Heart Centered Initiative
Restore Hope • Promote Healing
WORLDWIDE

Certificate Program in Complementary Integrative Health (CIH), Wellness & Recovery Restore Hope – Promote Healing Worldwide

Institute for CAM Studies at Akamai University

Offered through Akamai University, Division of Continuing Education Institute for CAM Studies, Energy Medicine Partnerships

Akamai University
Institute FOR CAM Studies
School For Becoming More Fully Human

Description: Akamai University Division of Continuing Education, Institute for CAM Studies offers Certificate Programs in Complementary Integrative Health, Wellness, & Recovery, Restoring Hope – Promoting Healing Worldwide. Offered online & in person as opportunities are created.

Online Training includes:

- 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
- Complementary Integrated Health (CIH) Self-Care & Wellness for Health Professionals, Service Providers & Volunteer Helpers

Mission & Vision: The certificate program offers multi-dimensional, heart-centered initiative that includes, Virginia Satir transformational change model and CIH approaches to empower individuals, families, communities to access their inner power to overcome extreme obstacles affecting their individual, family, community, national, international health and wellbeing.

Wars and natural disasters impacted by climate change have impacted the world. We are ONE. Each person, family, community, and nations deserve the right to plan, honor the integrity of its people, its culture and secure self-governance with equal opportunity for all.

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Certificate Program to Restore Hope – Promote Healing
Established March 2022

This training addresses traumatic stressors from worldwide trauma impact of war, death, grief, massive destruction of homes, communities, hospitals, essential services networks, extreme stress, burnout, financial loss, hunger, family relocation, separation, constant fear, and threat of bombing and nuclear attach.

Curriculum Modules available online include:

1. Support & Help for Recovery
    a. Children's Program Treating War Trauma
    b. Family Healing Needs – Death, Grief, Separation, Fear, Loss
    c. Life Transitions & Uprooting for ALL
2. Satir Transformational Model & Energy Therapies Experienced & Documented
3. CIH Self-Care Wellness for Health Care Professionals, Service Providers & Volunteer Helpers
    a. Movements & Music's Role in Health and Healing
    b. Expressive Arts, Drawing & other Creative Expressions
    c. Meditation, Centering, Prayer's & Intentions' Role in Health, and Healing

Background of Need: This certificate program was conceived as an outgrowth of the need to transcend the unprecedented worldwide challenges of the impact of wars, disasters, and relocation of those injured or suffering persecution.

Goal: To provide immediate help and support to restore hope and promote healing worldwide through the energy of love, care, and compassion. We are all ONE. What happens to ONE, affects ALL.
The world needs "LOVE energy and intention" to survive, heal and achieve peace within and without.

Training & Program Visionary: Dr. Mary Jo Bulbrook is uniquely qualified to serve in this role due to her lifetime commitment as a dedicated practitioner and university academic with over 50+ years in Higher Education. She is a master teacher / practitioner / educator with grounded theory research serving throughout the USA, Canada, Australia, New Zealand, South Africa, Peru, Chile, Argentina. She also has dedicated instructors serving other countries and communities as well. Her leadership includes Healing Touch, Transform Your Life with Energy Medicine, Touch For Health, Bioenergetic Wellness, Transpersonal Psychology and Energy Psychology. Currently she is president of Akamai University leading this innovative program to address worldwide challenges in practice, education, and research.

The picture with Virginia was taken in Seattle during their time together in planning the first Satir training with Virginia's new model to launch her worldwide training. Mary Jo served on the founding board of the Virginia Satir International Teaching Network originally called Avanta. The training was held in Park City Utah in 1981.

The Triad Model of Care established by Virginia was launched throughout Utah with 19 workshops offered in Utah, one week meeting of the newly established teaching network, three weeks process community after three weeks training of the evolving Satir community lead teachers.

Dr. Bulbrook accomplished this through the University of Utah where she was director of the graduate program in Psychosocial Nursing. She then brought Virginia to Memorial University in St. John's Newfoundland Canada. These offerings set the stage for the growth of Virginia's dream to create a School for Becoming More Fully Human. Next, she was visiting professor at Edith Cowan University in Perth, Western Australia launching the combined training of Satir with nursing and energy medicine. Three films are still available from those original training films.

Dr. Bulbrook blended the Satir Change Process with integrative holistic health and CAM Therapy to populations in need. Virginia who promoted the term Peace Within, Peace Without, Peace Among with the blue flame drawing, originated from Mary Jo's personal / professional tenure with Virginia. This symbol is one of the founding signatures of Virginia's work that The Virginia Satir Global Network.

From this base, Mary Jo continued this blended teaching worldwide which has been taught throughout US and Canada, Australia, New Zealand, Peru, Chile, and South Africa. Includes working with health care professionals in universities and hospital organizations alongside indigenous healers.

Continuing Education Units from Akamai University, Institute of CAM Studies
Certificate programs of continuing education units of study, reflection, training, and mentorship leads to a Certificate in Complementary Integrative Health. A Heart Centered Initiative Restoring Hope and Promoting Healing Worldwide. 1 CEU = 10 hours. Partial or full scholarships available as needed.

Curriculum Modules

- Part I – Children & Families Pathways to Health & Wellbeing- Experience interventions such as: Transform Your Life through Energy Medicine, Healing Touch, Reiki, Therapeutic Touch, Energy Medicine, Touch for Health, Energy Psychology, Yogi, Tai Chi, Qi Gong, Sound Healing, EFT, EMDR, Yogi, Qigong Dance, Movement Therapy, Creative Arts.

  Children's Program – Drawings, movement, music, stories of love, friendship circles, kids helping kids, saying goodbye to the past & hello to a new future, magic wand, animal guides, upbeats lift.

- Part II – Experience the Satir Transformational Model of Change, Making Contact, Five Freedoms, Achieve Peace, Iceberg & Energy Therapies to open, balance, release unwanted energy shaping conscious.

- Part III – CIH Self-care for Health Providers, Essential Workers & Volunteer Helpers

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Program Objectives

1. Capturing Your Story for Health, Healing & Renewal
2. Expand Intuitive / Spiritual Development.
3. Practice Interventions bring Balance & Healing
4. Evaluate Positive Growth & Change
5. Experience Unconditional Love & Joy
6. Create Your Personal Self Care Program
7. Become Empowered & Enlightened a Spiritual Awakening

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.

Virginia wrote: "We are spiritual beings in human form. This is the essence of spirituality. How we apply our spiritual essence shows how we value life." (Satir The New People Making 1988 from Science & Behavior Book: Mountain View, CA.

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

Story Telling Process:

Phase I – Telling Your Story – What Happened
Phase II – Words & Pictures to Illustrate Your Experience

- 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 – Restore Hope – Promote Healing through Satir Change Process and Energetic Therapies

Training Requests & Online Schedule

Dr. Mary Jo Bulbrook, Heart Centered Initiative Program Director

Energy Medicine PARTNERSHIPS, INC.
WORLDWIDE ENERGY MEDICINE TRAINING

Affiliate Organization of Akamai University
energymedicinepartnerships.com

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SATIR CENTER
Founded 2021 ★ Durham, NC
PRACTICE EDUCATION RESEARCH