



Harmonizing Health

DIR / CAM 772: Harmonizing Health Directed Study - A Family & Holistic Integrative Perspective on World Issues (3-9 credits)

Akamai University

**Integrative Health College, Planetary Health College, Universal Equality College
Including AU Distinguished Affiliates, Alumni and Collaborators**

Course Authors and Instructors: Dr. Mary Jo Bulbrook, RN and Dr. Man B Bishwakarma with guest speakers from each AU College and invited experts offering unique perspectives guiding the process worldwide harmonizing health.

Last Updated: July 28, 2021

Description: This course provides international multi-cultural students, AU faculty and invited guests to come together on-line with opportunities for directed study covering advanced aspects of their chosen, guided perspectives and discipline focusing on Harmonizing Health: A Worldwide Holistic Integrative Change Model of Support, Care and Caring for Individuals, Families, Communities and Organizations impacting Climate, Economics and Health.

The focus is designed to address various worldwide aspects of an integrative health approach to becoming empowered in staying healthy, getting healthy and preventing illness using Satir's Change Model, Energy Therapies, and Multi-Dimensional Empowerment Models as resources, incorporating the delicate balance of theory, practice, education, and research.

This directed study blends the work of the renown Virginia Satir, *Becoming More Fully Human*; Bernie Siegel, MD, Author of *Love, Medicine and Miracles* and MJ Bulbrook's *Healing From Within* and *With Holistic Nursing Approach*. This directed study offer a heart centered, holistic, multi-dimensional perspective to an empowered life for the self, others and context worldwide as made evident a need if the world is to survive by the COVID pandemic.

This course is done in collaboration with AU Affiliates: Global Healing Alliance and AU PhD Student and Alumni Collaboration.

Faculty Selected with Expertise in the Area Students and Faculty Plan - Work - Study Together

- Nature of Humans - Wholistic Approach
- Traditional, Natural Health & Healing
- Interactive Effect of Nature, Planet & Human Health
- Economic Strategies Crossing Borders
- Peace Within, Peace Between, Peace Among
- Understanding and Respecting Different Cultural & Faith Traditions
- Transnational Politics, Psychology, Interactions - Effecting Change Strategies

Populations & Topics Serviced & In Process

- Pandemic Health Strategies for Individuals, Families, Friends
- Self-Care Options to Maintain, Regain & Recover
- Dealing with Grief & Loss of Life, Possessions, & Businesses
- Organizational Dynamics to Maintain, Regain & Recover
- Caring for the Elderly at Home, in Institutions, End of Life
- Choose Health, Not Addictions
- Economic Strategist for All
- Honor Differences and Justice
- Help & Support for Military & Families
- Front-line Workers Help and Support
- Connect with Nature - Living in the Moment - Unified Field Process (Greatest Trustable Truth - GTT)
- Integrative Education Models - Parenting, Children, Teens, Adults, Challenged Learning for All Ages

Audience: International students' study under the mentorship of qualified faculty from AU's three main colleges, distinguished affiliates, and collaborators assigned to guide the directed study advanced work.

In collaboration with the course authors, students select and pursue exhaustive advanced readings (e.g. extensive literature review) or a related professional meeting, do a selected project or professional activity in the study of a carefully defined aspect for Harmonizing Health.

An objective of the directed study is to allow students to make a valuable contribution to the body of knowledge in this field through completion of a scholarly paper suitable for publication (e.g., critical analysis, speculative theory, review article) or a noteworthy project that contributes to the field. A goal of this course is undertaking meaningful, contextually relevant, focused and through analysis of a particular area of theoretical and/or clinical importance through reading and/or participation in a related professional organizational meeting or activity with the shared perspectives of international students and faculty.

Prerequisite

Required course university wide for all students for at least 3 credits starting July 2021.

Topics for Study

- Library and internet literature search in defined area of Harmonizing Health as approved by course author in collaboration with cooperating faculty and instructors.
- Foundational readings or participation in professional meeting in defined areas of study that promotes Harmonizing Health.
- Understanding effective writing style and criteria for a select publication of their choice.
- Effectively drawing upon the knowledge of other scholars in the field through interview and/or reading.
- Structuring a publishable quality manuscript contributing to knowledge in the field through an innovative model, project or teaching experience

Class Objectives

This directed study course is intended to:

1. Empower students to effectively search the literature in detail in a defined area of study or evaluate the state of the art to harmonize health through an analysis of a professional organizational meeting or professional activity such as international cultural exchanges or effective delivery of a related professional project.
2. To analyze, summarize the literature, scholarly presentations, or cultural exchange.
3. To present findings from the readings and or critique the professional meeting or activity through an effective scholarly analysis project and /or paper.
4. To use proper referencing and documentation.
5. To build effective academic arguments and analysis of data of what was accomplished and why a strategy was used.

Statement of Need

The world is in a health crisis due to many factors: climate change influencing fires, hurricanes, tornados, tsunami, flooding, global warming, world hunger and malnutrition, inequality, poverty, political upheavals with issues of power struggles and dominance internationally harmful policies, inequality, racism, social injustices, COVID 19 and its variance, social imbalance, poverty, violence to settle differences and control in the hands of self-serving individuals, organizations without regard to the implications of actions on individuals, families' others, plants, animals, nations, and cultures. WE MUST CHANGE

and find solutions to revolutionize the health of individuals, families, communities, nations, planetary health, and environmental health for all.

In fact, it is essential that educational institutions maximize the relevance of advanced studies to the demands and expectations of the community, business, corporate, governmental, and professional arenas within which the students live and work. Such strategies which relate learning more closely to actual demands and expectations of life and work and what educators call “the real world” permit more effective preparation of the participants for the true challenges they face in the professional arena. Students who learn in this manner are advantaged within the marketplace and highly desired by employers.

Effective investigation of higher-level theories, principles, and practices is an essential element in the development of the successful professional practitioner in every field of endeavor. Rigorous programs of advanced level reading and analysis have led many to achieve higher ideals with the competencies, wisdom, values, and motivations necessary to stand out effectively within their professions and thereby make meaningful contributions to the betterment of the human condition.

Course Instruction and Delivery

Students conduct a broad based and exhaustive search for literature in a specialized advanced area of study and /or critiquing of a related professional meeting or professional activity or project under the direction of the instructor and contributing collaborating instructors in a collaborative on-line setting with other AU students and faculty.

Required & Suggested Class Materials

Required Textbook

Akamai University

Educational Transformation Text

Available on line through [Xlibris](#) published 08.01.2019.

Book Details

Language : English Softcover

Page Count : 320

ISBN : 9781796048957

Format : E-Book

ISBN : 9781796048964

About the Book

Educational Transformation is a discussion of the advancement of higher education for the betterment of the human condition and sustainability of the planet. The authors are fully committed to this mission and have addressed elements in this book which will assist likeminded professionals in their contributions toward human advancement.

Akamai is dedicated to the betterment of the human condition and sustainability of the planet.

One of Dr. Bernie Siegel's 30 books with encouragement to read Love Medicine and Miracles a work that changed health worldwide.

Virginia Satir's, 1988, The New People Making, Science & Behavior Books, Inc. Mountain View, CA. This book also changed the way people approach health and healing.

James Gordon, MD Manifesto for A New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies. 1996 by Addison-Wesley Publishing Co. Bernie Siegel statement published in this book: "Read this book and help yourself and the practice of medicine to heal" sets the stage for Dr. Siegel's and Dr. Bulbrook's Dialogues live on-line exchanges with participating online zoom members worldwide interested in current ways to combat health related challenges.

Attend in person on line or listen to at least three recordings of Bernie and Mary Jo Dialogues offered on the first and second Wednesdays starting July 21, 2021 on Zoom made available on the [Institute for CAM Studies website for Akamai University](#).

[The Virginia Satir Global Network Educational FREE Zoom](#) filmed 1-hour lectures on the application of Satir's innovative work worldwide addressing personal, family centered health interaction with racial justice for all, climate change and other holistic perspectives. Choose at least 3 videos to view and comment on.

Gregg Braden, 2019 The Science of Self-Empowerment Awakening the New Human Story also audio

By: [Gregg Braden](#)

Narrated by: [Gregg Braden](#)

Length: 9 hrs and 7 mins

Unabridged Audiobook

Categories: [Health & Wellness](#), [Psychology & Mental Health](#)

Supplemental Learning materials

International Association of Near-Death Studies Free Materials and Seminar Materials that illustrate multi-dimensional healing.

See Questia Media Library and other online resources for help in conducting the literature search and in accessing the publishers and online book vendors.

<https://www.questia.com/>

Note that free search options and trial memberships are available

Course Assignments

Assignment #1: Collaborative Communication with Instructor & Team

Initiate contact and or participation in the zoom meeting with the instructors to clarify the individual plan of action for the course and initiate appropriate collaborative email communications. Maintain email contact with the instructor for the duration of the course. Initiate and continue journal notations concerning all communications with the instructor. Define specific area of interest and professional goal to be submitted by a written paper within the first three weeks.

Assignment #2: Literature Review on Chosen Topic of Interest

Conduct a library and Internet search (specialized and wider search as appropriate) for scholarly literature including the journals, texts, recent publications, out-of-print, and unpublished works, as appropriate, specifically related to the selected topic(s) under investigation within the course, under the direction and guidance of the instructor. By design, this should be a narrow and well-focused gathering of literature within the specially defined area under investigation. This should include reviews and critiques of the written works under investigation, and a review of the foundational writings that have informed the authors of the works under investigation. Review the literature and assess its effectiveness as a tool within the scholarly presentation and academic argument. Make journal notations concerning all readings and prepare an annotated bibliography that identifies the many ways the literature informs practice or contributes to your understanding of the thesis statement for this advanced reading project.

Assignment #3: Scholarly Paper or Project

Prepare a major paper containing a scholarly discussion of your work. The paper (approximately 20 double-spaced typewritten pages) should be of publishable quality, adhering to an approved manual of style and including proper referencing of the literature.

Individualizing Student Assignments

The primary purpose of this course is to provide opportunities for students to carefully inspect the full reaches of the foundational and advanced literature and professional association meetings or activities within a well-defined area of study in the cross over disciplines. This course allows the student to select a topic for advanced reading and study, identify the appropriate literature, discussions, reading and interviews, maintain journal notations, and undertake the structuring of a scholarly paper or project.

Class Evaluation

The instructor(s) will evaluate the completeness and effectiveness of the student's written materials and active participation in the on-line zoom sessions.

The instructor will reflect upon the following expectations in evaluating the work of the student:

- Active participation in zoom sessions
- Depth and maturity of data presented
- Richness and diversity of the material presented
- Clarity of references to the scholarly readings
- Focus and conceptual quality
- Richness and coherence in translation of academic theories and concepts
- Quality of writing of the scholarly presentation

Grading Determinates

The course grade will be calculated according to the following formula:

Communication & planning	20%
Participation in on-line sessions	30%
Scholarly paper or project	50%

Suggested Completion Timeline

While the student is expected to carry out and complete all assignments and meet the expectations of the instructor within 16 weeks from the start date, students are encouraged to pursue the course requirements according to the following timetable.

Faculty-Student Communications On-line zoom

Telephone Contacts

The student will initiate a first telephone conference with the instructor within one week of enrollment to clarify a plan of action for the course. This initial contact will help familiarize the student and instructor with one another and permit the transmission of clear expectations for completion of course requirements. Periodic telephone interaction as required, at student's expense, should be continued for the duration of the course.

Email Communications

Frequent email communications between student and instructor should be initiated and continued for the duration of the course.

Alternative Communications

Students may send communications and materials via postal service, as appropriate. Chat room sessions, when available, can be held on a weekly basis.

Special Notes and Instructions

Course Completion

The grade of Incomplete may be given ONLY AFTER discussion with the instructor and only if there is an extremely good reason to give such a grade. An Incomplete will NOT

be given because a student is "behind" in work, needs extra time, simply because s/he wants to delay the completion of the assignments. It is important that you turn in assignments within the parameters of the agreed timeline. However, there are often unforeseen circumstances will befall any of us, therefore, I will be patient with you in the event of some personal crisis. Don't surprise me at the last minute, call me, email me, and we will work it out.

Academic Integrity

Academic dishonest in any of its forms, including cheating, plagiarism, misuse of the University web site, failure to comply with guidelines for the preparation of a scholarly manuscript, and all aspects of professional ethics, will not be tolerated. Any form of academic dishonesty is a basis for dismissal from the program.

Four Components of the course: I, IT, WE, ITS

