



Heart Centered Initiative

Restore Hope • Promote Healing

WORLDWIDE

Blending Satir & Energy Therapies

Presenters
Dr. Mary Jo Bulbrook
Dr. Michelle Greenwell
Dr. Robert L. Friedman

Agenda

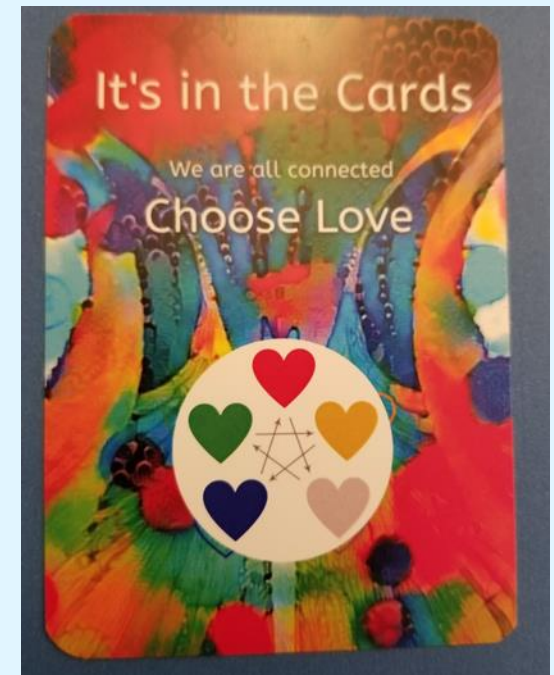
- W-isdome nuggets from Virginia
- O-vercoming obstacles
- U-nlocking YOUR gifts
- N-ow is the time
- D-oing what you can
- S-piritual awakenings

Choose Love

Become Empowered

4th Birth – Soul Attunement &

Evolution – Identify your Soul's life path



Simple energetic exercises for support & help

- Connect heart to heart – soul to soul
- Listen, listen, listen
- Reflect what gets triggered in you – speaking your truth
- Allow yourself to let go of pain and suffering
- Choose love y



Picture of Virginia & Mary Jo in Seattle, WA in the 80's.

Transforming Individuals
Families:
A guide to Spiritual
Awakening & Healing

34 Years Later – Looking Back:

The Process of Becoming More Fully Human -
Satir Teachings

Through the heart & eyes of

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

Coordinator of Avanta Networks first Process Cor
Park City, Utah in collaboration with University of



Widening Our Lens, Deepening Our Practice

Meditations of Virginia: Peace Within, Peace Between, Peace Among

Edited by Dr. John Banmen
Ref. 22p.3



Meditations must come from a state of love.....

Therefore, before I lead a meditation, I need to prepare myself to be in that state of love and caring...so it is not only what you say, but what state you are in.

I sit down, relax and give myself permission to move into my own intuitive state before leading a meditation.

Most of the time, all I need to do is center myself, and I am connected with my inner source of energy, my life force.

Science & Satir

on the same page



Awaken to the power of merging the brain and the heart to make decisions that are true and meaningful for you in all times and all situations

<http://www.hayhouseu.com/courses/wired-to-thrive-online-course-hhu> 15

Heart Power with Gregg Braden

Power of the Heart
To Create Destiny

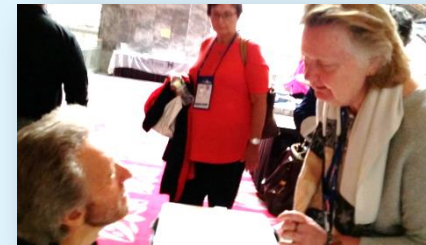
“A field of energy affects all
living things.
We are connected.
We are ONE.”

Scientific Evidence of
Sept 11, 2001

Reshaped destiny Braden is
2016 Templeton Prize
Nominee – visionary,
scholar & scientist



Verbal permission to use this quote from
Gregg Braden given to MJB on Sept. 18,
2016 at the I Can Do It, Hay House
Conference in Phil. PA





Opening Meditation

What to expect – The unexpected



Heart Centered Initiative

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WORLDWIDE

Certificate Training

[See here](#)

GOALS:

- ❖ Support & Help for Recovery from Trauma, Disasters, & War: for Children, Couples, Families, Businesses, Organizations, Communities, & Nations
- ❖ Experience Satir Transformational Seed Model with Energy Therapy - Helping Individuals, Families & Organization Survive & Thrive
- ❖ Self-Care & Wellness for Health Professionals, Service Providers & Volunteer Helpers

A Certificate Program in Integrative Health Blending Energy Therapy with Virginia Satir's Process Helping Individuals, Families, and Organizations Change

Offered through Energy Medicine Partnerships International
Affiliated with Akamai University — Division of Continuing Education

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www.energymedicinepartnerships.com



Virginia Satir and Mary Jo in
Seattle—circa 1977

Mary Jo supported Virginia's dream of launching her teaching legacy—Avanta Network, over a 16 year period. She coordinated the first training held in Park City, Utah in 1982 at the University of Utah where Dr. Bulbrook was Director of Psycho-Social Nursing.

This training is open to anyone desiring to become a Certified Specialist/Diplomat in Integrative Health — blending the Satir model with Energy Therapy. This program includes being willing to undertake in-depth study; commit to high standards of practice; operating under a Code of Ethics; receive on-going mentorship and supervision as needed both in the training and maintaining competency and updates as required.



AKAMAI UNIVERSITY

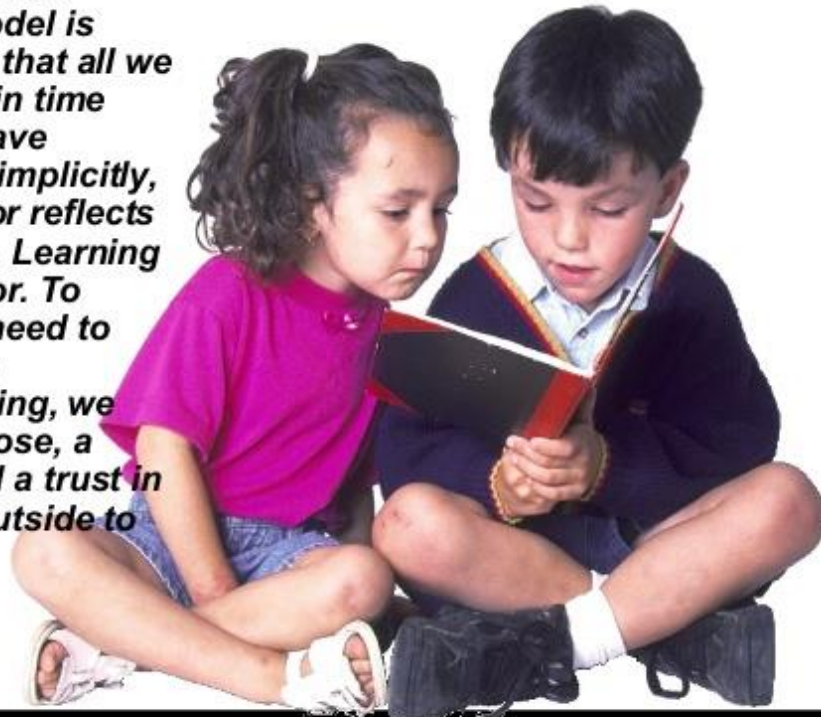
Institute for CAM Studies 

www.cam.institute

Human Process Validation

Satir's Beliefs from her notes

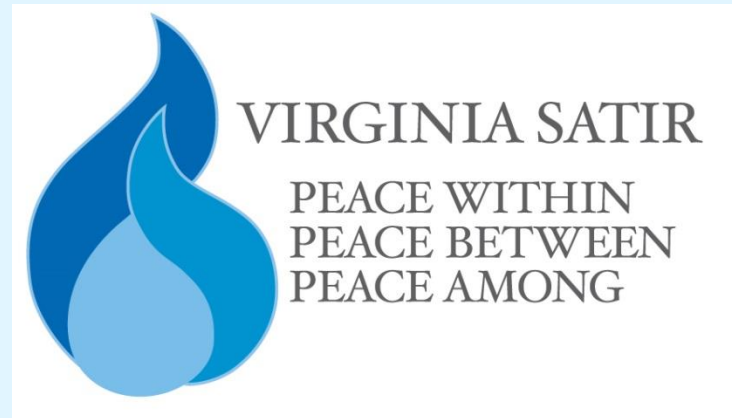
“My approach, the Human Process Validation Model is based on the premise that all we manifest at any point in time represents what we have learned, consciously, implicitly, cellularly. Our behavior reflects what we have learned. Learning is the basis of behavior. To change behavior, we need to have new learning. To accomplish new learning, we need a motive, a purpose, a nurturing context, and a trust in something from the outside to help us.”



Satir Training Goal

Virginia transformed lives using a general systems approach of her day which was in fact simply contacting a persons spirit through a heart – centered approach to support Integrative Health. She focused on achieving for all persons:

*“Peace Within,
Peace Between &
Peace Among.”*



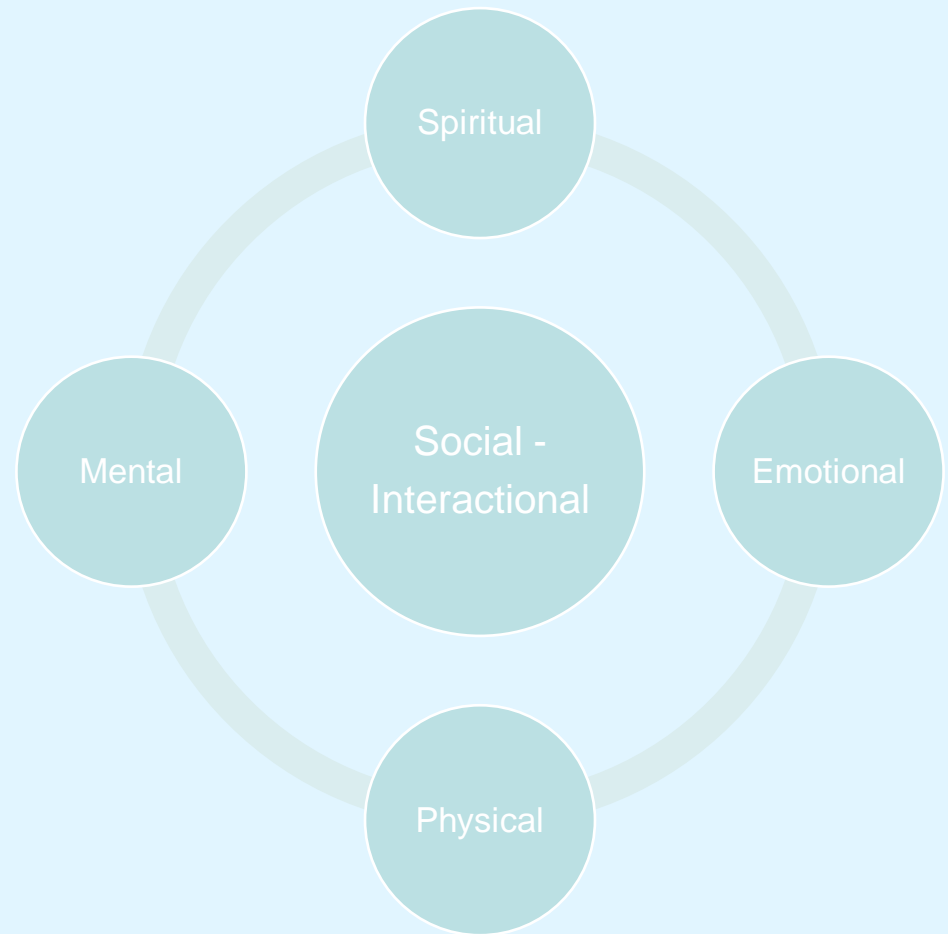
Initial Elements in Satir

Month Long Training

- In the 1980 Virginia's month-long training experience combined with personal growth, specific skills and techniques of both didactic and experiential learnings
- Using body awareness
- Congruence in communication
- Learning in triad symbolic of the family unit
- Understanding the context of personal life

Integrative Health Dynamics

- ❑ Spiritual – love, value, pray, meditate
- ❑ Physical – nourish, rest, eliminate, build
- ❑ Emotional – feel, sense, connect, express
- ❑ Mental – think, create, study, process
- ❑ Social – link, connect, focus, build





I believe we make a difference in the world, a world in which peace is possible when we “love and value ourselves enough and recognize that we are spiritual beings.... Peace begins with me... When one lives peace, the change starts.”⁶

Enter Mystical Experiences & Energy Therapy

- Her life experiences offered a unique way of integrating seemingly diverse world views including integrating health and healing in the future.
- Like Virginia, Mary Jo is a spiritual medical intuitive who follows her spiritual guidance and uplifts her worldview from a research perspective that is lived and valued.
- Worldwide leadership in the practice and teaching of
 - Energy Medicine, Healing Touch, Touch For Health and Energy Psychology integrated with indigenous healers in multiple countries as she served on the board of directors for these four international organizations.

THAT IS WHAT VIRGINIA IS ASKING OF YOU!

BE YOU.

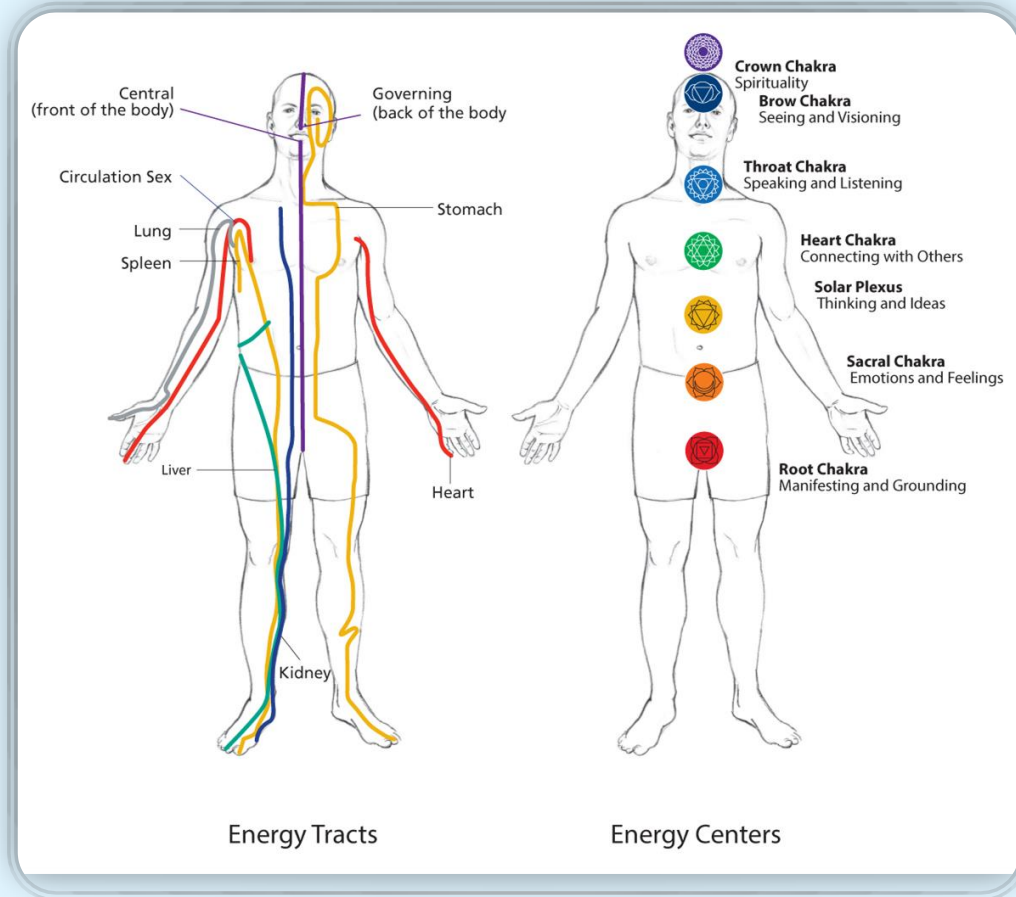
Find and follow your guidance.

Awaken the dream

Mapping consciousness

Chakras or Energy Centers

Meridians or Energy Tracts



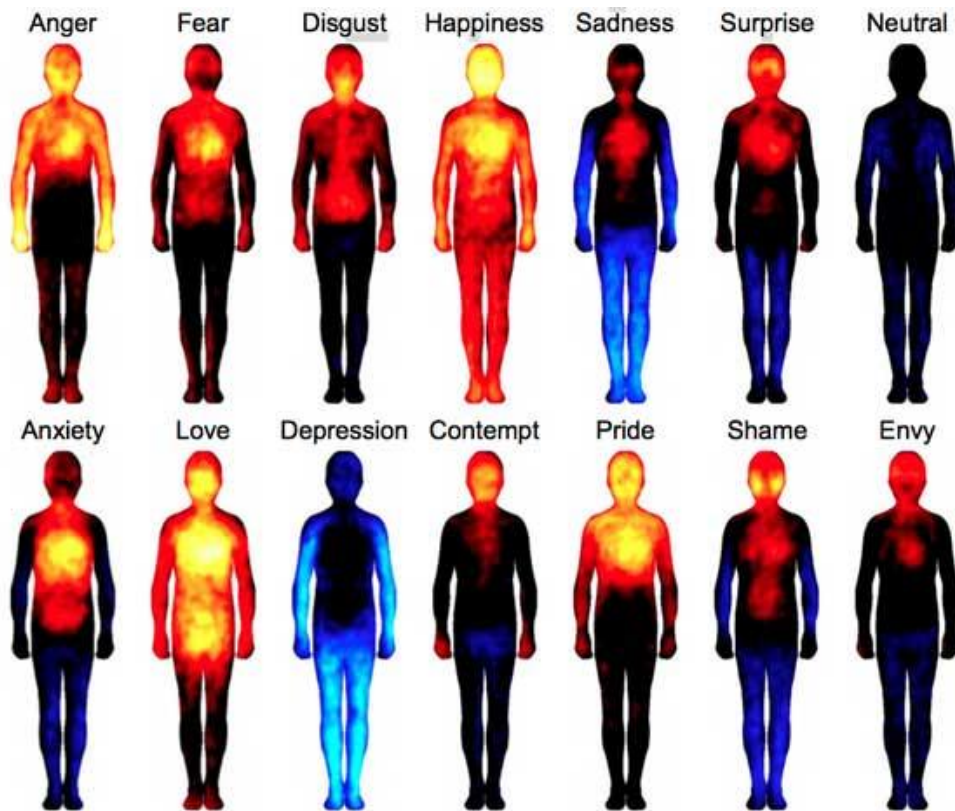
Spiritual Dynamics Expanded

Spiritual aspects of life is part of the energy matrix of the interconnectedness of all things.

Healing hands from a centered heart connection



Mapping How Emotions Manifest in the Body – Hearing Bodies Talk



- Finnish Researchers published in Proceedings of the National Academies of Sciences say emotions influence our bodies in consistent ways.
- 5 experiments
- 701 participants asked to color the bodily regions whose activity they felt increase or decrease while viewing each intense emotional stimulus
- Emotions generated by reading short stories or watch movies.

The Atlantic Monthly Group 2014 copyright

www.theatlantic.com/health/print/2013/12/mapping-how-emotions-manifest-in-the-body/282713/ 16

Power of the Emotion Love

Loveability:

Knowing How to Love and Be Loved ¹⁷

by

Dr. Robert Holden

Simply stated as outlined in the chapters:

- Love is your destiny
- Love is who you are
- Love has not conditions
- Love knows no fears
- Love is the answer



Virginia operated by Love - notice how LOVE is manifested in the body as recorded by the Finnish Research.





Michelle Greenwell

Overcoming Obstacles – Her Story

Energy tools for Pregnancy - <https://gemskinesiologycollege.com/kinesiogeek-magazine/>

BioEnergetic Essentials book with CanBeWell.org -
<https://www.canbewell.org/downloads/BioEnergetic-Essentials-ebook-English.pdf>

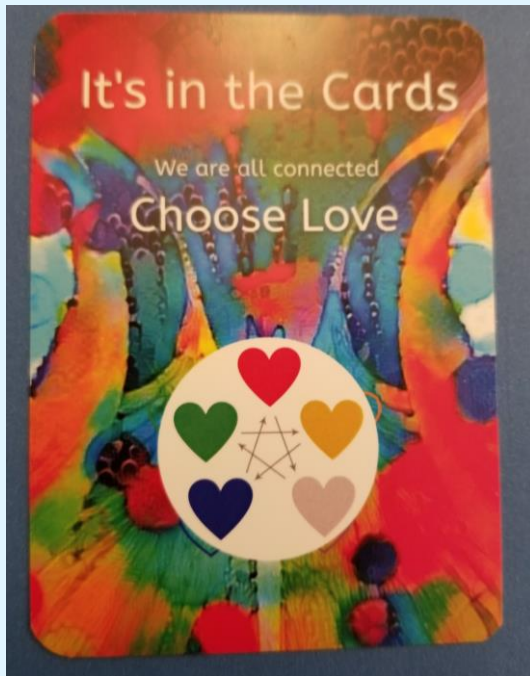
Choose Love Movement for the Ukraine -
<https://www.youtube.com/watch?v=rKaBQ4nRAXA>

“It’s in the Cards” deck - <https://www.youtube.com/playlist?list=PLzO-WRkzCZX6XIs7YFEkpjpuV2vkw-0Cb>

Michelle’s resources: <http://linktr.ee/dancedebut>

Support & Help

Overcoming Obstacles



Choose Love Chooses You Supporting your Well-being April 2022

<https://www.youtube.com/watch?v=rKaBQ4nRAXA>

Michelle Greenwell, Paula Nowok Droog, Tanya Levy
Natasha Polomski



Balance Through the Five Elements

Elements of Congruence

Achieve Balance





Connection is KEY to a
balancing session.

On our own we are
connecting to our inner
compassion.

In a session we connect with
the facilitator.

In a group we connect with
each other.

The “triad” is the unit of change – you, me and us.” You, me and the child – the core family unit. The same principles hold true and is symbolized by the blue flame designed for the first process community in Park City, Utah for Virginia.

Blue stands for the throat chakra or energy center and is symbolic of the throat chakra - communication.



Triad

Original Avanta Network Logo
Used with permission

Let's connect with our inner compassion



Meeting the Divine



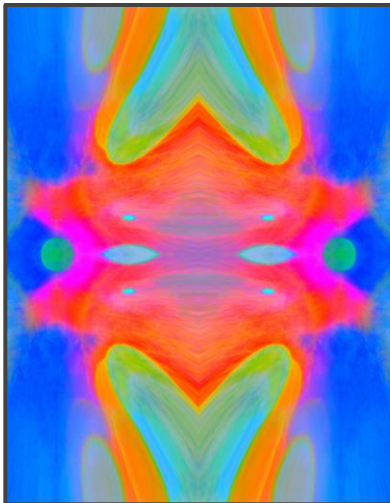
Balance with this Chakra transcends personal experience and expectation to assist all others. Compassion in action is necessary for personal growth.

**9th Chakra
Soul Star**

© Greenwell/Levy 2021

**9th Chakra – Soul Star –
Diaphragm, pineal
gland, corpus
calossum, cortex,
neocortex, Souls
Program and plans, A
(second octave) – color:
gold, emotional balance
experienced as
compassion, insights
into actions, belt
channel**

Let's connect with our facilitators



Meeting the Divine



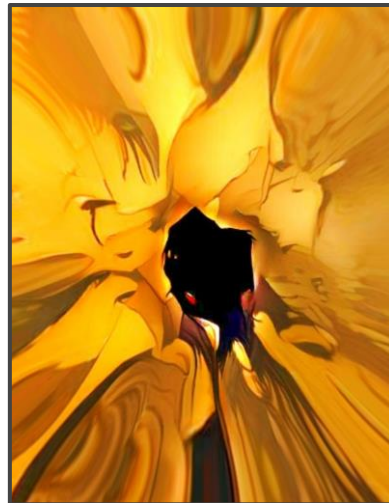
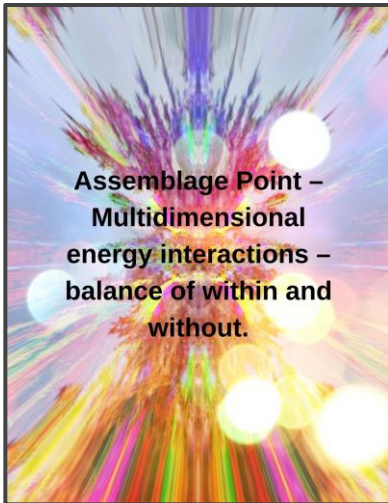
Every step we take, every gesture we make is coordinating with our souls purpose. Lean into love and light and trust your inner guide and wisdom.

**11th Chakra
Hands and Feet**

© Greenwell/Levy 2021

**11th Chakra – hands and feet C (one octave below middle C), color – rose or soft pink
Feet and Hands – Connection to 12th Chakra Energy of the spaces, with skin, muscles, connective tissue**

Let's connect as a group



Fascia Matrix Connections



**When we focus on
connections in a
linear fashion, we
miss the power of the
space between and
around.**

Open Spaces Within

© Greenwell/Levy 2021

A white rectangular box containing text and a Sri Yantra symbol. The text is centered and uses a bold, sans-serif font. The Sri Yantra is a complex geometric figure composed of nine interlocking triangles that surround a central point. The box is set against a background of blue and green brushstrokes.

Satir Core Teachings

Virginia did the same things with everyone namely:

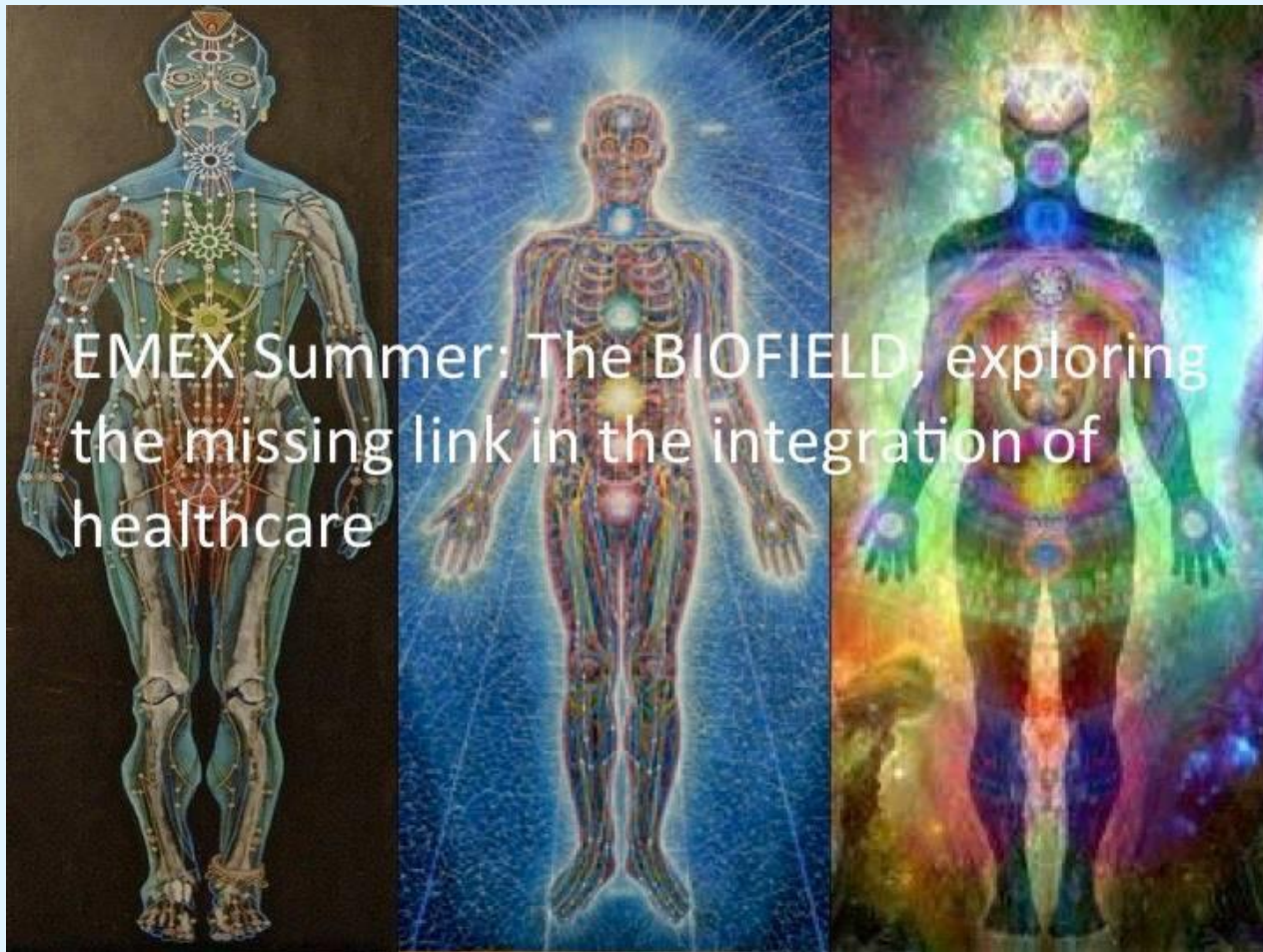
1. *Examined the feelings and ideas one has about oneself – self-worth;*
2. *Explored the ways people use to work out meaning with one another, which Virginia called communication;*
3. *Described the rules people use for how they should feel and act which eventually develop into what Virginia call the family system,*
4. *Presented the way people relate to others people and institutions outside the family, which I call the link to society.*

“No matter what kinds of problem first led a family into my office... I soon found that the prescriptions were the same. To relieve their family pain, some way had to be found to change these four key factors.”³

Health Care Evolution

- Health care was and still is dominated by a medical-disease model of care including psychiatric situations.
- A psycho-social model that supplemented traditional care of psychiatric conditions evolved and was the main presenting framework during Satir's professional career.
- Virginia evolved a transformational systems theory of social / psychological / spiritual model of care that has evolved into the transformational SEED model I am presenting here.

Energy Medicine Exchange A Resource for SEED Model⁵



National Center for
Complementary and
Integrative Health
(NCCIH)

Integrative Medicine

There are many definitions of “integrative” health care, but all involve bringing conventional and complementary approaches together in a coordinated way.

The use of integrative approaches to health and wellness has grown within care settings across the United States.

Researchers are currently exploring the potential benefits of integrative health in a variety of situations, including pain management for military personnel and veterans, relief of symptoms in cancer patients and survivors, and programs to promote healthy behaviors.

Descriptions presented at the Satir Conference in Vancouver June 2016

ENERGY THERAPY

National Cancer Institute at the
National Institute of Health ⁹



*NCI is the nation's trusted source
for cancer information*

Definition of Energy Therapy

A form of complementary and alternative medicine based on the belief that a vital energy flows through the human body.

The goal of energy therapy is to balance the energy flow in the patient. It is used to reduce stress and anxiety and promote well-being.

Energy therapy is being studied in patients receiving cancer therapy, to find out if it can improve quality of life, boost the immune system, or reduce side effects. Also called energy healing.

Energy Therapy

- From General Systems Theory to Energy Therapy is a big change.
- The major difference is utilizing the science of biology and physics that form the background of the mechanism of transformation within the self and community.
- Energy Matrix concept incorporates the current thinking about how we are all connected and how change is possible.

Satir & Energy Therapy

Virginia learned how to shift energy within clients by connecting the souls together – from her soul to the clients within a family context as that was the key learning shaping our destiny.

She did not have the language of the energy system as now understood but was spiritually guided to influence a person energetically within the Self, Other & Context – the three components of the change process.

Evolved Satir SEED Model

Classical description of Satir Seed Model is reframed and evolved by Dr. Bulbrook/s as:

Evolved Satir SEED Model

Spiritual Energy Efficient Diplomat

Why do I propose this change?

The change supports the current research and theory on the laws of neuroscience, physics & biology.

Satir SEED Therapist / Practitioner

Spiritual Energy Efficient Diplomat

- To make changes within and without we MUST examine the Life Energy of the person to support transformational change using the Satir process to evolved to a new place in your life and open to new possibilities.
- Dynamics of a persons life is controlled by the energy manifestations within them and without or their influenced by multi-dimensional time references
- Relationships are influenced by the Energy Matrix connecting all things within and without
- That is why I reframed Satir's SEED Model based on Energy Therapy innovations.

Satir's Congruence “Diplomat Process”

- *Communicate clearly*
- *Cooperate rather than compete*
- *Empower rather than subjugate*
- *Enhance individual uniqueness rather than categorize*
- *Use authority to guide and accomplish “what fits” rather than force compliance through the tyranny of power.*
- *Love, value, and respect themselves fully*
- *Be personally and socially responsible*
- *Use problems as challenges and opportunities for creative solutions...¹⁰*



8 C's Skills & Quality of Satir Diplomat Training

- Commitment
- Co-operation
- Congruence
- Compassion
- Compatibility
- Consciousness
- Competence
- Community

In Virginia's own words how she came to develop family therapy

Personal story told to Mary Jo
during one of her intimate
sharing's.

- As Virginia was interviewing a woman she thought she needed to see her husband to get a true picture of what was going on in the family that might influence her client's care.
- While she was interviewing both of the parents, as the husband talked, Virginia visualized the son on the fathers back illustrating the burden he was caring that was influencing the entire family dynamics. Virginia then knew their son also needed to come for treatment. She postulated that what affected one member in the family the entire family was influenced.
- Hence for Virginia, family dynamics and family therapy became the essence of care of individuals.
- As Virginia started seeing entire families which for the day was not part of established psychiatric care, the visualizations continued to aid her in her work. She spiritually made contact with people at very deep levels.

Resilience from the Heart

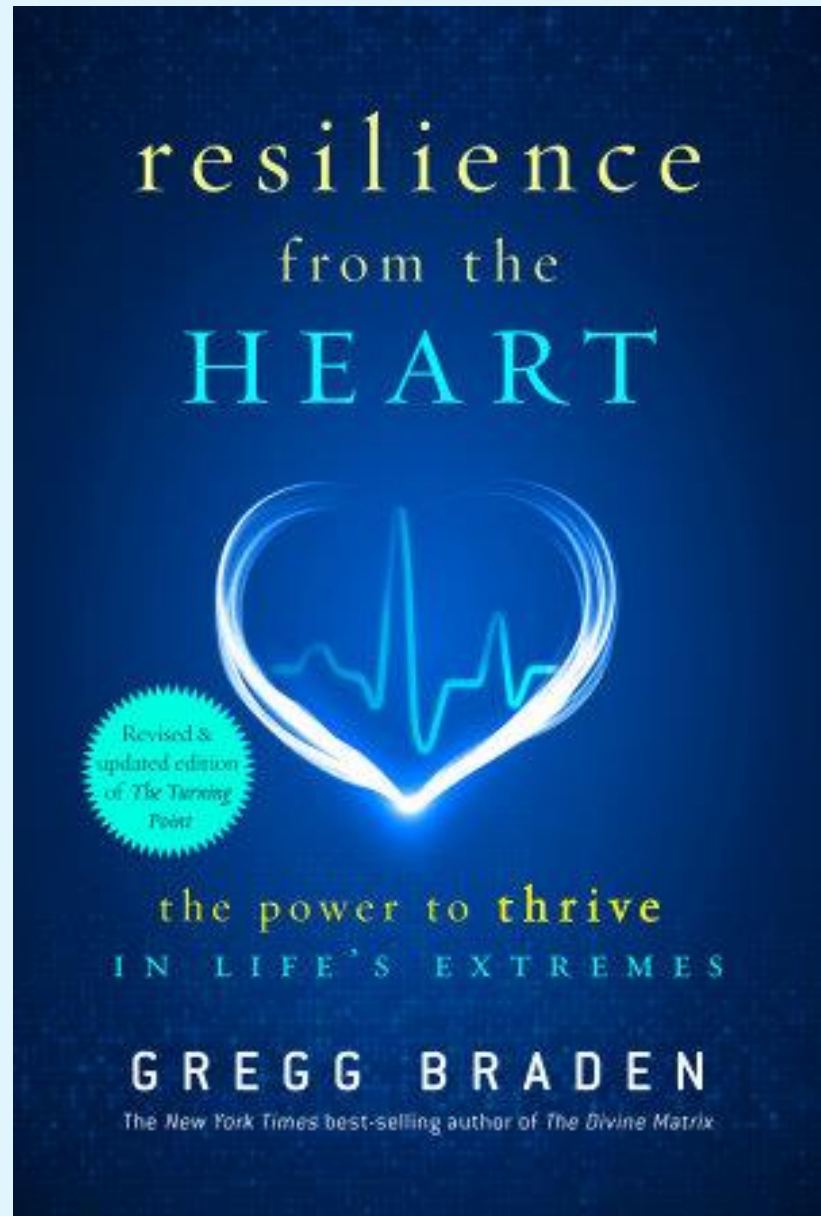
Interview with Dr. Greg
Braden with cyacyl
Feb. 4, 2016 on U Tube¹³

<https://www.youtube.com/watch?v=UEu0mU74Z9Q>



Antonia Hagens hose on
MasterpieceLife March 3,
2016 ¹⁴

<https://www.youtube.com/watch?v=qpCg3opRrXg>



The Structure of Magic

Richard Bandler & John Grinder with
introductions by Virginia Satir & Gregory
Bateson 20

Neuro-linguistic Programming

A Book about Language and Therapy

The amazing healing wisdom of energy
medicine – an integral health way of
healing body, emotion, mind and spirit



Healing with Language: Your Key to Effective Mind-Body Communications

Joel P. Bowman & Debra Basham expanding NLP ²¹

Creative Skills for Understanding & Influencing Yourself & Others

Change Personal History Exercise Outline:

1. Identify the imprint of unwanted behavior, or feeling and anchor it kinesthetically.
2. Find a powerful, positive imprint.
3. Find the required resources.
4. Create & install a new memory.
5. Bring the new memory into the present.
6. Futurepace the new memory's continuing influence.

Virginia's Comments on Spirituality

Recorded in THE NEW
PEOPLE MAKING, Satir 1988

Reported in an article by
Mary Jo Bulbrook titled
"Healing Occurs When Two
Energies Unite," Honoring the
Life and Work of Virginia Satir

Healing occurs when two energies unite is the hallmark expression of the phenomena that occurs as Virginia touched the life of a person. Virginia's goal and vision was to use her whole being and becoming to help individuals, families and groups grow to a new place.

She reports that in her many years as a therapist often getting the 'untreatable' from others practice, she noticed that the person changed and got better. She attributed this change to:

"I was working to contact their spirits, loving them as I went along. The question for me was never whether they had spirits, but how I could contact them. That is what I set out to do. My means of making contact was in my own congruent communication and modeling that went with it.

It was as though, I saw through to the inner core of each being, seeing the shining light of the spirit trapped in a thick black cylinder of limitation and self rejection. My effort was to enable the person to see what I saw, then together, we could turn the dark cylinder into a large, lighted screen and build new possibilities.

I consider the first step in any change is to contact the spirit. Then together we can clear the way to release the energy for going toward health. This too is spirituality in action."

(Satir 1988 pg 340, 341)."

Virginia on Spirituality

Right before her death when John Banmen was interviewing Virginia she shared she was channeling. She asked John to not share that in the book.

When asked if we were now able to share her comment John said it was now time to do so.

Permission given to Mary Leslie as reported at the 100th year celebration of the life of Virginia Satir Conference. 2

- People marveled at the incredible changes individuals and families made. Most were unaware of the full impact of Virginia's highly developed ability to perceive information at various levels of consciousness.
- Virginia's intuition included visually seeing pictures embedded in the energy fields that surrounds all living things as illustrated by seeing the son hanging onto the fathers back in the first clinical work suggesting the need for seeing the whole family.
- Although at the time this phenomena occurred, Virginia didn't understand why or how the visualizations happened. She just know the insights furthered the therapy process for the client. In providing clinical care, the role of "hunches", or intuition is underplayed!
- Throughout the years I encouraged Virginia to be come more public about her "visions" that helped her to become the master therapist she was.

Dimensions of Spirituality

Bulbrook Additions

Energetic Dimensions Within

- Energy Centers
- Energy Field
- Energy Tracts
- Hara Alignment
- Core Star

Energetic Interactions Without

- Unwanted Energies
- Fragmented
Energies
- Spiritual
Attunement

Energetic Manifestations of Satir's Communication Stances

Satir Message & Inside Description

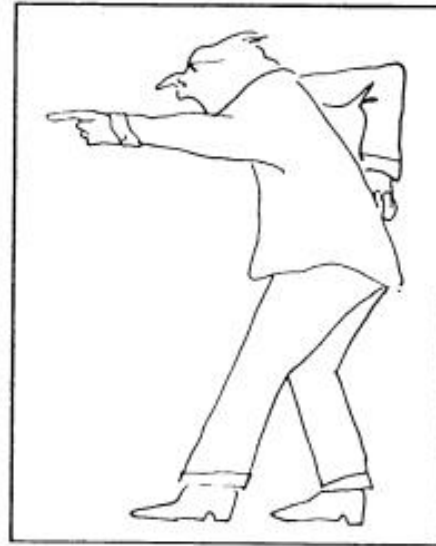
- Blamer
- Placator
- Super Reasonable
- Irrelevance
- Leveler - Congruent

Bulbrook's Energetic Descriptions

- Field Descriptions
- Chakra Descriptions
- Potential harmful impact on receiver



Classic Satir Communication Styles Pictures 24



Blame



Compute



Distract

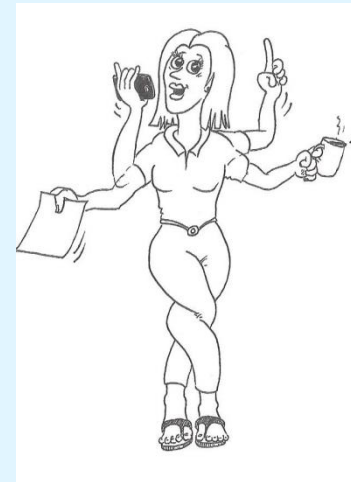
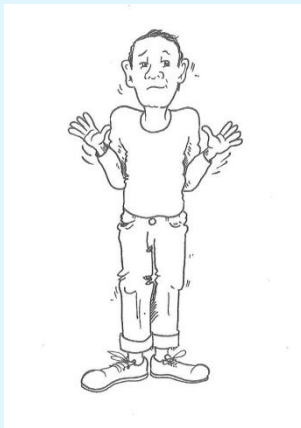


Plakate







Communication Styles

New pictures used with permission
by Arnold van der Heijden 26
Copyright 2016



Virginia Satir Stances & Communication Framework

Picture	Stance	Represents	Posture	Used for
	Thinker or Computer Super Reasonable	Intellectual Without Feelings Dissociated	Hand on face with index finger extended. Arms could be folded in front and crossed over heart	Appear wise, smart about a topic or could be disassociated from emotional attachment to information
	Irrelevant or Distractor	Moving in many directions at once from topic to topic Spontaneous Not clear boundaries	Arms and hands in different directions Asymmetrical	Lightens things when they are to serious Can add humor to make things easier
	Blamer or Critical Stance	Control Power Dominating	Finger pointing. Hands on hips. Leaning forward in a superior position. Loud voice.	I am right. Get a point across. Authority
	Placator	Helpless Follower Service	Head slightly titled up with apologetic look Hands or palms up.	Giving in to someone's else opinion or authority Pleading to get out of trouble



Congruency



Clear communication, called “leveling” or “flowing,” heals ruptures, breaks impasses, and builds bridges between people.

Message: The effect is congruence and says “I like you.” The voice is warm and the person looks at you. The message is single and straight and represents a truth of the person at that moment.

Inside: The words match the facial expression, body position and voice tone. Relationships are easy, free and honest with self-esteem high.

(Satir, The New People Making. 1988. p. 93.)

Bulbrook's Energetic Description of Leveler

Able to hold your ground. Clear in communicating needs. Set physical and emotional energetic boundaries. Meets a person at the level they are.

Field Description of a Leveler

Physical, Emotional, Mental, Spiritual – Open and flowing with clearly defined boundaries.

Chakra Descriptions of a Leveler

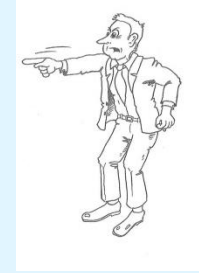
All chakras are about equal, open and flowing allowing for the energy to come in and go out easily.

Potential impact of a Leveler / Clear Communication on receiver

Enhances the flow of energy for the other person. Clear communication helps things to grow.



Blamer Defined



Satir Communication

The Blamer finds fault, is a dictator, or boss who acts superior.

- Message: “If it weren’t for you, everything would be all right.”
- Internal feeling is tightness in muscles and organs with increase in blood pressure. The voice is hard, tight and often shrill and loud.
- Message: Body accuses “I am the boss around here.”
- Inside: “I am lonely and unsuccessful.”
- Blocks: Others are blocked.

Bulbrook’s Description

Energetic bullets attack a person that can be taken in at vulnerable spots in their energy system.

Elaboration: A blamer energetically attacks another person with varying intensity. This impacts their energy system as well as the sender's energy system including: energy field, energy centers, energy tracts, hara line, core, earth and soul stars either creating holes, tears, shattering or disruptions in energy.

The receiver of blame can experience varying amounts of pain if they are unable to block, or shield themselves from the energetic targeting.

The blamer can operate with malicious intent or with benevolent intent.

(This seems like an oxymoron, but in reality means the person unknowingly sends hurtful energetic flow to another out of awareness. This is quite different from someone who has intent to harm another.)

Blaming creates a vulnerability to outside energetic energies in a weakened energetic state.



Placator Defined



Satir's Communication Stances

A placator (hands up and begging on their knees) is ingratiating, pleaser, apologizing, and never disagrees no matter what.

- Message: "I am helpless" in a victims posture.
 - Inside: "I feel like a nothing; without you I am dead. I am worthless."
 - Blocks: Self is blocked.
- (Satir, *The New People Making*. 1988. p. 85.)

Bulbrook's Energy Description

Energetic pleading and sucking energy with a result of blocking the self energetically.

Elaboration – The placator has a weak field with little or no boundaries.

The heart is open wide and others may walk all over it taking advantage of the person who keeps giving and hoping to be accepted or fit in with the crowd.

Ideas are kept to the self and if challenged the person will easily back down.



Super Reasonable



Satir's Communication Stances

The computer is very correct, very reasonable and shows no semblance of feeling.

The person seems calm, cool and collected, dry, often cool and detached. Voice is dry monotone and words are likely to be abstract.

The body computes. The person blocks out the self and the context.

- Message: is "I'm calm, cool and collected and have all the answers."

- Inside: the person feels vulnerable.

Bulbrook's Energy Description

- Blocks out others and the context through creating interpretable boundary.
- Field Description of a Super Reasonable
- Physical – Rigid energy & stony.
- Emotional – Not flowing, blocked and hard shell.
- Mental – Closed, thinking is rigid.
- Spiritual – Unavailable, undeveloped with holes.



Irrelevancy



Satir's Communication Stances

Whatever the distracter does or says is irrelevant to what anyone else is saying or doing.

This person doesn't respond to the point.

- Message: "I am off somewhere else."
- Inside: The person is feeling: "Nobody cares, there is no place for me here."

Bulbrook's Energy Description

Not grounded, does not make sense and jumps around in communication. Elaboration – Blocks out the self, other and context therefore the flow of energy is irrational and the circuitry is not wired up properly.

Field Description of Irrelevancy

- Physical – Non-existent or close to the body what little is there.
- Emotional – frazzled and off center.
- Mental – Gaps, some huge.
- Spiritual – Not connected.

Integrating Satir & Bulbrook's SEED Model ²⁶



Helping Individuals & Families Change

The Magic of Virginia Satir with Energy Therapy
Part 1: Becoming You

Filmed in Perth, Western Australia at
Edith Cowan University



Healing From Within & Without

Bulbrook, MJ, Film Series
1990 from Perth, Western
Australia at Edith Cowan
University

- Based on the combination of the work of Virginia Satir, renown expert in family care with Dr. Bulbrook's pioneer work in body, emotion, mind and spiritual health and healing titled: Healing From With and Without.
- The three-part series is: Becoming Your, Shaping You and Becoming Well
- Includes original film footage of Satir at the Edith Cowan University in the 1970's that was interwoven into Dr. Bulbrook's filmed theoretical model in 1990's.

**Blending Satir &
Energy Medicine**
*Process for
Growth &
Change* 26

*Free the Self
From the inside
out!*

Filmed in Perth,
Western Australia at
Edith Cowan University

Part A – Becoming You

- Who are you? What are your innermost needs?
- What is getting in the way for becoming who and what you want to be?
- Explore through experiential techniques ways to unlock those secrets

Part B – Shaping You

- What forces have shaped you to become who you are?
- In order to create a new future, hidden hurts, pain and anger may need to be released.
- Release the past and be released.

Part C - Becoming Well

- What isn't working in your life?
- How are you limited physically, mentally. Emotionally or spiritually?
- This concrete program is designed to pinpoint needed change and ways to become well.

Satir Techniques

Process

- Sculpture
- Metaphor
- Drama
- Reframing
- Humor
- Touch

Specific Tools

- Communication Stances
- Family Stress Ballet
- Simulated Family
- Ropes as Therapeutic Tool
- Anatomy of Relationship
- Family Reconstruction

A Certificate Program in Integrative Health Blending Energy Therapy with Virginia Satir's Process Helping Individuals, Families, and Organizations Change

Offered through Energy Medicine Partnerships International
Affiliated with Akamai University — Division of Continuing Education

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Virginia Satir and Mary Jo in
Seattle—circa 1977

Mary Jo supported Virginia's dream of launching her teaching legacy—Avanta Network, over a 16 year period. She coordinated the first training held in Park City, Utah in 1982 at the University of Utah where Dr. Bulbrook was Director of Psycho-Social Nursing.

This training is open to anyone desiring to become a Certified Specialist/Diplomat in Integrative Health — blending the Satir model with Energy Therapy. This program includes being willing to undertake in-depth study; commit to high standards of practice; operating under a Code of Ethics; receive on-going mentorship and supervision as needed both in the training and maintaining competency and updates as required.



AKAMAI UNIVERSITY

Institute for CAM Studies 

www.cam.institute



Energy Medicine Self-Care

Purpose

Personal Need

Intervention

Findings



Energy Medicine Self-Care

Basics

- Moving Energy
- Sending Energy
- Grounding

Basic Energy Medicine Theory

Experiencing and Balancing Energy

A basic Energy Medicine session includes: moving, clearing, sending, reinforcing or repairing energy. Following are basic techniques to accomplish this.

Basic Energy Medicine Theory

Moving Energy – Laser

Description: Energy that is blocked, distorted or compromised is altered to flow freely and unimpeded.

Procedure: Ultrasound and Laser*
You center, ground and ask for support for your highest good. Moving energy by ultrasound (three fingers held together in point) or laser (finger or fingers held still) pointing to the area with intent to increase energy flow.



3 finger laser
breaks up energy



1 finger laser
penetrates deeply



2 finger laser

Healing Touch Notebook, 2002, Mentgen and Bulbrook, 1998

Basic Energy Medicine Theory

Moving Energy – Unruffling*

Procedure: Moving the energy that is blocked or compromised in some way. Hands move freely in an unstructured way above the body.

Unruffling the Heart Chakra



Healing Touch Notebook, 2002, Mentgen and Bulbrook, 1998

Basic Energy Medicine Theory

Sending Energy

Description: With hands on or above the body, energy is sent or modulated, clearing out congestion that adds to depleted energy or compromised energy flow.

Procedure: First, center, ground and ask for support for your highest good. Gently place hands on or above the body at the place identified as needing help, based on assessment or higher sense perception. Continue to send energy until you feel the energy flowing or intuitively have a sense to stop. The body automatically regulates the flow.



Hands on the body



Hands above the body

Healing Touch Notebook, 2002, Mentgen and Bulbrook, 1998

Basic Energy Medicine Theory

Grounding

Description: Grounding assists you to come back to here and now by holding the feet. Hold hands above and below each foot, either near or on them.

Procedure: Hold until you are orientated to the here and now. Sit quietly to ground or drink some water.



Hands on the feet



Hands above and below the feet

Healing Touch Notebook, 2002, Mentgen and Bulbrook, 1998



Virginia's Core Statement

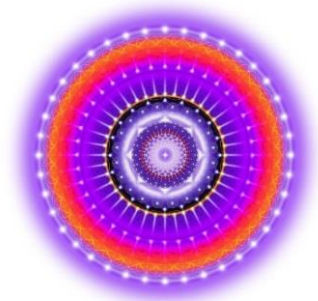
Card send to Mary Jo from Virginia with personal message to her.



Questions: Need More Information? Dr. MJ Bulbrook, Founder – Director of EMP



Heart Centered Initiative
Restore Hope • Promote Healing
WORLDWIDE



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- Soul Healing
- Transcendent Experiences
- Self Care
- End of Life Care

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

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www.energymedicinepartnershipd.com

A close-up photograph of a white lotus flower in full bloom, with its yellow stamens visible, set against a dark green background.