



Integrative Health Training
Serving Veterans & their Families
A Consortium of Practitioners & Programs

Collaborative Approach to Serving Veterans

Material from the 2016 Healing Touch Worldwide

Conducted by Dr. MJ Bulbrook

Conference post conference workshop **Energy
Medicine with Veterans & Families to become a
member of the “I Serve Those Who Serve” consortium
of dedicated energy practitioners and programs to
help veterans and their families, heal, grow and thrive
after their tour of service using an Integrative Health
approach.**

Agenda

Presentation of the Consortium Model of Care

- What is an integrated approach to health and healing?
- How can individuals and organizations work together to serve those who served?
- Experience a sample of specific interventions that have proven effects to aid in recovery and healing
- Plans to provide services throughout the country



RAH for Veterans 2016

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Healing Trauma, Grief and /or Abuse

Steps:

1. Identify trauma, grief or abuse in story to share (Give it a number, open your feet and allow to drain out)
2. Place 5 fingers on the face (hold point from 3 to 6 minutes to release memory stored)
3. Cross hands over heart and gently tap the shoulders while repeating this sentence:

“Even though I experience of lot of pain when I think of... I am loved and will get through this”

Can also alternate tap the feet or the collar bones repeating the statement

4 Place hand on heart and fill them with the energy of love. Start above the head and slowly bring the love through the sides of you body to heal.

5. Rate the change from the original experience of the trauma.

Possible Problem Areas

PHYSICAL	COGNITIVE / MENTAL	EMOTIONAL	BEHAVIORAL
Chills	Blaming someone	Agitation	Increased alcohol consumption
Difficulty breathing	Change in alertness	Anxiety	Antisocial acts
Elevating BP	Confusion	Apprehension	Change in activity
Headaches	Hyper-valiance	Denial	Change in communication
Muscle Tremors	Increase or decrease awareness of surroundings	Depression	Change in sexual functioning,
Nausea	Intrusive images	Emotional shock	Change in peck pattern
Pain	Memory problems	Fear	Emotional outburst
Profuse sweating	Nightmares	Feeling overwhelmed	Inability to rest
Rapid Heart rate	Poor abstract thinking	Grief	Change in appetite
Twitches	Poor attention	Guilt	Pacing
Weakness	Poor concentration	Inappropriate emotional response	Startle reflex Suspiciousness
Grinding teeth			Social Withdrawal
Fatigue	Poor decision-making	Irritability	
Dizziness, Fainting	Poor problem solving	Loss of emotional control	



IANDS Work with Veterans

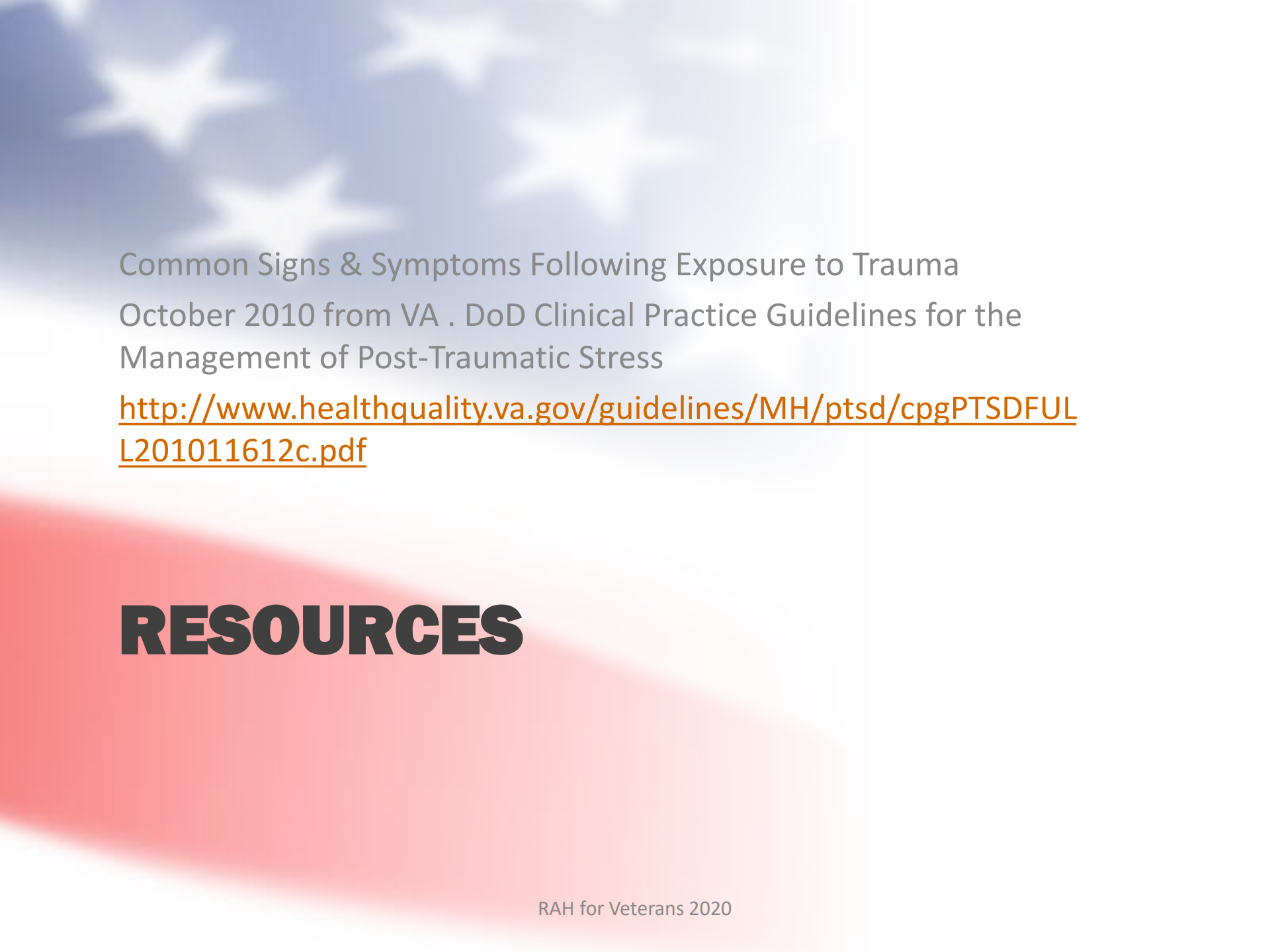
<https://www.globalhealingalliance.com/iands.html>

RAH for Veterans 2020

Near Death Experi- ence with Veterans

IANDS Project



The background of the slide is a blurred image of the American flag, showing the stars and stripes in a soft, out-of-focus manner.

Common Signs & Symptoms Following Exposure to Trauma
October 2010 from VA . DoD Clinical Practice Guidelines for the
Management of Post-Traumatic Stress

<http://www.healthquality.va.gov/guidelines/MH/ptsd/cpgPTSDFUL201011612c.pdf>

RESOURCES

Introduction to Energy Medicine With Veterans & their families

- Why is this needed?
- What is proposed?
- How can I participate?



Problem This Addresses

The needs of our veterans and their families are great. Providing energetic support is critical to their survival and ability for them and their families to heal from the extreme hardships and trauma they experienced that altered the course of their lives. To serve this population, Dr. Bulbrook has created a unified framework titled “I Serve Those Who Served.”

This consortium of practitioners and programs are gathering together to meet the pressing unique needs of veterans and their families in collaboration with existing models of care.

Solution

This workshop **Energy Medicine with Veterans & Families – “I Serve Those Who Served”** is an introduction to an internationally accredited University based certificate training that was created to support you to provide service to this population using an integrated health approach. As you experience this unique training identify if you too are called to “I Serve Those Who Served” and what that might look like as you join this innovative integrative team approach to caring for others who gave so much.

Objectives

- Discover the needs of veterans and their families to empower and heal the dynamics that the individuals faced and their impact on them and their families after returning home.
- Describe the effects of near death experience, severe grief and trauma veterans witnessed and experienced that can produce lasting effects limiting choices and happiness.
- Learn blessing with light and love, healing through soul – body alignment, sound, movement, and art to serve this unique population defusing the burning issues and dynamics they are living.
- Explore the power of helpful talk and compassionate listening, healing power of animals and nature to shift energy and heal.

Objectives Continued

- Practice touching your brain through energy therapies using the brains innate reprocessing systems to heal trauma.
- Determine your particular calling to join the “I Serve Those Who Serve” team of energy therapists dedicated to help veterans and their families.
- Experience "Whole Person Learning": inspired by the life and teaching of Virginia Satir to create a heart bond with your clients that infuses both you and those you serve with Divine Light.
- Find out how you can become part of an international movement of "I Serve, Those Who Served."

Results

Participants will witness the unique challenges facing veterans and their families and learn an integrated approach of helpful talk, compassionate listening, heart centered processes, range of energy therapies & neuro-physiological strategies that empower and uplift the body, emotion, mind and spirit to a sense of freedom, hope and happiness.

Presenter

Dr. Mary Jo Bulbrook is a spiritual intuitive, international master teacher & expert specialist / practitioner in a range of energy based therapies in Energy Medicine, Energy Psychology, Energy Kinesiology, Energy Dynamics, Integral Health and Transpersonal Studies as well as a psychotherapist and family therapist trained by the renown Virginia Satir. She is Dean of the Institute of CAM Studies, University for Becoming More Fully Human, Dean of the Division of Continuing Education and Program Director of Complementary and Alternative Medicine Department at the internationally accredited Akamai University a distant education institution of higher learning headquartered in Hawaii.

As founding elder of the Worldwide Healing Touch community in Peru, Australia, New Zealand, South Africa, Chile Mary Jo taught all levels of HT including advanced practice and worked alongside Janet Mentgen as co-author of the HT Notebooks mentoring students how to established their practice and share their gifts of compassion and HT.

Web Sites

<http://www.healingtouchprogram.com/conference/2016/>

<http://cam.institute/>

[Global Healing Alliance](#)

<https://www.energymedicinepartnerships.com/a/>

[Certificate Program “I Serve Those Who Serve”](#)

<http://artwithapurposeforveterans.com/>

<http://www.VetTRIIP.org>





A Certificate Program in Integral Health

Offered by a consortium of programs, practitioners & organizations dedicated to serve the men and women who have served including their families.

Includes an integrated approach to providing recovery and healing



Certificate Program in Integral Health



Certificate program offered through Akamai University's Division of Continuing Education in collaboration with The CAM Academy affiliated with Energy Medicine Partnerships International



Dr. Mary Jo Bulbrook,
RN, CEMP/S/I, HTCP

Provided by:

Dr. Mary Jo Bulbrook, Master Practitioner /Educator in Wellness Services, Akamai University, Dean of Continuing Education & Program Director of Complementary and Alternative Medicine (CAM).

Bob Dreschner & Dottie Goodsun

Co-Founders Vet TRIIP Consortium Member

Bob Deschner and Dottie Goodsun are the co-developers of the **Vet TRIIP - Veterans Team Recovery Integrative Immersion Process** for veterans and service members; their families, caregivers; and service providers dealing with Post-Traumatic Stress Diagnosis (PTSD), chronic pain and related symptoms.



Vet TRIIP History

Bob Deschner and Dottie Goodsun are the co-developers of the **Veterans Team Recovery Integrative Immersion Process (Vet TRIIP)** for veterans and service members; their families, caregivers; and service providers with Post-Traumatic Stress, chronic pain and related symptoms.

They are currently:

- Coordinating the Integrative Immersion Process (IIP) Sessions Stage 2 Sessions and STRESS Resilience and Recovery Trainings;
- Recruiting and training volunteer service providers;
- Organizing research programs to validate the use of nutritional supplementation IIP Sessions to reduce symptoms of mental illness and enhance effectiveness of conventional medications and counseling.

Description

- The original Vet TRIIP one day sessions were developed in Austin, TX with support of the Austin Veterans and Family Advocacy Council (AVFAC) at the Austin VA Mental Health Outpatient Clinic, the Academy for Oriental Medicine at Austin (AOMA) and Adam Coleman of SaveAVet.
- The Vet TRIIP programs are an evidence-based, multi-modality, Complementary and Integrative Medicine (CIM) program for veterans with Post-Traumatic Stress, chronic pain and related symptoms.
- These programs are based on the fulltime immersion programs for soldiers with PTSD at the Fort Bliss Restoration & Resilience Center (Dr. John Fortunato, Ph.D.) and the Fort Hood (DAMC) Warrior Combat Stress Reset Program (Dr. Jerry Wesch, Ph.D.).
- The IIP Sessions include EFT, aromatherapy, qigong/Reiki, therapeutic massage, chiropractic adjustments, acupuncture rebalancing and relaxing music.

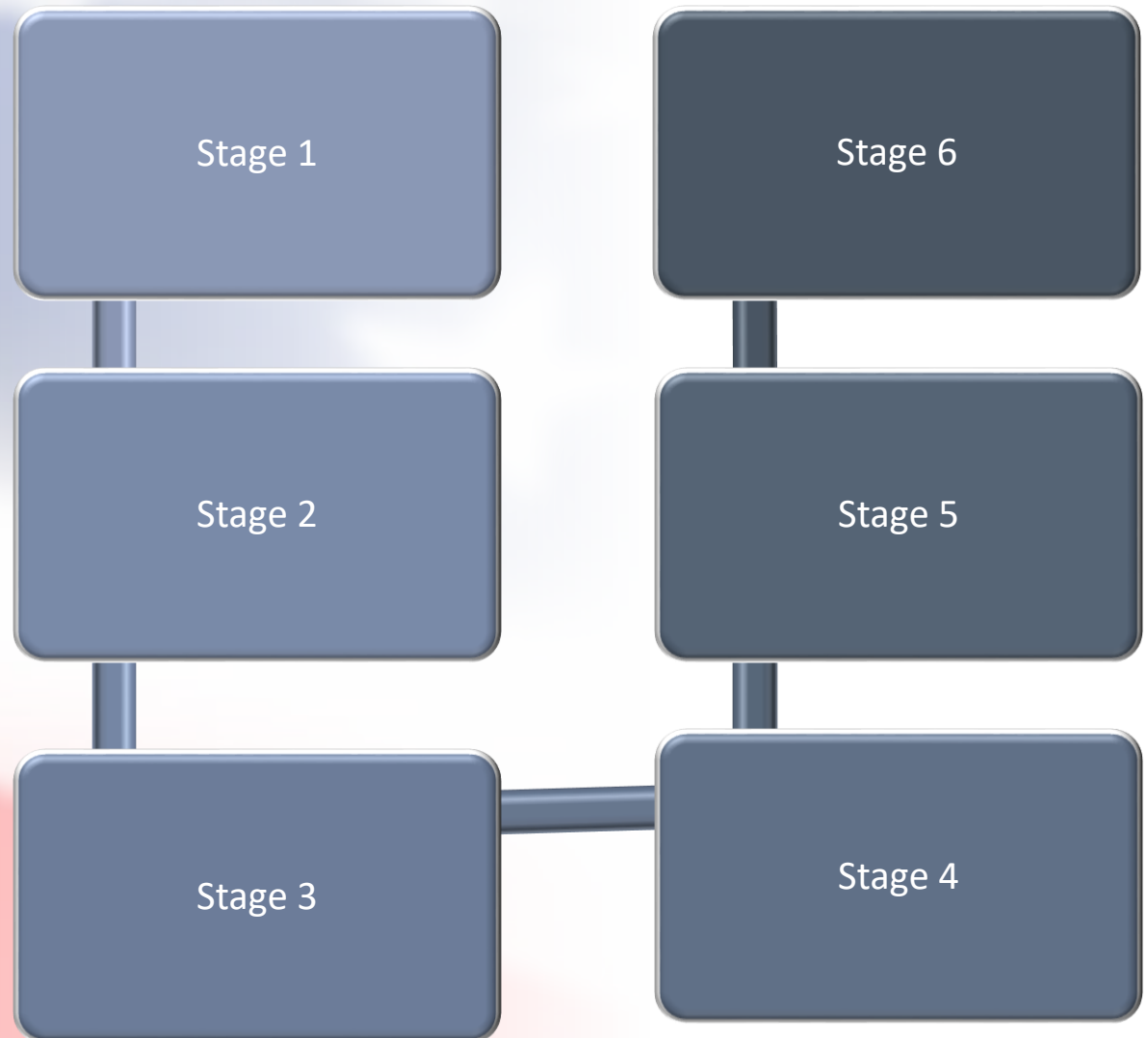
Description of the Vet TRIIP Process

After the training of volunteers a clinic is offered for the veterans and their family members.

The clients are interviewed to determine their personal needs, rating of their general health parameters and documentation of care with a post interview.

Care is offered in a clinic setting in which the practitioners go from client to client and work as a team in service of the clients.

Research data is collected to study the over impact of Vet TRIIP services



Vet TRIIP Process

Stage 1 – Input

- Welcome Interview
- Initiate Record Keeping
- Hearing & Documenting the Story of Current Need for Pain & Stress Relief
- Introducing II Process
 - EFT
 - Relaxation & Breathwork
 - Answering Questions

Stage 2 – Clinical Table Work

Stage 3 – Output

- Feedback from table work
- Documenting results
- Teaching Self Care
- Establishing Follow-up
- Creating Feeling of Respect & Compassion
- Answering Questions

Clinical Table Work Outline – Goal to reduce pain and stress as much as possible & engage and empower client to care for self in partnerships with Vet TRIIP

- Create safe, relaxing, peaceful environment for client in a group setting
- Assist client on table generally starting face down with cover on them while on a massage table
- Soft music in background with chart near by and name on client on table
- Volunteer practitioners rotate between clients as indicated and introduce themselves and what they are going to do
- Autonomic Nerve Protocol first
- Spontaneous rotation of practitioners: energy work, chiropractic, acupuncture,
- Client driven approach with on-going feedback while care is being given

Vet TRIIP Interviews on uTube

Published May 1, 2014

<https://www.youtube.com/watch?v=Q77ka0HIPxo>

Gulf War Veteran March 11. 2013 Interview on uTube

<https://www.youtube.com/watch?v=X2CKdXxn0Yk>



Vet TRIIP on the Radio – Talking with Hero's Show

➡ Vet TRIIP was developed by Bob Deschner and Dottie Goodsun in conjunction with many talented volunteers serving with the **Integrative Immersion Process (IIP)**

➡ Sessions in San Antonio; the Austin Veterans and Family Advocacy Council (AVFAC), the Academy for Oriental Medicine at Austin (www.aoma.edu) and Adam Coleman who founded SaveAVet.

➡ The Vet TRIIP program is based on the successful full time programs at Fort Bliss (the Restoration and Resilience Program developed by Dr. John

➡ Radio Show Link

➡ Talking with Hero's

➡ Listen to Bob Deschner & Dottie Goodsun
Developers of Vet TRIIP

➡ <http://www.blogtalkradio.com/talkingwithheroes1/2015/03/20/listen-to-bob-deschner-dottie-goodsun-developers-of-vet-triip>

Healing Touch – Vet TRIIP Volunteers

Check out the relationship of HT with Vet TRIIP

[Healing Touch with Vet TRIIP](#)



Describe & Illustrate Vet TRIIP's Integrative Immersion Process

Pictures from Chapel Hill Vet TRIIP
training session in June 2015

Veterans Team Recovery
Integrative Immersion Process
Vet TRIIP



Chapel Hill Vet TRIIP Training June 2015

Bob Dresner doing the Vet TRIIP Process



Video in Chapel Hill June 2015

Illustrating part of Vet TRIIP
Training protocol



**Volunteer in
training in
Chapel Hill
with veteran
Jim H.
June 2015**



**Video of Vet TRIIP
Co-Founder
Bob Deschner
with veteran
spouse Carolyn H.
healing neck pain**



**For more information contact
Vet TRIIP**



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RAH Components Outlined

Phase 1



Phase 2



Phase 3



Phase 4

What is the RAH role in relationship to Vet TRIIP?

How does RAH work in collaboration with the existing Vet TRIIP protocol?

Intervention strategies in Integral Health

Spread of the program throughout the country training more volunteers to serve?

Agenda

Presentation of the Consortium Model of Care

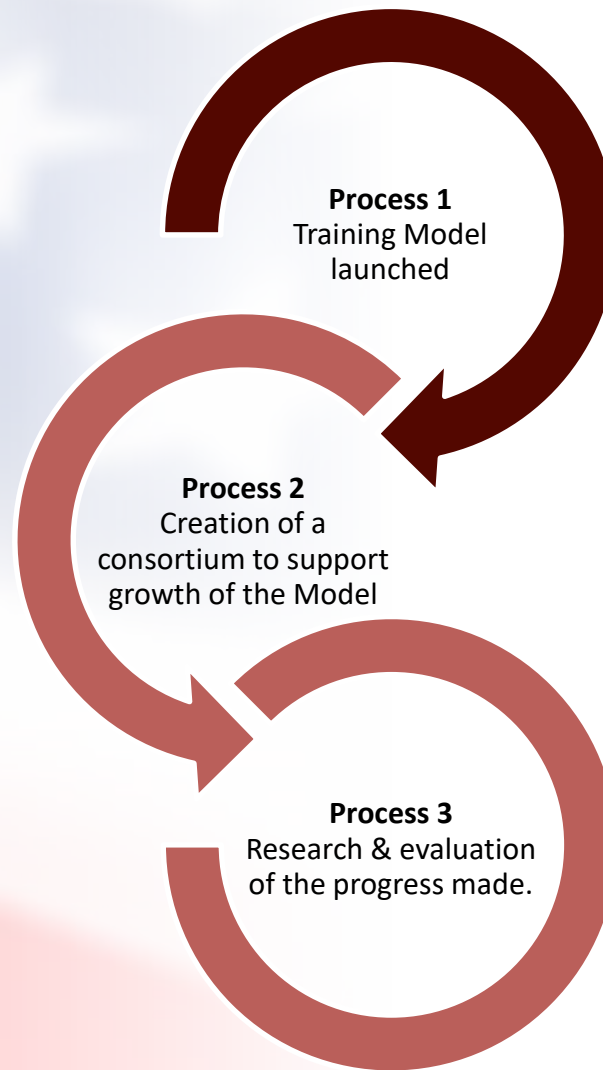
- What is an integrated approach to health and healing?
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Timeline suggestions

This model illustrates that the intention is to build and spread “I Serve Those Who Serve” training programs to help veterans and their families.

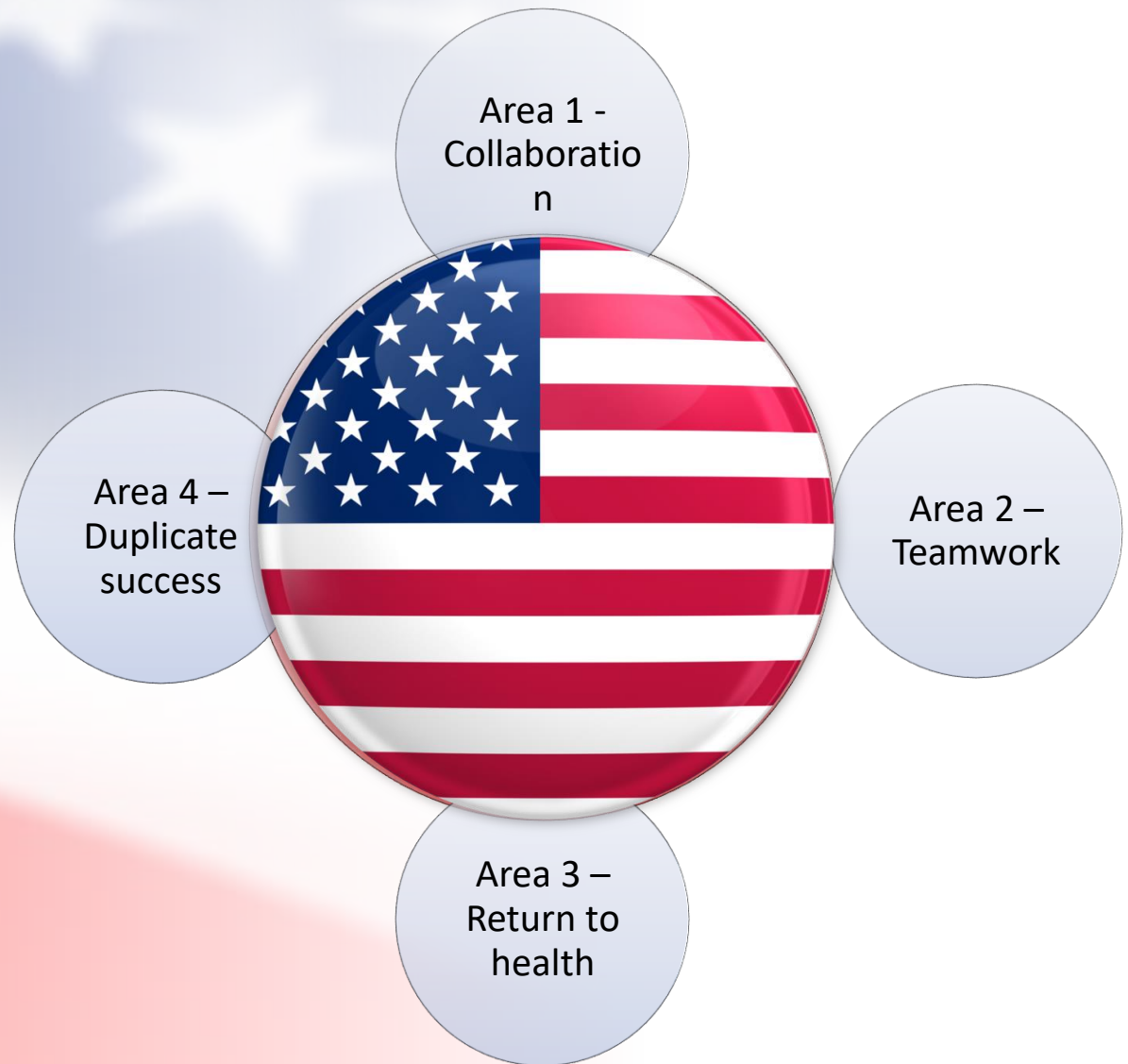
Additional resources in expertise, money, technical assistance, research and linkages to supporting organizations documents the next phase of growth anticipated..



Integral Health Approach

There is no one method that will work for every person or every community. Hence the need for an integrated approach that used the expertise of a variety of professionals and experts in the field including partnerships with those who the service is designed for.

By uniting together, this work is anticipating to save many lives, improve help and meet the obligation we all have to serve those who served..





Goal

Create programs throughout the country for veteran men and women and their families with easy access to be served.



RAH for Veterans 2020



Resources for North Carolina

Stop Soldiers Suicide <http://stopsoldiersuicide.org>



Energy Medicine Partnerships International affiliated with
Akamai University



Questions regarding the consortium & certificate program contact:



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