

Certificate Training Integrative Health
Transform Your Life through Energy Medicine (TYLEM)
Practitioner / Specialist Training Updated 2022



**Transform Your Life through
Energy Medicine (TYLEM™)**

Offered through

Energy Medicine Partnerships

Affiliated Program with Akamai University

Mission

Achieve optimal health in body, emotion, mind, and spirit.

Program Goal

Thoughts, experiences, and beliefs that may be causing an imbalance are identified, and then documented using a comprehensive assessment and psycho-spiritual treatment process.

Integrative energetic interventions are applied to help balance and restore energy flow.

Benefits of TYLEM

Energy Medicine helps one to:

- Reduce stress
- Promote relaxation
- Address illnesses and health challenges
- Heal family and relationship issues
- Eliminate past hurts, fears, and disappointments
- Change limiting beliefs
- Manage pain
- Recover from trauma
- Cope with grief or loss
- Assist others to heal and
- Promote a renewed sense of well-being

Background

Spiritual and Medical intuitive Dr. Mary Jo Bulbrook founded the program - Transform Your Life through Energy Medicine™. It is based on her distinguished 45-year career as a university professor and clinical specialist in psychiatric mental health nursing. From 1974-84. She was a key figure in

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the development of world-renowned family therapist Virginia Satir's teaching organization, Avanta Network. Drawing on their 12 years together, elements from Virginia's teachings and philosophy

were integrated with Dr. Bulbrook's holistic nursing theory "Healing From Within and Without." Over the next decade, Dr. Bulbrook's therapy training evolved into the "Energetic Healing"

program. In 2004, the title of the program was changed to its current name, representing the growth and expansion from the original model. The work continues to advance today.

Over the last three decades, Dr. Bulbrook has been a pioneer in the energy medicine field. She began teaching and practicing Therapeutic Touch and Touch for Health in the 1970s, and moved to teaching her own energy material in the 1980s. From 1990-2004, Dr. Bulbrook was active in the leadership of Healing Touch. She developed both HT and her own program in Australia, New Zealand, South Africa, Peru, and Chile, as well as throughout the US and Canada.

Dr. Bulbrook has collaborated with international healers such as Rosalyn Bruyere, Credo Mutwa (South African Sangoma), Bob Randall (Aborigine elder), and Rose Pere (Maori Tohuna). She also served on the Association of Comprehensive Energy Psychology (ACEP) and Touch for Health Kinesiology Association (TFHKA) boards of directors providing leadership to the development of these CAM organization. Currently she is a member of the American Holistic Nurses Association practice committee.

In 1989, Dr. Bulbrook was honored with the Canadian Holistic Nurse of the Year award. From this rich background, she was able to create a highly effective and easy-to-implement model of advanced psycho-spiritual treatment.

Program Cost

\$50 nonrefundable application fee by mail, credit card or Pay Pal. Card fees paid by applicant.

Introduction course: \$25. Each part \$150 = 1 credit (1 credit = 10 contact hours)

- Completion of Certified EMP Practitioner training is 100 contact hour including student mentoring sessions. Total of 9 credits or \$1200 US
- Completion of Certified EMP Specialist training is 100 contact hours plus 125 = 225 total contact hours or 15 credits \$2100 US

Classes Available On-line

Goal: Participants will experience Transform Your Life for personal growth and healing for self care as well as learning how to apply to others.

Description: Each TYLEM class addresses a specific concept and its impact on the energy system. In a safe, trusting environment, participants explore, and experience integrative interventions based on an identified need(s), thus providing an opportunity for deep, holistic healing and personal growth.

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Curriculum

Introduction to Transform Your Life

What are energy centers, energy fields and meridians? How do they affect health and illness? Learn the basics of the energy system in this introductory class. The introduction is strongly recommended for those new to energy based healing. (3-8 contact hours)

Energy Medicine Self Care

Designed for those interested in the field of complementary and alternative medicine (CAM) using effective strategies to care for the self and others with the training program called Transform Your Life through Energy Medicine (TYLEM) created by Dr. Mary Jo Bulbrook and taught worldwide.. The focus is to explore the energetic dynamics that influence body, emotion, mind and spiritual health. The course is practical and provides a foundation for more advanced energetic work in caring for others professionally. Once the foundational work of theory and practice on the self is mastered, an experience to teach another Energetic Self-care is required. (1 – 16 contact hours)

Part 1 - Clearing the Self

The interrelated aspects of a person include the physical body, emotions, mind, and spirit. Energetic distortions within any of these areas can compromise health. Learn how to perform an in-depth assessment of the energy system and then give interventions to restore balance and energy flow. (8 contact hours)

Part 2 – Healing Wounds & Trauma

Our lives are affected by physical, emotional, mental or spiritual wounds stored in the energy system. Learn how to release the blocks to energy flow that can result from these wounds and become free from the past. (8 contact hours)

Part 3 – Changing Limiting Beliefs

Beliefs are stored in the energy field and dramatically influence how we lead our lives. Learn what beliefs may be adversely affecting your life and how to change them. Replace limiting beliefs with new ones that better serve your highest potential. (8 contact hours)

Part 4 – Healing Relationships Energetically

Healthy relationships are essential for personal well-being. Through assessment, evaluation and treatment of the energy centers, you can change your relationships. Learn how to free yourself from energetic ties affecting your personal growth. (8 contact hours)

Part 5 - Reshaping Family Dynamics

Family dynamics form energy patterns which shape our past, our present, and our future. This two-day course explores family energy patterns and provides techniques to change them through energetic interventions. Discover new ways of connecting between and among family members. (16 contact hours)

Part 6 - Clearing Meridians, Organs & Body Systems

Meridians are an interconnected web of energy lines that nourish the internal aspects of the human body, including organs and body systems. Learn ways to assess the meridians, alter their energy

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flow, and manage internal energy. A strong background in energy-based healing is recommended for this intensive three-day course in which you will discover how meridians influence health and illness. (16 contact hours)

Energy Medicine Practicum

(Needed for Energy Medicine Practitioner and Energy Medicine Specialist Training)

Prerequisites: TYLEM 1-5



The Energy Medicine Practicum offers professional supervision by an approved EM instructor in either a group setting or an individual mentorship to apply what was learned in TYLEM 1-5 and become an Energy Medicine Practitioner. (20 contact hours)



Parts 7A & B - Energy Medicine Specialist Training

Prerequisites: TYLEM 1-6, Energy Medicine Practicum

Energy Medicine Specialist Training builds on the background of the EM Practitioner and included advanced meridian, body system and organ theory/practice. Topics include: developing medical intuition, treating complex energetic situations, learning advanced interventions, healing the healer, experiencing an extensive mentorship process with an

Energy Medicine faculty, fulfilling case study requirements, documenting professional leadership, identifying and establishing a specialty practice, and integrating Energy Medicine Specialist role into the healthcare.

Parts 7A & B are each offered over a three- and one-half day period in a retreat setting, taken usually one year apart after finishing the assignment given in EM Part 7A. (30 contact hours for each course)

Energy Medicine Self Care Provides a comprehensive analysis of the participants energy system including energy centers, energy field, energy tracts, central power current, core star, interfering energies and the concept of fragmented energies. (16 contact hours)

Application Send your letter of intent, contact details, resume, one reference with \$50 non-refundable application fee to: Energy Medicine Partnerships, 3211 Gibson Road, Durham, NC 27703 / email contact@energymedicinpartnerships. Payments accepted through Pay Pal.

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Affiliate Organization
of Akamai University
energymedicinepartnerships.com

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



[EMP Website](#)

Energy Medicine Partnerships Continuing Education Statements

Energy Medicine Partnerships, Inc. (EMP) has been awarded the following:



Approved Provider of Continuing Education by the [Association of Comprehensive Energy Psychology \(ACEP\)](#). EMP courses qualify as ACEP continuing education credit for Diplomate in Comprehensive Energy Psychology (DCEP) or Certified Energy Health Practitioner (CEHP) recertification.



Approved Provider for Continuing Education by satisfying all of the criteria put forth by the [National Certification Board for Therapeutic Massage & Bodywork](#).
Approved Provider #450986-09



Energy Medicine Practitioners and Specialists Programs have been added to the list of recognized programs effective August 19, 2008 through the [Natural Health Practitioners of Canada \(Practiciens de la santé naturelle du Canada\)](#).