



**near-help**

About us, Contact us  
Experiencer Where Do We Go From Here?  
Healthcare Providing Support, Help & Care  
Healing & The Arts

You are a Wellness professional and or interested person in obtaining a certification to assist NDE or STE experiencers integrating their experience.

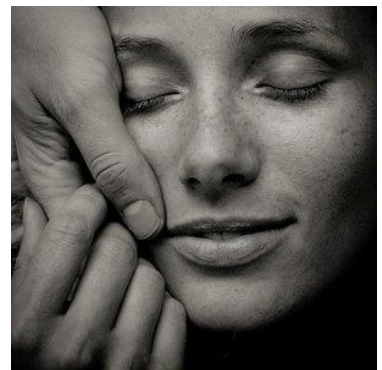


Near Death Experiencers often have trouble integrating their near-death experience and may require support and help to recover and heal in body, emotion, mind and spirit. Family members and health care professionals are generally ill-equipped to deal with the “unusual” aftereffects experienced. To address this growing problem, this University Based Certificate Program in integrative health was designed. [Click here to see the training program description.](#)

Goal: This worldwide training program prepares specialists in Integrative Health with a specialty in NDE-AFTER EFFECTS using an integrative approach to learn how to serve NDE'ers, their families, friends, and support health professionals to understand and help those affected by an NDE.

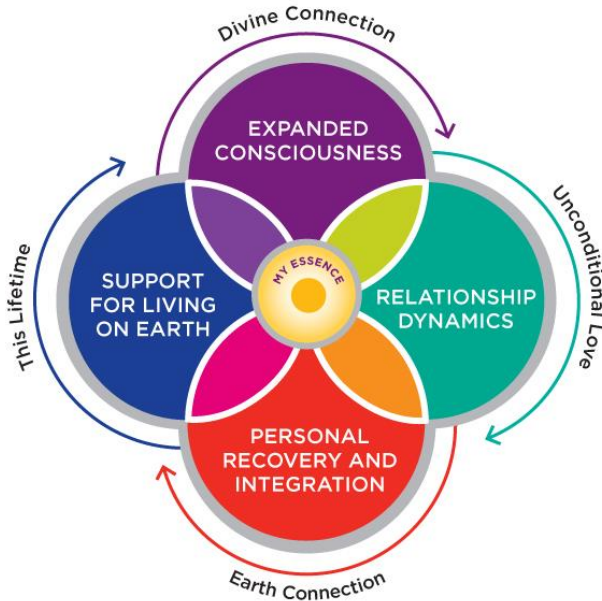
Providing Support, Care & HELP  
Contact Dr. Mary Jo Bulbrook for help and information.

[bulbrookgha@gmail.com](mailto:bulbrookgha@gmail.com)



Check below the model designed to help and support you with your personal situation.

**N.E.A.R.–H.E.L.P.**  
NEAR-HELP.com



**Near-Death Experience  
After-Effects Recovery**  
Support, Care, HELP

**H.E.L.P.**

**Holistic Empowerment Learning Plan**  
Interactive Dynamics

- **Personal Recovery and Integration**  
Physical, Emotional, Mental, Spiritual
- **Relationship Dynamics**  
Spouse/Partner, Children, Birth Family,  
Work Colleagues, Community, Culture
- **Expanded Consciousness**  
Higher Sense Perception, Multiple  
Locations, Gestalt and Time Awareness
- **Support for Living on Earth**  
My Journey, Mission, Calling
- **My Essence – Divine Radiance**
- Potential Barriers**
  - Relationship Conflict
  - Religious Beliefs
  - Lack of Boundaries
  - Energetic Misalignment
  - Interfering Energies
  - Fragmented Energies
  - Spirit Attachment
  - Not Fully in the Body
  - Conflicting Values
  - Shunning by Others
  - Overwhelm
  - Fear
  - Addiction
  - Anger
  - Trauma

Feel free to share your story at whatever level you feel comfortable with that can be used by the Recovery Team Member assigned to work with you on your path.

This journey is about YOU.... And how to help YOU. What will help us to better serve YOU is to share YOU... your story. We build on what you share with us.

Best wishes on your journey

Mary Jo Bulbrook, NEAR-HELP Program Director

Thanks to Yvonne Sneed, and Dr. Roy Hill for their insights, dedication and help in the design of this training, inspiration and content for this training.

## **A. Beginning Assessment**

Let's start by you telling your story....

Your Name

(Use full name or abbreviated or made up name. Do whatever suits your situation)

Today's Date

Contact Details Phone # and or eMail (One or both)

Date of Your Event

Location of the Event

Write as long or short as you want... remember this is about helping YOU. It is not intended to be a burden, an obligation or duty. Ask for spiritual guidance to write what is best for you and then proceed. [Click here for printable form.](#)

## **B. MY STORY**

1. This is what happened to me... (include date & location & what was going on)
2. At the time, the event occurred I felt... Now I feel...
3. My thoughts at the time were... And now I think...
4. My heart was... And now my heart is...
5. When the event happened, I wanted to say... Now I want to say...
6. My future was... Now I see my future is...
7. Spiritually at the time I was... Now I am spiritually...

## **C. MY AFTER EFFECTS LIST AND DESCRIPTION**

Feel free to add as many or few AFTER EFFECTS that you can think of. Also note you may want to come back to this page and redo it over time as you change over time. You can use the four categories on the NEAR-HELP Model to help you identify what is important to you.

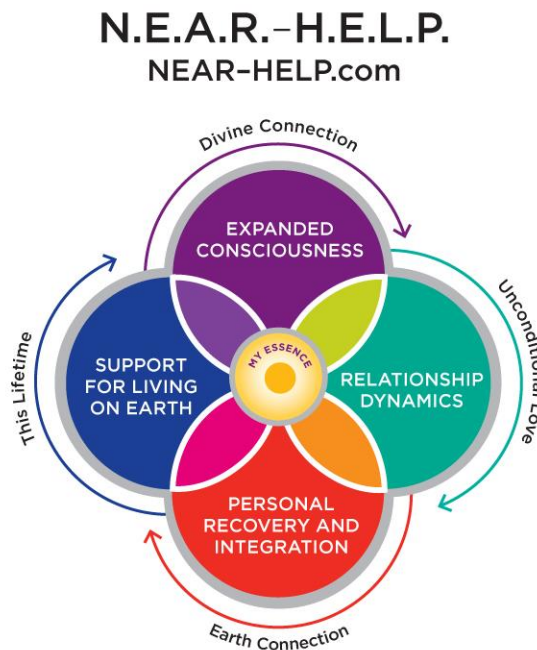
## REVIEWING MY LIFE & OBSTACLES:

(You can use this list to organize your thinking. Feel free to add to this list what suits your situation best.)

1. Personal (Body, Emotions, Mind, Spirit)
2. Relationship Dynamics (Immediate Relationships, Family Situation, Others, Culture)
3. Expanded Consciousness (Higher Sense Perception, Different Time Dimensions & Simultaneous Locations)
4. Support for Living on Earth (My Journey, My Mission, My Calling)

## WHERE I AM HEADING (Essence & Excellence for ME)

[Click Here For Printable Form](#)



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After-Effects Recovery  
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CONTACT US:

Dr. Mary Jo Bulbrook, RN, CEMP/S/I, HTCP, ICF, 1.929.923.2409

[bulbrookgha@gmail.com](mailto:bulbrookgha@gmail.com) / [mj.bulbrook.au@gmail.com](mailto:mj.bulbrook.au@gmail.com) / [maryjo@energymedicinepartnerships.com](mailto:maryjo@energymedicinepartnerships.com)