This is usually taken 6 months to a year later and provides the documentation of the journey to complete your work. It can be done on line as well as in person with peers. The person will be awarded a Certificate in Integrative Health: I Choose Health – NOT Addictions.

Part 3 Reflection and Your Story

The training the person can submit their credentials to EMPI certification board for the awarding of Certificate in Spiritual Development - CAM Specialist.

Registration on line - or contact Dr. Mary Jo Bulbrook +1.919.923.2409
maryjo@energymedicinepartnerships.com / [bulbrookmj](#) through Skype
[Registration Payment Form Click Here](#)



Instructor: Dr. Mary Jo Bulbrook, CEMP/S/I

President of Energy Medicine Partnerships & Dean of the Institute for CAM Studies,
Akamai University

Program Director of Complementary & Alternative Medicine
Dean of the Division of Continuing Education at Akamai University

40 + Years in the Practice, and Teaching in Energy Medicine working with indigenous healers in four countries: Australia, New Zealand, South Africa and Peru.



Certificate Program in I Choose Health – NOT Addictions



Program Content:

- ✓ Capturing Your Story - Spiritual Development
- ✓ Explore culturally based values and experiences that shaped your life
- ✓ Expand intuitive development.
- ✓ Practice Interventions to promote Spiritual Development and bring Balance & Healing using a Variety of Integrative (Whole Person) Treatment Modalities
- ✓ Evaluate Effectiveness of Growth & Change
- ✓ Learn Unconditional Love & Healing
- ✓ Create Your Personal Self Care Program to Maintain Health & Model Well-Being

Program Objectives:

Participants learning to Choose Health NOT Addiction will be able to:

1. Define your personal desire or need for this training and certificate.
2. Assess your current body, mind-emotional and spiritual health.
3. Practice energetic interventions to clear your path and define your life goal.
4. Develop and evolve spiritual and intuitive practices to enhance your life purpose.
5. Create a self-care plan for choosing health, attunements and healing.
6. Explore resources to support your ability to choose health and help others do the same.
7. Share with others your growth, challenges and wins.

Eligible Participants for the Training: The training is open to anyone desiring to receive a Certificate in Integrative Health: Focus in I Choose Health NOT Addictions. This training is foundational for those who desire to be teachers of this program and mentors.

Program Fees:

Total program Cost: \$1200 includes university continuing education with international accreditation, learning modules, spiritual development, mentorship and certificate. Total of minimum of 70 contact hours to receive the certificate. Additional fees may be charged for additional mentorship and healing as needed beyond the basic program.

All fees are payable to the Institute for CAM Studies. Includes University credit through Akamai University Division of Continuing Education. After each segment contact hours will be awarded documenting the segment taken and the number of contact hours. Payment options are available. Part I training also available as stand-alone costs without registration for the whole program A repeater fee for courses and modules is one/half the cost of each segment.

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Guiding Principles:

- ✓ Let Go and Let God
- ✓ Find Your Path through Spiritual Guidance
- ✓ Become Free from the Addictions That Bind
- ✓ Call back your spirit
- ✓ Find your life purpose
- ✓ Achieve peace within and without
- ✓ Let joy and love guide your choices



**Transform Your Life™
Energy Medicine**

Process:

This certificate is a resource to help those with addictions and those who choose to support and help addicts heal and recover their life back.

Phase I – Telling Your Story

- My story of what happened in my life is...
- My feelings about this are...
- I think that I am ...
- My heart is...
- What I want to say about my life so far is...
- My visions for myself at the time are...
- Spiritually I am...

Phase II - Background to Your Path

- Describe what has been your experience over time...
- Include what your feeling and thoughts are...
- How have your relationships been affected with this change in you...
- What have others said about you and how has that affected you with this new interest...
- Describe your ideas about a addictions

Phase II – Choose Health – the How To's

- Central Power Current clearing & alignment
- Energy Field Drain & Replenishment
- Energy Centers Clearing & Balancing
- Energy Tracts Vitalized & Return to Functioning
- Reconnecting to self, family and friends in this dimension
- Streams of Gratitude
- Development of Intuitive Abilities
- Synchronicity

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For More Information, Contact Program Developer:



Dr. Mary Jo Bulbrook, CEMP/S/I

In Person Training available on-line and in person at The Gathering Place for Triangle Holistic Center 3211 Gibson Road, Durham, NC 27703 Phone / Fax 1.919.923.2409 / cell 1.919.923.2409 maryjo@energymedicinepartnerships.com
[/www.energymedicinepartnerships.com](http://www.energymedicinepartnerships.com), www.cam.institute

Affirmations:

- I call on a Higher Power to fill me with Divine Light and Love.
- I choose to be present in life with my family, friends, work, recreation, animals and nature.
- I am a Divine Child of Source and a Being of Light for the world.



Institute Affiliated Partners:



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