

AKAMAI UNIVERSITY

Institute for CAM Studies



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

www.energymedicinepartnerships.com / www.akamaiuniversity.us / www.caminstitute.com

Title: A Certificate Program in Spiritual Development

Offered through Energy Medicine Partnerships International

Affiliated with Akamai University Division of Continuing Education



Description: The CAM Specialist Training Programs offered through Akamai University Division of Continuing Education and the Institute for CAM Studies in Energy Medicine /



Spiritual Development

Integrative Health are designed for those interested in a professional training certificate. The program in Spiritual Development is designed to build a solid foundation supporting and awakening an individual's life path. **To achieve this mission, a non-denominational spiritual awakening, attunement and healing journey includes a mentorship relationship with one of the faculty.** There are many spiritual paths that support spiritual development based on ones' beliefs, traditions and guidance. This program works with your gifts, faith traditions and interests and builds on them through your personal spiritual development. **Experience a variety of spiritual exercises and experiences that support spiritual development and unique focus to open to your soul's divine path through guidance. It can include working with sacred sites and studying indigenous cultures.**



Certificate Program in Spiritual Development
Cultural Immersion Course Outline

Continuing Education Units:

This Energy Medicine / integrative Health Studies program consists of 7 Continuing Education Units or a minimum of 70 - 100 contact hours of study, reflection, training and mentorship that leads to a *Certificate in Integrative Health Studies: Spiritual Development Specialty*

Curriculum:

- Part I – Preparation for CAM Specialty - Spiritual Development
 - Introductory seminar = 3 contact hours
 - Initial Spiritual Awakening, Attunement & Healing = 16 contact hours
 - Ethical dimensions = 1 contact hours
- Part II – Exploring the Path in Spiritual Development
 - Spiritual Development Experiences, & Interventions = 20 contact hours
 - Study, Reflection & Demonstration 10 hours minimum outlining previous spiritual study & energy training
 - Mentorship = 10 contact hours
- Part III – Certificate through Energy Medicine Partnerships International – A Program in Spiritual Development - Documentation of your Spiritual Development Path as verified by a professional project or paper outlining your evolved spiritual path after the experience. 10 contact hours

Descriptions of A Certificate Program in Energy Medicine / Integrative Health in Spiritual Development

Part 1 CAM Specialist Training in Spiritual Development

Part 1 Goal: Spiritual Awakening, Attunement and Healing

This includes an introduction to Dr. Mary Jo Bulbrook's specialty. University for Becoming More Fully Human combining Virginia Satir with Energy Therapy. It also includes *Soul Healing* - an exciting in-depth opportunity to explore blocks to your personal journey in life as well as opening the door to increase your healing abilities and Soul Light. This theory and practice uses your own spiritual framework to produce changes in your energy system.



**Spiritual
Development**

During this course the student will build on his / her professional training in the health care field or another field, apply energy based therapies from previous training such as Transform Your Life through Energy Medicine, Healing Touch, Reiki, Subtle Communication Systems, Therapeutic Touch, Energy Medicine, Touch for Health, Energy Psychology, Yogi, Tai Chi or Qi Gong, Sound Healing, Life Coaching, Naturopathy, and other eligible completed energy training. Includes also energetic self-care to then apply to clients, Explore the ethical dimensions in providing energy based care. Define your spiritual growth and healing needs. Complete supervised mentorship. Professionally demonstrate your growth.

Part 2 CAM Specialist Training

This is usually taken 6 months to a year later and provides the documentation of the journey to complete your work. It can be done on line as well as in person with peers. The person will be awarded the title CAM Specialist in Spiritual Development.

Part 3 Certification

Once completing the CAM Specialist training the person can submit their credentials to EMPI certification board for the awarding of Certificate in Spiritual Development - CAM Specialist.

Registration on line - or contact Dr. Mary Jo Bulbrook +1.919.923.2409
maryjo@energymedicinepartnerships.com / [bulbrookmj](#) through Skype
[Registration Payment Form Click Here](#)

Certificate Program in Spiritual Development
Cultural Immersion Course Outline



Instructor: Dr. Mary Jo Bulbrook, CEMP/S/I, President of Energy Medicine Partnerships International & Dean of the Institute for CAM Studies

Program Director of Complementary & Alternative Medicine
Dean of the Division of Continuing Education at Akamai University

40 + Years in the Practice, and Teaching in Energy Medicine working with indigenous healers in four countries: Australia, New Zealand, South Africa and Peru.

CAM Specialist Training

Certificate Program in Spiritual Development

An Integrative Therapy / Energy Medicine Program for Body, Emotion, Mind & Spirit - Spiritual Awakening, Attunement and Healing

Program Description: Those who elect to travel to a specific location with Dr. Bulbrook for a cultural immersion site are expected to follow this course outline to complete their studies that can be taken as separate individual courses or taken as a cultural immersion experience. The outlines follow for the cultural immersion example which can be altered to meet individual student educational needs and / or goals. The educational model followed is a Spiritually Integrated Process (SIP) for a sacred journey and experiences in the practice, education and teaching of Energy Therapy in CAM. As a lived experience the experience follows the format of a unique Gestalt experience that is holistic, integrative, evolving, an open system focused on taking in all the experiences: people, culture, learning styles, food, housing, transportation, family dynamics, shamanistic culturally specific training that is a lived experience.

Program Content:

- ✓ Capturing Your Story & Professional Spiritual Development
- ✓ Learning “Helpful Talk” & “Compassionate Listening”
- ✓ Practice Interventions to promote Spiritual Development and bring Balance & Healing using a Variety of Integral (Whole Person) Treatment Modalities following the SEED Model of Transformation
- ✓ 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 become a CAM Specialist on Spiritual Development will be able to:

1. Define your personal need for spiritual development and healing.
2. Assess your current body, emotion, mind and spiritual health.
3. Practice interventions to clear your spiritual path and define your life goal.

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4. Develop and evolve your spiritual practices to enhance your life purpose.
5. Create a self-care plan for spiritual development, attunements and healing.
6. Explore resources to support your spiritual path.
7. Share with colleagues who desire spiritual growth and recognition of accomplished refinement of ones' spiritual journey.

Required Resources: *Includes books suggested to be read before the trip and the other resources were suggested post training to complete the Certificate Training within the Division of CE Institute for CAM Studies. An outline for the certificate program follows. Required materials include:

- Braden, Gregg, 2015 **Resilience from the Heart: The Power to Thrive in Life's Extremes**, Hay House, Inc: NY.
- *Baron- Reid, Colette, 2016 **Uncertainty: The Journey through Uncertainty to Infinite Possibility**, Hay House, Inc: NY.
- Dale, Cyndi 2008, **Advanced Chakra Wisdom: Insights & Practices for Transforming Your Life**, DVD, Sounds True: Boulder, CO. www.soundstrue.com 7 hours of audio teaching of advanced material
- Evans, Barbara, Kanegan, Gail, and Mulanax Jackie, 2016. **The Art of Raising Frequency: Setting the Vibrations for Healing**, Crystal Healing Art: Richland, MI p. 18 & 19 the Heart of Love 4th Chakra & Chakra Function the The Chakra Keys pgs12 & 13.
- *Holden, Robert, 2013. **Loveability: Knowing How to Love and Be Loved**, Hay House: NY.
- Hover-Kramer, Dorothy with Murphy, M. 2009, **Creating Right Relationships: A practical guide to ethics in energy therapies**: Port Angeles, WA: Behavioral Health Consultations.
- Judith, A 2006. **Waking the Global Heart: Humanity's rite of passage from the love of power to the power of love**. Santa Rosa, CA: Elite Books.
- *Satir, Virginia, 1988. **The New Peoplemaking**, Science & Behavior Books, Mountain View: CA
- Satir, V. 1980, **Communication & Contact**, p. 15 in Bulbrook, M.J. **Development of Therapeutic Skills**, Little, Brown: Boston.

Optional Resources:

- Basham, Debra, **Falling Together in Love: Stories From My Heart. For and About YOU** www.imagehealing.info ISBN 978-0-9819890-4-4
- Bender, S. Sise, M. 2007, **The Energy of Belief: Psychology's Power Tools to Focus Intention and Release Blocking Beliefs**, Energy Psychology Press: Santa Rosa, CA
- Braden, Gregg, **The Science of Miracles: The Quantum Language of Healing, Peace, Feeling and Belief**, DVD: An Illustrated Interview with Gregg Braden 2007, 2009 Hay House, Inc.
- Bulbrook, MJ. 1991. **Holistic Approaches to Stress Relief & Pain Management through Healing From Within and Without**. Edith Cowan University: Perth, Western Australia.
- Bulbrook, MJ, 1980, **Becoming a Therapy Consumer** p. 51 in Bulbrook, MJ **Development of Therapeutic Skills**, Little, Brown: Boston.
- Bulbrook, MJ. 1987. **Holistic Health Care and Decision Making** Presentation at International Nursing Conference on Clinical Judgment and Decision Making: The Future with Nursing Diagnosis, Calgary, Alberta, CA.

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- Coelho, Paulo, 2003, **Warrior of the Light: A Manual: Short Notes on Accepting Failure, Embracing Life and Rising to Your Destiny**, Translated from the Portuguese by Margaret Jull Costa, Harper One.
- Dale, C. 2009. **Subtle Body: An Encyclopedia of Energetic Anatomy**, Sounds True: CO.
- Dale, C. 1996. **New Chakra Healing: The Revolutionary 32-Center Energy System**: Llewellyn's Whole Life Series: St. Paul, MN.
- Dyer, W. 2010. **The Power of Intention: Learning to Co-Create Your World Your Way**. Hay House: NY.
- Holden, Robert, 2011. **Shift Happens!: How to Live an Inspired Life... Starting Right Now!**. Hay House. NY.
- Hover-Kramer, D. 2009, **Second Chance at Your Dream: Engaging your body's energy resources for optimal aging, creativity and health**. Santa Rosa, CA: Energy Psychology Press.
- Hover-Kramer, Dorothea, 2009, **Healing Touch Guidebook: Practicing the Art and Science of Human Caring**, 20th Anniversary Edition, Healing Touch Program: San Antonio, TX.
- Leslie, M., Bulbrook, MJ. 2016. **Widening Our Lens, Deepening our Practice**, June 24th 2016 at the Becoming More Fully Human: The Evolution Conference on Transformational Systemic Therapy Conference held in Surrey, BC by the Satir Institute of the Pacific with title sponsor The Virginia Satir Global Network.
- Lipton, Bruce. 2005, **The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles**. Nan Sea Love: USA.
- Maldonado, Robert, 2016, **Children of Atlantis: Keepers of the Crystal Skull**, Charleston, SC. ISBN 9781506191508.
- Mulders, Evelyn, 2010. **The Essence of Sound: Full Spectrum Vibrational Healing for the Meridians, Chakras, Auric Field & Figure Eight Energies**, Evelyn Mulders: Lake Country, BC, Canada, www.soundessence.net.
- Pitstick, M. 2016, **The Eleven Questions: Everything Your Ever Wanted to Know About Life, Death, and Afterlife** includes exclusive contributions from Raymond Moody, Caroline Myss, Anita Moorjani, Gary Schwartz, Bernie Siegel, Stan Grof, Bill Guggenheim, P.M.H. Atwater, Marilyn Schlitz, Karen Wyatt and Mark Anthony , Charleston, SC:IANDS. ISBN 10194176891
- Suhd, Melvin, Dodson, Laura and Gomori, Maria, 2000, **Virginia Satir: Her Life & Circle of Influence**, Science & Behavior Books: CA.
- Villoldo, Alberto, 2015, **ONE SPIRIT MEDICINE. Ancient Ways to Ultimate Wellness**, Hay House, NY

COURSE ASSIGNMENTS

Assignment #1: Collaborative Communication with Instructor

Initiate telephone contact with the instructor to clarify the plan of action for the outside training and initiate collaborative email / Skype communications. Maintain contact with the Akamai course instructor for the duration of the course. Initiate and continue journal notations concerning all communications with the instructor. Submit a one to two-page description of the cultural setting for the experience and the communications that were done for the experience before, during and after the cultural immersion experience. If problems occurred, make recommendations how to improve. This step is part of the Satir SEED Model of training.

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Grade for Assignment 1 is 10% of the total grade.

Assignment #2: Goals for the Cultural Immersion Experience

Prepare a proposal for the cultural immersion experience covering each of the following points:

1. Specify your personal goals for the cultural immersion experience.
2. Explain the importance or the need for the experience.
3. Explore the potential benefits to your personal, academically, and professionally.
4. Follow the required and additional resources for the training or request to submit alternative training as needed- negotiated process with the instructor.
5. Prepare an annotated bibliography related to the proposed training that will support your cultural immersion.
6. Describe the setting, locations, where the experience will be conducted. Include contact information (full address, telephone number, and email address), as appropriate.
7. Provide a brief biographical sketch of the trainer or the training organization, describing their credentials and experience in providing quality training.
8. Identify in detail the primary activities experienced.
9. Identify the expected outcome and define the proposed competencies to be gained.

Grade for assignment 2 is 15% of the total grade.

Assignment #3: Training Experience

Initiate and carry out the approved cultural experience. Maintain collaborative communications with the instructor for the duration of the experience. Maintain journal notations concerning all aspects of the conduct and conclusion of the experience. After the experience is over submit a 7 page paper describing your learnings from the on-site experience, readings and anything else you wish to include.

Grade for assignment 3 is 25% of the total grade.

Assignment #4: Experience Follow-up Report

Prepare a scholarly written training follow-up report covering all major aspects of the experience. Include at least the following elements in your training report of the cultural sites visited, classroom activities participated in, learnings both in class and outside of class, important take away from the experience.:

Trip to Pachacamac, Caral, Nazca Lines in class experience with on-line and in person experience with Dr. Robert Maldonado from AL, with Dr. Paul Alfalla from Peru and Carlos Moreno who demonstrated their specialist work as well as Dr. Mary Jo Bulbrook treatment with clients.

- Describe the cultural experience
- An overview of the activities and depth of knowledge both theoretical and clinical in a specific cultural site describing the unique features of learning in another culture.
- A description of the readings related to the experience

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- Written document publishable quality for the Akamai University newsletter of the experience of training on -site in Peru

Grade for assignment 4 is 50% of the total grade.

INDIVIDUALIZATION OF STUDENT ASSIGNMENTS

The primary purpose of this course is to provide opportunities for the student to pursue professional quality training, which is essential to their professional goals, and supportive of the core studies.

COURSE EVALUATION

The instructor will evaluate the completeness and effectiveness of the student's training proposal, the depth, cooperativeness, and meaningfulness of his/her collaborative communications during the conduct of the project, and the clarity, completeness and scholarliness of his/her presentation of the training follow-up report

The instructor will reflect upon the following expectations in evaluating the work of the student:

- Clarity of references to the scholarly readings
- Detail of presentations
- Richness and diversity of the student-instructor interactions
- Richness and coherence of academic theories and concepts
- Quality of writing of the scholarly presentation
- Quality of training follow-up report

COURSE GRADING DETERMINANTS

The course grade will be calculated per the following formula as indicated after the assignments.

COURSE COMPLETION TIMETABLE

The course completion is essentially 7 months: 1 – 2 months to prepare including readings, on-site training and 5 to 6 months follow up to complete academic requirements for evaluation, summarizing and integrating the experience.

SPECIAL NOTES AND INSTRUCTIONS

Course Completion

The grade of Incomplete may be given ONLY AFTER discussion with the instructor and only if there is an extremely good reason to give such a grade. Students will be given an extended time for the completion of their work for good reason. An Incomplete will NOT be given because a student is "behind" in work, needs extra time, simply because s/he wants to delay the completion of the assignments.

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Academic Integrity

Students are to function with academic integrity in the written work, clinical experiences and representation as a student in training. Any questions or problems that come up are to be handled ASAP for not only the protection of the student but for the protection of the University and instructor standing in that clinical / educational / research site.

Academic dishonest in any of its forms, including cheating, plagiarism, misuse of the University web site, failure to comply with guidelines for the conduct of human or animal research, and all aspects of professional ethics, will not be tolerated. Any form of academic dishonesty is a basis for dismissal from the program.

Eligible Participants for the Training: The training is open to anyone desiring to receive a Certificate in Spiritual Development as a CAM Specialist in Energy Medicine / Integrative Health Studies. This training is foundational for those who desire to be teachers of this program, mentors and supervisors.

Program Fees:

Total program Cost: \$1200 includes university continuing education with international accreditation, core specialist training, modules, spiritual development, mentorship and certificate. Total of minimum of 70 contact hours to receive the certificate. Additional fees may be charged for additional mentorship and healing as needed beyond the basic program.

All fees are payable to EMPI. 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.

Institute Affiliated Partners:



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Certificate Program in Spiritual Development
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Guiding Principles:

- ✓ Let Go and Let God
- ✓ Find Your Path through Spiritual Guidance
- ✓ Become Free from the Ties That Bind
- ✓ Call back your spirit
- ✓ Follow your life purpose
- ✓ Find peace within and without
- ✓ Let joy and love guide your choices

Development of the CAM Specialist

The development of the CAM Specialist is a spiritual process of self-reflection, connecting with spiritual guidance & your life purpose, self-care and on-going spiritual growth that fits your personal beliefs. The below document is to be filled out to create a pathway that is individual to the student to achieve his / her educational and healing goals. This training involves personal healing as well as educational goals in the training model developed by Dr. Bulbrook they are woven together in a synergistic relationship.

Phase I – Telling Your Story

- My story of my path to spiritual development is...
- My feelings about this are...
- I think that spiritually I am ...
- My heart is...
- What I want to say about my interest in spiritually guided work is...
- My visions for myself at the time is...
- 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 a spiritual practice

Phase II – Defining Your Goals Empowerment to clear and heal body, emotion, mind and spirit

- Central Power Current clearing & alignment
- Energy Field Drain & Replenishment
- Energy Centers Clearing & Balancing
- Energy Tracts Vitalized & Return to Functioning

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- Reconnecting to self, family and friends in this dimension



**Spiritual
Development**

For More Information, Contact Program Developer:

Dr. Mary Jo Bulbrook, CEMP/S/I

In Person Training available on-line and in person at The Gathering Place for
Triangle Holistic Center 3211 Gibson Road, Durham, NC 27703 Phone / Fax
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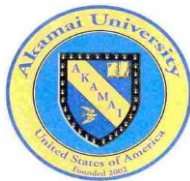
[/www.energymedicinepartnerships.com](http://www.energymedicinepartnerships.com), www.cam.institute

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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