



# Akamai University

Institute FOR

## CIH Studies



COMPLEMENTARY  
INTEGRATIVE  
HEALTH

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

## Institute for CIH Studies at Akamai University

### Certificate Programs in Integrative Health & CIH Studies

Partial Scholarships & Special Financing Available

Offered through Akamai University, Division of Continuing Education

Institute for CIH Studies, Energy Medicine Partnerships

[www.energymedicinepartnerships.com](http://www.energymedicinepartnerships.com)



Affiliate Organization  
of Akamai University  
[energymedicinepartnerships.com](http://energymedicinepartnerships.com)

Dr. M.J. Bulbrook  
RN, EdD, CEMP/S/I, HTP/I, HTCP



**Description:** Akamai University Division of Continuing Education offers Certificate Programs in Integrative Health & CIH Studies. They are designed for those interested in Board Certified Training with select concentrations using an Integrative Health and CIH Studies approaches.

Board Certifications Include:

- ❖ Transitions Holistic Care & CIH
- ❖ I Choose Health – Overcoming Addiction
- ❖ After-Effects from Near Death/ Shared Death / Spiritual Mystical Experiences
- ❖ End of Life: Care & Comfort for Individuals, Families, & Health Care Professionals
- ❖ I Serve, Those Who Served
- ❖ Abuse, Trauma, Disasters: Help, Recovery & Healing including Racial Inequality
- ❖ Spiritual Development, Soul2Soul Empowerment Social Justice & Equality
- ❖ 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
- ❖ Helping Individuals, Families & Organizations Change– Virginia Satir Transformational Process for Becoming More Fully Human & Energy Therapy
- ❖ CIH Approaches for Health Professionals:  
Nurses, Medical Doctors, Psychologists, Social Workers, Physical Therapists, & Others
- ❖ Mental Health Strategies Addressing World Challenges
- ❖ Traditional Chinese Medicine, Qigong, Tai Chi, Natural Healing

Multi-Dimensional Pathways to Health & Wellness  
 Certificate Programs in Integrative Health & CIH Studies 2022 – 2025  
 Revised October 2022

**Goal:** Each certificate program offers heart-centered, multi-dimensional CIH 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 & CIH Studies: Three opportunities as CIH Integrative Health Clinician / Coach, Practitioner/Facilitator, Specialist/Educator in their concentration of choice and program focus.

Concentration Choices: Energy Medicine, Energy Psychology, Energy Dynamics, Biofield Feedback or Transpersonal Studies. The focus or concentration is one of the 12 listed above.

Certificate Program Goal	CIH Integrative Health Clinician or Coach	CIH Integrative Health Practitioner or Facilitator	CIH 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 Complementary Integrative Health (CIH)	Adds CIH approaches to current health practice	Integrates CIH into a new model of care
Cont. Ed. Units 1 CEU = 10 contact hours	12 CEU's = 120 contact hours minimum	18 CEU's = 180 contact hours minimum	30 CEU's = 300 contact hours minimum
Cost	\$1800	\$2700	\$3300
Non-refundable Application Fee	\$100 Includes Evaluation Previous Experience	\$125 Includes Evaluation Previous Training	\$150 Includes Evaluation Previous Training

[Scholarships Special Financing Available](#)



**Background of Need:** These Certificate Programs were conceived as an outgrowth of the need transcend the unprecedented 2020 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.



**Program Designer:** 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 Including her work with Virginia Satir who promoted the term Peace Within, Peace Without, Peace Among.

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 with Dr. John Thie, creator of Touch For Health who invited her to take this work worldwide.

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.

**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.

**Program Applications:** Dr. Mary Jo Bulbrook, Program Director / [Institute of CIH Studies at AU / info@akamai.university](mailto:info@akamai.university) / 1.919.724.9657 / [www.energymedicinepartnerships.com](http://www.energymedicinepartnerships.com)

<https://www.akamai.university/affiliate-emp.html>

### **Continuing Education Units available from Akamai University, Institute of CIH Studies**

The Certificate programs consists of continuing education units of study, reflection, training, and mentorship that leads to a Certificate in Integrative Health & CIH Studies with chosen concentration of Energy Medicine, Energy Psychology, Energy Dynamics, Transpersonal Studies or Biofield Feedback - Wellness. The specific focus is one of the 12 listed above.

### **Curriculum:**

- Part I – Overview & Basic Preparation
  - Introductory seminar

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- Awakening, Attunement & Healing
- Ethical considerations
  
- Part II – Exploring Integrative Health & CIH Therapies Pathways to Health and Wellness
  - Assessments & Interventions
  - Applying what was learned
  - Mentorship
  
- Part III – Board Certified in Integrative Health & CIH Therapy Certificate Coach, Practitioner, Specialist
  - Documentation of your experience as verified by a professional project or paper outlining the journey.

## Certificate Program in Integrative Health & CIH Therapies: Pathways to Health & Wellness

### Part 1 Pathways to Health & Wellness

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, Bio Energetic Wellness, Yogi, Tai Chi or Qi Gong, Traditional Chinese Medicine, Natural Healing, Sound Healing, Dance, Movement Therapy & Creative Arts.

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 CIH 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 CIM Studies for awarding the Certificate and Continuing Education Units. The CIH Academy issues board certification.

**Registration online - or contact Dr. Mary Jo Bulbrook +1.919.923.2409**

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**Dr. Mary Jo Bulbrook, CEMP/S/I, HTCP, HTP/I, ICF**



President of Akamai University, President Energy Medicine Partnerships  
CEO Global Healing Alliance  
Dean of the Integrative Health College Institute for CIH Studies, Akamai University  
Dean of the Division of Continuing Education at Akamai University  
52 + Years in the Practice, and Teaching in Energy Medicine working with indigenous healers in four countries: Australia, New Zealand, South Africa and Peru.

## Certificate Programs in Integrative Health & CIH Therapies:

### Program Content:

- ✓ Capturing Your Story
- ✓ Explore Culturally based Values and Experiences that Shaped Your Life
- ✓ Expand Intuitive Development.
- ✓ 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 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 CIH 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 \$1800, Practitioner / Facilitator \$2700, Specialist / Educator \$3300.** Includes university continuing education with international accreditation, learning modules, spiritual development, mentorship, and certificate. Total of minimum of 12 – 22 CEU's to receive the certificate.

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(1 CEU = 10 contact hours) 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 partial 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™**

**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 – Energetic Pathways for Healing**

- Central Power Current clearing & alignment
- Energy Field Drain & Replenishment
- Energy Centers Clearing & Balancing

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- 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

**For More Information, Contact Program Developer:**



Dr. Mary Jo Bulbrook, CEMP/S/I

On-line and in person once pandemic restrictions lifted at The Gathering Place for Triangle Holistic Center 3211 Gibson Road, Durham, NC 27703 Phone / Fax 1.919.381.4198 / cell 1.919.923.2409 [maryjo@energymedicinepartnerships.com](mailto:maryjo@energymedicinepartnerships.com)  
[www.energymedicinepartnerships.com/](http://www.energymedicinepartnerships.com/) [Institute for CIM Studies at AU](#)

**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.



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