

Multi-Dimensional Pathways to Health & Wellness
Certificate Programs in Integrative Health & Wellness 2021 – 2025
Concentration BioEnergetic Wellness & Multi-Dimensional Approaches Options



Akamai University
Dedicated to improving human and planetary health

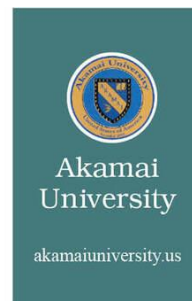
Certificate Programs in Integrative Health / Wellness

Concentration BioEnergetic Wellness & / or Multi-dimensional Approaches

6 to 9 Months – Partial Scholarships for those in Need

Offered through Akamai University, Division of Continuing Education

12 December 2021



Description: Akamai University Division of Continuing Education offers Certificate Programs in Integrative Health Concentration in BioEnergetic Wellness. They are designed for those interested in Board Certified Training with select concentrations using an Integrative Health, CAM Studies, BioEnergetic Wellness.

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Board Certifications Include:

- ❖ BioEnergetic Wellness Certificate
- ❖ Transitions Holistic Care & CAM
- ❖ I Serve, Those Who Served
- ❖ I Choose Health – Overcoming Pandemic Challenges
- ❖ After-Effects from Near Death/ Shared Death / Spiritual Mystical Experiences
- ❖ End of Life: Care & Comfort for Individuals, Families, & Health Care Professionals
- ❖ Abuse, Trauma, Disasters: Help, Recovery & Healing including Racial Inequality
- ❖ Spiritual Development, Soul2Soul Empowerment Social Justice & Equality
- ❖ Christian Counseling – Faith-based Advanced Certification
- ❖ Healing through Creative Arts, Movement, Song & Dance
- ❖ Indigenous Healers & Shamanistic Approaches to Health and Well-being
- ❖ Holistic Approaches Caring for Animals
- ❖ Healing with Plants, Nature & Environment
- ❖ Organizational & Family Dynamics – Virginia Satir Transformational Process
- ❖ CAM Approaches for Health Professionals:
Nurses, Medical Doctors, Psychologists, Social Workers, Physical Therapists, & Others

Goal: Each certificate program offers heart-centered, multi-dimensional CAM approaches to empower individuals to access their inner power to overcome obstacles affecting them today. These obstacles could include extreme stress, burnout, illness, pandemic induced challenges, financial disparity, family struggles, racial inequality, organizational demands available to prepare as Board Certified in Integrative Health & CAM Studies: Three opportunities as CAM Integrative Health Clinician / Coach, Practitioner/Facilitator, Specialist/Educator in their concentration of choice and program focus: Concentration Choices: Christian Counseling, Energy Medicine, Energy Psychology, Energy Dynamics, Biofield Feedback / BioEnergetic Wellness or Transpersonal Studies. The focus or concentration is one of those listed above or a combination thereof.

Program Requirements & Opportunities:

These new pathways were spiritually conceived to serve a need for select populations. This need includes finding the right content to teach from the wealth of knowledge available, skilled instructors to teach, sound educational design that is monitored and evaluated to achieve the individualized educational goal and establishing an infrastructure to make the program viable, manageable, and affordable. The training is based on Dr. Bulbrook Model Program titled: Person to Person theory of education. Scholarships available. Flexible scheduling & monthly payments.

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Certificate Goal	CAM Integrative Health Clinician or Coach	CAM Integrative Health Practitioner or Facilitator	CAM Integrative Health Specialist & Educator
Description	Foundational work integrative health on the self and others	Develops integrative health practice with previous education	Creates an innovative integrative health specialty
Curriculum	Basic preparation in CAM Integrative Health	Adds CAM approaches to current health practice	Integrates CAM into a new model of care
Contact Hours	220 contact hours = 14.7 college credits	330 contact hours = 22 college credits	440 contact hours = 29.3 college credits
Cost	\$1600	\$1800	\$2100
Non-refundable Application Fee	\$50 Includes Evaluation Previous Experience	\$75 Includes Evaluation Previous Training	\$95 Includes Evaluation Previous Training

Scholarships Available for those in Need affected by the Pandemic.



Background of Need: These Certificate Programs were conceived as an outgrowth of the need to transcend the unprecedented 2020 & 2021 worldwide challenges.

Housing the Program: The multi-dimensional pathways were created by Dr. Mary Jo Bulbrook master teacher & practitioner and president of Energy Medicine Partnerships. View [CEU's Providers click here](#).

Goal: The goal is to create a viable culturally or need specific program to address unique demands offering support, care and help to achieve peace within and without. The curriculum is individualized addressing the root cause to heal and achieve peace within and without.



Akamai University Certificate Model Designers: Dr. Bulbrook is uniquely qualified to serve in this role due to her lifetime commitment as a dedicated university academic with over 50+ years in Higher Education. She is a master teacher / practitioner / educator with ground theory research. All these pathways to health Dr. Bulbrook addressed during her extensive career blending integrative health and CAM Therapy to populations in need.



Her journey includes offering expert knowledge, experience and skills teaching a range of energy therapies in multiple countries. These countries include Australia, New Zealand, Peru, Chile, South Africa, Canada and throughout the USA since 1976. She served in a significant role in the spread of HT in North America as well as the other countries from the original program that Janet Mentgen created as well as Dr. John Thie, creator of Touch For Health worldwide training

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Her training in Energy Medicine has been taught throughout the US and Canada, Australia, New Zealand, Peru, Chile and South Africa. This includes working with health care professionals in universities and hospital organizations alongside indigenous healers of those countries. Opportunities exist to teach the above programs for those who qualify and choose the pathway of their interest, experience, and training with decades of multi-dimensional spiritual educational and clinical focus.

Michelle Greenwell PhD Candidate with Akamai University & Natascha Polomski, MS Candidate with Akamai University and distinguished Board Members CanBeWell Affiliate Global Healing Alliance & Akamai University

Bioenergetic Wellness offers integrated health and wellness options for you, your family and your community.

We invite you to discover more about how YOU Can Be Well.

- Support your body's natural healing potential
- Identify your personal goals for overall wellbeing
- Choose from the many available health options
- Experience holistic bioenergetic wellness at work
- Achieve optimum health and wellbeing
- Join our growing membership and partner organizations in our vision

CanBeWell members proudly support and promote BioEnergetic Wellness, as we touch lives across Canada, and around the world.



'We are a Canadian Registered Federal Not-for-Profit organization, with membership representation across Canada and Internationally. Our Association is managed by a volunteer Board of Directors, a part-time Office Administrator, and member volunteers. We enjoy the support of Partner organizations and Partner Affiliations that bring BioEnergetic Wellness into the Global Wellness Network. Find our Blog Posts, Events and Class Listings, Webinars,

Shop and Member Directory at www.canbewell.org

Join us in sharing BioEnergetic Wellness around the world.

Continuing Education Units available from Akamia University, Institute of CAM Studies

The Certificate program consists of continuing education units or a minimum of 220 – 440 contact hours of study, reflection, training, and mentorship that leads to a Certificate in Integrative Health & CAM Studies with chosen concentration of Energy Medicine, Energy Psychology, Energy Dynamics, Transpersonal Studies or Biofield Feedback / BioEnergetic Wellness. The specific focus is one of the those listed above.

Curriculum:

- Part I – Overview & Basic Preparation 22 hours
 - Introductory seminar = 3 contact hours
 - Awakening, Attunement & Healing = 16 contact hours
 - Ethical considerations = 3 contact hours

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- Part II – Exploring Integrative Health Bio-Energetic Wellness & / or Multi-Dimensional Pathways to Health and Wellness 168-188 contact hours
 - Assessments & Interventions
 - Applying what was learned
 - Mentorship
- Part III – Board Certified in Integrative Health: BioEnergetic Wellness & / or Multi-dimensional Therapy Certificate in 10 – 30 contact hours
 - Documentation of your experience as verified by a professional project or paper outlining the journey. 10 - 30 contact hours

Certificate Program in Integrative Health & CAM Therapies: Bio-Energetic Pathways to Health & Wellness

Part 1 Pathways to Health & Wellness Christian & / or Energetic Pathways

During this course the student can experience interventions from a variety of energetic 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, Dance, Movement Therapy & Creative Arts, Bio Energetic Wellness.

Includes identifying and documenting the persons health status including body, mind-emotion and spiritual aspects. Through this in-depth analysis, the student explores their own energetic, family, and cultural imprinting that currently is affecting his / her journey. Once identified includes learning ways and strategies to break patterns that influence health and well-being.

Ethical dimensions in providing integrative care is explored.

Part 2 Applying what was learned to the population / certificate of choice

This usually taken 6 months to a year to complete and provides the documentation of the journey to complete your work. It is done online as well as in person with peers after we are permitted to travel and connect in person.

The person will be awarded a Certificate in Integrative Health and CAM Therapy as a Coach / Clinician, Practitioner / Facilitator or Specialist / Educator

Part 3 Reflection and Your Story

The training the person submit their credentials to the Akamai University, Institute For CAM Studies for awarding the Certificate and Continuing Education Units. The CAM Academy issues board certification.

Certificate Programs in Integrative Health & CAM Therapies:

Program Content:

- ✓ Capturing Your Story
- ✓ Explore Culturally based Values and Experiences that Shaped Your Life
- ✓ Expand Intuitive Development.

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- ✓ Practice Interventions 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. Practice a range of energetic interventions.
5. Create a self-care plan for clients
6. Explore resources to support in the focus of your choice.
7. Document the progress achieved.

Eligible Participants for the Training: The training is open to anyone desiring to receive a Certificate in Integrative Health and CAM Therapy as a coach / clinician, practitioner / facilitator or specialist / educator depending on the path you choose and your background. This training is foundational for those who desire to be teachers of this program and mentors. Can be applied to degree programing.

Program Fees:

Total program Cost Varies Depending on the Role:

Coach / Clinician \$1600, Practitioner / Facilitator \$1800, Specialist / Educator \$2100. Includes university continuing education with international accreditation, learning modules, spiritual development, mentorship, and certificate. Total of minimum of 9 to 12 CEU's to receive the certificate. Additional fees may be charged for additional mentorship to complete the program 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. **Limited scholarships are available for those in need. Flexible monthly.**

Guiding Principles:

- ✓ Let Go and Let God
- ✓ Find Your Path through Spiritual Guidance
- ✓ Become free from the ties that bind you.
- ✓ 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**

Story Telling Process:

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 this chosen path and what you think needs to be done.

Phase II – Multi-Dimensional Pathways for Healing Separate or Combined Options

- **Energetic Pathways**
 - 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 Grace & Gratitude
 - Energetic Protection
 - Development of Intuitive Abilities
 - Synchronicity
- **Bio-Energetic Wellness Required Courses**

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- CAM 588: Raising BioEnergetic Awareness (RBEA) – Exploring Energy 3 credits = 45 contact hours
- CAM 589 Raising BioEnergetic Awareness (RBEA) – Energetic Self Care 3 credits = 45 contact hours

For Bio-Energetic Wellness

Program Information, Contact Certificate Program Collaborators Dr. Bulbrook mj.bulbrook.au@gmail.com , Michelle Greenwell, info@dancedebut.com and / Natasha Polomnski turnupthefrequency@gmail.com



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.

For Akamai University Program Applications: info@akamai.university

For University Information: Dr. Mary Jo Bulbrook, Dean, College of Integrative Health / [Institute of CAM Studies at AU](http://www.instituteofcamstudies.com) / mj.bulbrook.au@gmail.com / 1.919.923.2409 / <http://www.akamai.university>

CAM Institute Affiliated Partners:

		<p>Dr. MJ Bulbrook President mj.bulbrook@akamai.university 1 (919) 724-9657 3211 Gibson Road Durham, NC 27703-4622 USA akamai.university</p>
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Michelle Greenwell, BA Psych, MSc CAM

Doctoral Candidate in Integrative Health at Akamai University
info@dancedebut.com
902-945-2967
Mabou, Cape Breton Island, Nova Scotia, Canada

Director, Instructor and Choreographer at www.dancedebut.com
Touch for Health Instructor, Enrichment Lecturer

Facebook and Youtube: Tai Chi Wellness and the Seated Form Series
CanBeWell Leadership Team President

