

# Action to Heal Burnout & Burnup for Nurses & Others

**New Series**  
**Oct. 18th, Nov. 15, Dec, 20, 2023**  
**3rd Wednesday from 7 - 9 pm EST**

*2 Continuing Education Contact Hours*

[Zoom on-line](https://us02web.zoom.us/j/7784295219) - Join Zoom Meeting  
/ <https://us02web.zoom.us/j/7784295219>

*This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

*Apart of Certificate Training offered through Akamai University College of Continuing Education*

Action to Health Nurse



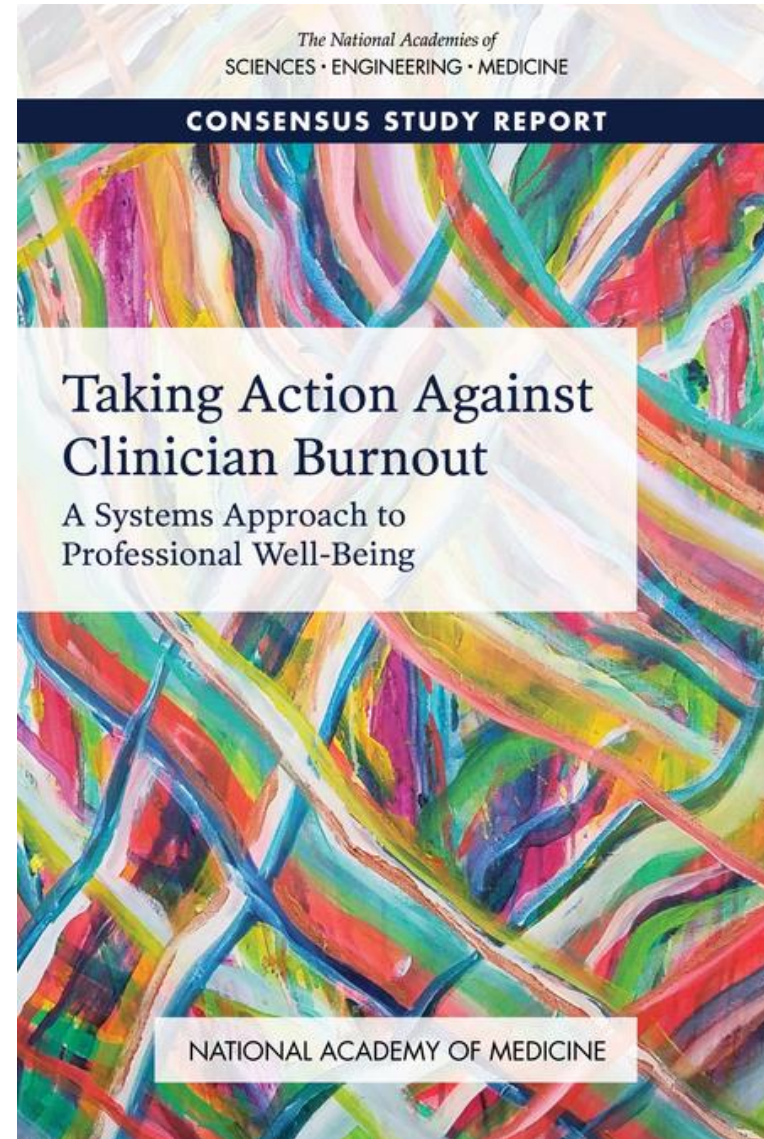
Affiliate Organization  
of Akamai University  
[energymedicinepartnerships.com](http://energymedicinepartnerships.com)

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



## Data on Clinical Burnout: A Systems Approach to Professional Well-being

Burnout has high personal costs for individual clinicians and workers, as well as high social and economic costs for their organizations and society as a whole. The personal consequences include occupational injury, problematic alcohol use, risk of suicide, career regret, and suboptimal professional development. Copyright 2019



NATIONAL ACADEMY OF MEDICINE

# Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being

## Job Resources

- Meaning & purpose in work
- Organizational culture
- Alignment of values & expectations
- Job control, flexibility & autonomy
- Rewards
- Work-life integration
- Professional relationships & social life

## Work System Factors

- Excessive workload
- Administrative burden
- Workflow, interruptions & distractions
- Inadequate technology usability
- Time pressure & encroachment on personal time
- Moral distress
- Patient factors

Action to Health Nurse



NATIONAL ACADEMY OF MEDICINE

# Promoting Nurse Health & Well-being A Toolkit to Address Worldwide Nurse Burnout



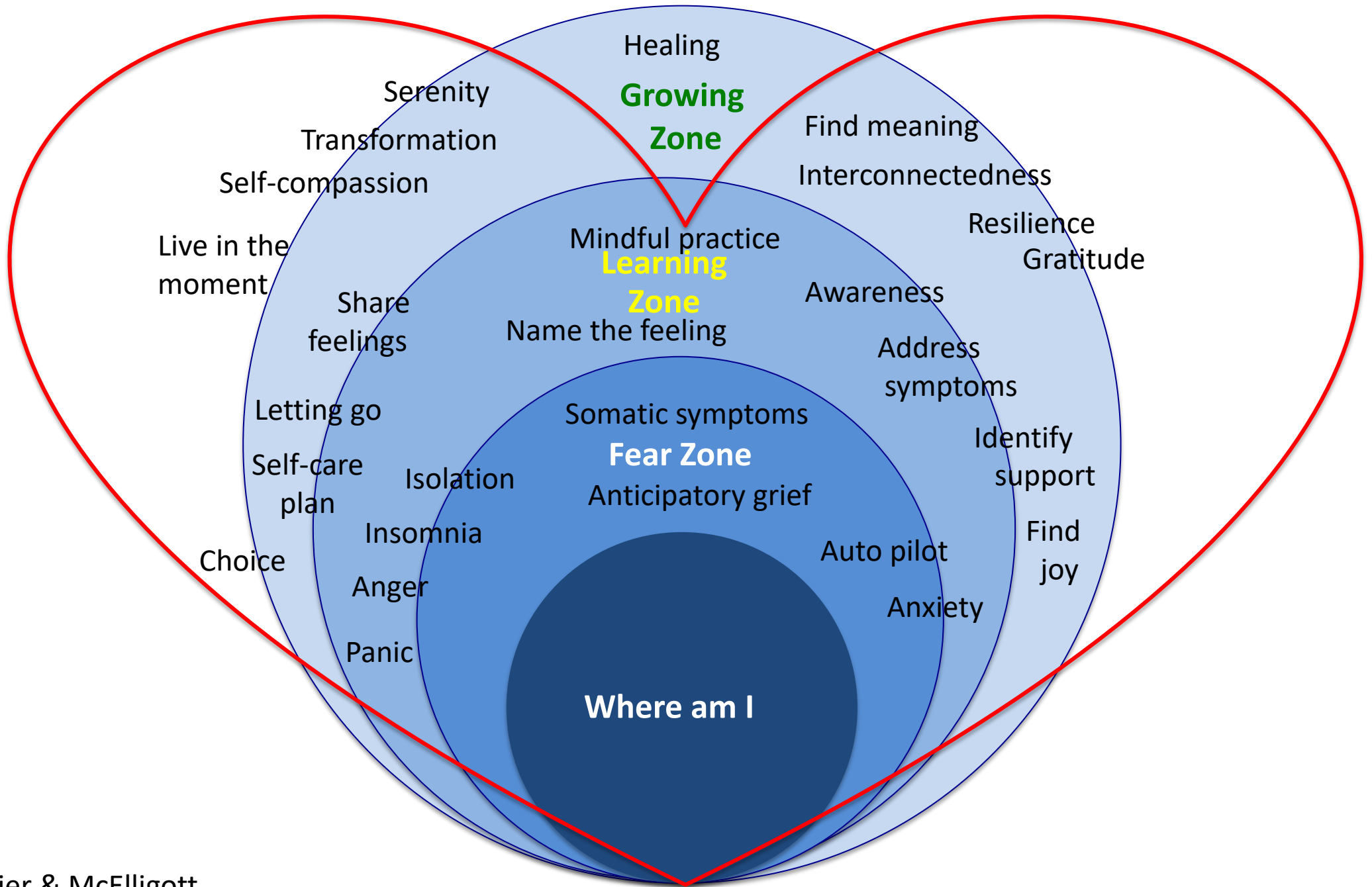
AMERICAN  
*Holistic  
Nurses*  
ASSOCIATION

## An American Holistic Nurses Association Resource

The AHNA believes that nurses enter therapeutic partnerships with clients, their families, and their communities to serve as facilitators in the healing process. This partnership begins with being mindfully aware and fully present in all interactions at work and in life. Following the prompting by the National Academy of Medicine and the American Nurses Association 2020 Challenge Healthy Nurses- Healthy Nation and a call from American Nurses Foundation to “Reimagine Nursing” *this document provides AHNA strategies and recommendations helping nurses and organizations for moving forward in 2022.*

[Promoting Nurse Health and Well-being Resource Kit integrates holistic strategies and recommendations to address worldwide nurse burnout that is urgently needed today.](#)





# Agenda Today

1. Describe purpose of this educational event including the difference between burnup and burnout.
2. Experiential centering medication.
3. Goals for what you need
4. Describe Energy System documenting the impact on your life journey.



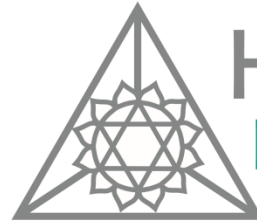
INTEGRATIVE  
MULTIDIMENSIONAL  
**EMPOWERMENT  
PERSPECTIVES**  
LISTEN • REFLECT • CARE

5. Empower participant for own clinical assessment.
6. Clinical intervention.
7. Evaluation of outcome



## *Transform Your Life at Work!*

1. I would describe my life at work as...
2. While at work I feel...
3. My thoughts about work are...
4. My heart at work is...
5. My work life is...
6. I see for the future work life as...
7. Spiritually my work is...



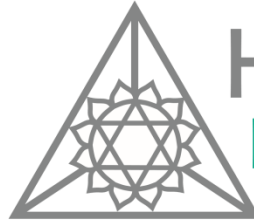
# Heart Centered Initiative

## Restore Hope • Promote Healing

WORLDWIDE

The Circle of Love can be helpful  
for someone in need of support during  
a significant transition —





Heart Centered Initiative  
Restore Hope • Promote Healing

WORLDWIDE

NURSESTAKE2  
Heart to Heart – Soul to Soul

Opening Heart Centered  
Meditation for Group  
Coherence



VIRGINIA SATIR  
PEACE WITHIN  
PEACE BETWEEN  
PEACE AMONG

SOUL  
2SOUL  
COMMUNICATION®

A Flower of Life, a geometric figure consisting of 13 overlapping circles of equal radius arranged in a hexagonal pattern, with a bright light source at the center.



## The Science of Global Coherence Heart Math Institute

- <https://www.awaketvnetwork.liv/e/videos/special-the-science-of-global-coherence-with-heartmath-institute> 9.39
- WHY Group Coherence
- Expanding Global Hearts Initiatives:  
<https://www.globalhealingalliance.com/global-health-initiative.html>



# HeartMath®

# The Five Freedoms

To See and Hear what is here, instead of what should be, was or will be.

To Say what one feels and thinks, instead of what one should.

To Feel what one feels, instead of what one ought.

To Ask for what one wants, instead of always waiting for permission.

To Take Risks in one's own behalf.

# Virginia Satir



The Satir Therapy Model became a powerful framework for examining your self, your situation and your choices. Virginia believed that counseling and therapy experiences

seek to engage powerfully with the inner self. Counseling sessions encourage the client to face pain and problems, to accept the present, and to discover inner joy and peace of mind.

## BECOMING YOU

1. Welcome & opening meditation
2. Explore Becoming You
3. Intervention – Spiritual Communication



Energy Medicine  
**Self-Care**

Reshaping Family Energy  
Patterns

- Heart Attunement
- **Spiritual Communication**
- Angel Net Process

Spiritual Communication

## Music Heals the Soul

**Tibetan Healing Flute, Stop  
Thinking Too Much, Eliminate  
Stress, Anxiety and Calm the Mind**

---

<https://www.youtube.com/watch?v=gf8cu84JXMA>



# Energy Medicine Self-Care

Clearing the Self

Healing Wounds

Changing Limiting Beliefs

Healing Relationships Energetically

Reshaping Family Energy Patterns

# Energy Medicine Self-Care

## Reshaping Family Energy Patterns

- Heart Attunement
- **Spiritual Communication**
- Angel Net Process

## Spiritual Communication

### Purpose:

This process provides for in-depth spiritual communication between individuals without words. It can assist in healing relationships when communication may be blocked.

This is an excellent intervention to assist when a person is making their transition.

It also can be done when the person is unconscious, unable to speak physically, is at a long distance or for those who have passed.

The **Circle of Love** can be helpful for someone in need of support during a significant transition —



# Spiritual Communication

2017 Dr. Mary Jo Bulbrook. All rights reserved



1. Connect heart to heart with one hand at your heart and the other hand pointed to the heart of the other person. Set the intention to clear communication on a deep spiritual level.
2. Connect at the Solar Plexus (belly button level), as this triggers our thoughts.
3. Connect the Sacral (abdomen level) to communicate feelings.



1.

“May we communicate what is in our heart.”



2.

“May we communicate with our thoughts fully.”



3.

“May we communicate our emotions and feelings fully.”

# Spiritual Communication

2017 Dr. Mary Jo Bulbrook. All rights reserved



4. Connect with the Root Chakra (base of the spine).

5. Connect at the Throat level.

6. Connect at the Brow level.



“May we share our physical memories.”



“May we communicate what has been unspoken or what has not been heard fully.”



“May we communicate visions of our relationship over time.”

## Spiritual Communication

2017 Dr. Mary Jo Bulbrook. All rights reserved



7. Connect with Crowns together.
8. Point the hands to the ground and let go of all that needs to be released.

9. Connect to Source (or God) by holding the hands palms up at the heart level.



“May we communicate spiritually what we want each other to know fully.”



“I release and send what needs to go back to the earth now.”



“I surrender to Source (or God) to assist in the next step of our journey”



# The Afterlife Frequency

## The Scientific Proof of Spiritual Contact & How that Awareness Will Change Your Life

Mark Anthony 2021 Publication  
New World Library, Novato, CA

INTERNATIONAL ASSOCIATION FOR NEAR-DEATH STUDIES, INC

# 2022 CONFERENCE SALT LAKE CITY

August 31 - September 4  
*In-person and online*

**FRIDAY KEYNOTE:**  
*Timeless Oneness:  
The Electromagnetic Soul  
& The Collective  
Consciousness*

**SATURDAY WORKSHOP:**  
*Afternoon of Spirit  
Communication*



**Mark Anthony, JD**

Hilton Salt Lake  
City Center  
255 South West Temple  
Salt Lake City, UT  
84101

<https://conference.iands.org>



[The Psychic Lawyer Mark Anthony discusses the evidence of eternity](#)

The Afterlife Frequency by Mark Anthony  
[www.AfterlifeFrequency.com](http://www.AfterlifeFrequency.com)



## THE AFTERLIFE FREQUENCY

World-renowned 4th generation psychic medium, near-death experiencer and Oxford-educated attorney **Mark Anthony, JD, The Psychic Explorer®** bridges the divide between faith and science in this fascinating afterlife exploration, taking you around the globe, from the cosmic to the subatomic, and into the human soul itself.

Combining physics, neuroscience, and riveting true stories, this book explains the scientific basis for Consciousness, Near-Death Experiences, Shared Death Experiences and all forms of After Death Communication.

For more information on  
*The Afterlife Frequency*,  
Mark's webpage and YouTube  
channel go to:  
[www.AfterlifeFrequency.com](http://www.AfterlifeFrequency.com)

"A treasure trove of insights and inspiration. This outstanding book is expertly written, remarkably easy to read, and enthusiastically recommended."  
—Jeffrey Long, MD, author of the *New York Times* bestselling *Evidence of the Afterlife*

## THE AFTERLIFE FREQUENCY

The Scientific Proof  
of Spiritual Contact  
and How That Awareness  
Will Change Your Life

**MARK ANTHONY, JD**

Foreword by GARY E. SCHWARTZ, PhD

# 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
- Let go of pain & struggle
- Choose joy



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 Con  
Park City, Utah in collaboration with University of

Widening Our Lens, Deepening Our Practice

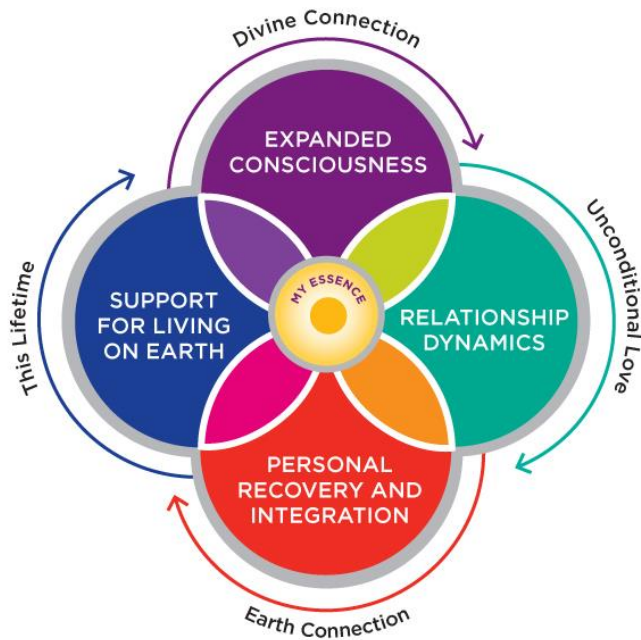


## **Personal Statement:**

My life purpose is to help awaken and empower individuals on their personal and professional journey.

It started in my teens when I began to have multi-dimensional experiences.

# MODEL HEALING THE AFTER EFFECTS



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
  - Conflicting Values
  - Religious Beliefs
  - Shunning by Others
  - Lack of Boundaries
  - Overwhelm
  - Energetic Misalignment
  - Fear
  - Interfering Energies
  - Addiction
  - Fragmented Energies
  - Anger
  - Spirit Attachment
  - Trauma
  - Not Fully in the Body

**NEAR-HELP.com**  
info@near-help.com

Mary Jo Bulbrook      Yvonne Sneedan  
919-923-2409          919-961-3270



***Energy Medicine***

**PARTNERSHIPS, INC.**

Energy Medicine  
**Self-Care**

Chakra Blessing

Energy Medicine  
**Self-Care**

Chakra Blessing

# Chakra Blessing with Light & Love

Powerful for closing a healing session

**Purpose:** Bless, heal, seal and protect the energy system.

**Script:** Add a verbal, or non-verbal script as needed for a particular healing.

**Sequence:** Heart Chakra, Solar Plexus, Sacral, Root, Throat, Brow, Crown

**Heart Chakra:** Begin above the Crown Chakra for each sequence.

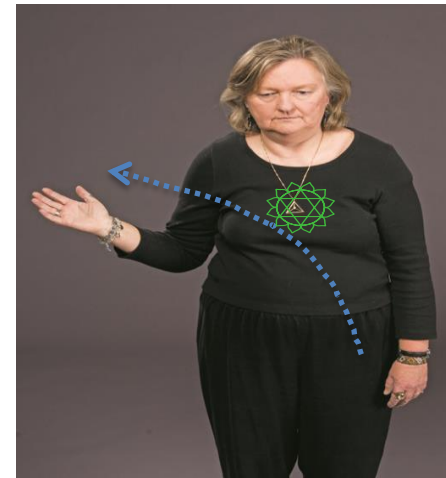
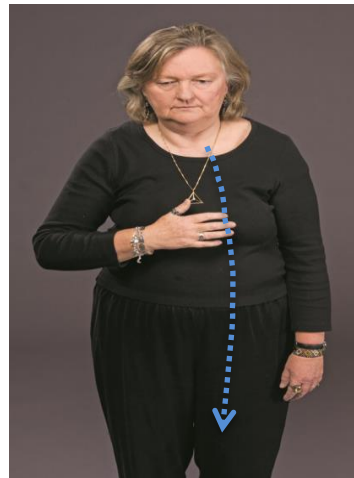
Move your hand slowly down to the feet.

Move your hand out and across the body at the Heart Chakra. Pause at the Heart Chakra and say “Your heart is blessed.”

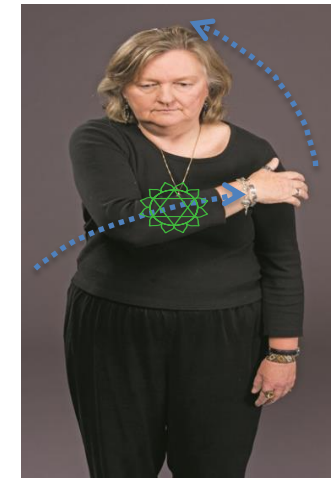
Cross back over the heart and say “Your heart is healed.”



Heart Chakra



“Your heart is blessed.”



“Your heart is healed.”

Energy Medicine  
**Self-Care**

Chakra Blessing

# Chakra Blessing with Light & Love

Powerful for closing a healing session

**Solar Plexus Chakra:** Begin above the Crown Chakra for each sequence.

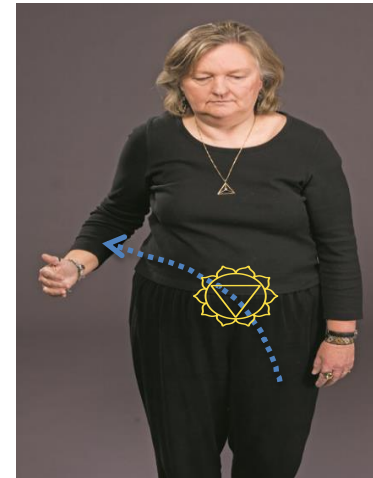
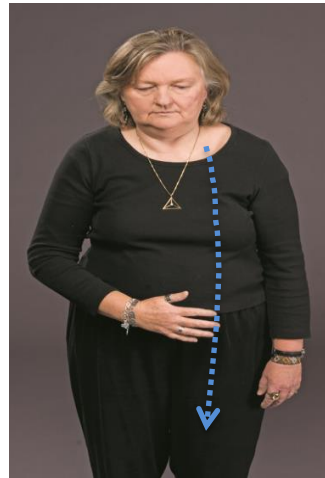
Move your hand slowly down to the feet.

Move your hand out and across the body at the Solar Plexus Chakra. Pause at the Solar Plexus and say “Your thinking is blessed.”

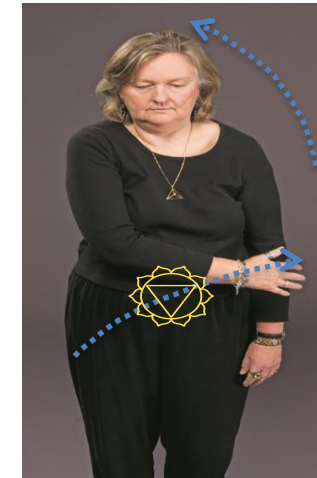
Cross back over the heart and say “Your thinking is healed.”



**Solar Plexus**



“Your thinking is blessed.”



“Your thinking is healed.”



Energy Medicine  
**Self-Care**

Chakra Blessing

# Chakra Blessing with Light & Love

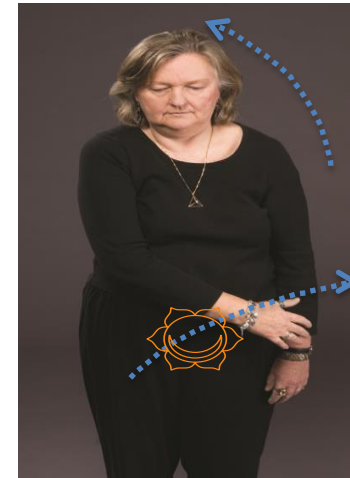
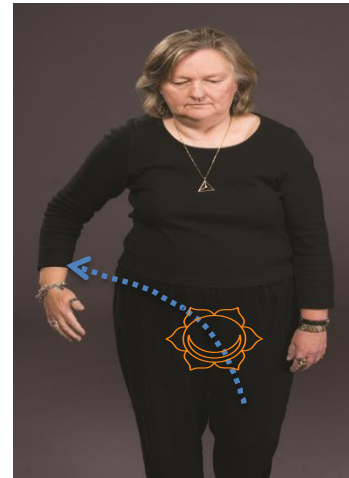
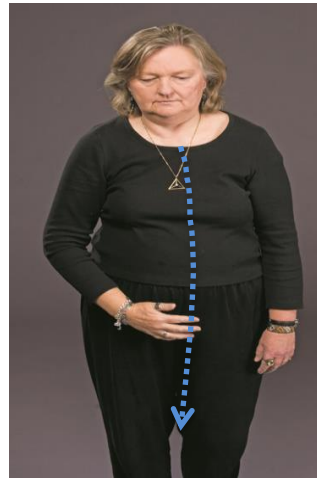
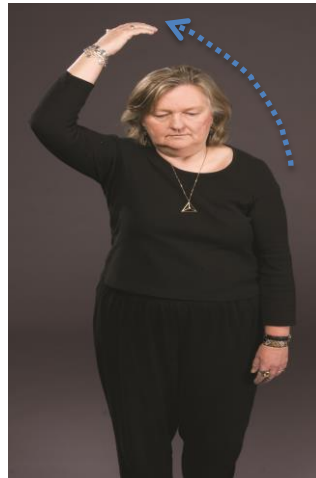
Powerful for closing a healing session

**Sacral Chakra:** Begin above the Crown Chakra for each sequence.

Move your hand slowly down to the feet.

Move your hand out and across the body at the Sacral Chakra. Pause at the Sacral and say “Your feelings are blessed.”

Cross back over the heart and say “Your feelings are healed.”



**Sacral**

“Your feelings are blessed.”

“Your feelings are healed.”

Energy Medicine  
**Self-Care**

Chakra Blessing

# Chakra Blessing with Light & Love

Powerful for closing a healing session

**Root Chakra:** Begin above the Crown Chakra for each sequence.

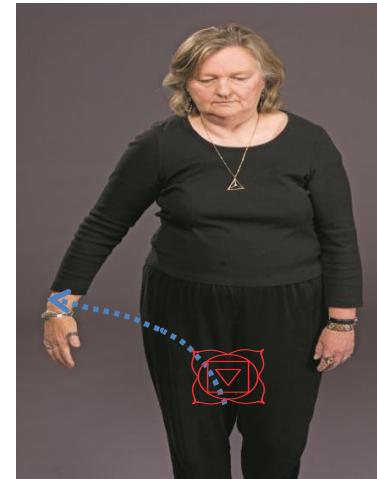
Move your hand slowly down to the feet.

Move your hand out and across the body at the Root Chakra. Pause at the Root and say “Your physical self is blessed.”

Cross back over the Root Chakra and say “Your physical self is healed.”



**Root Chakra**



“Your physical self  
is blessed.”



“Your physical self  
is healed.”

Energy Medicine  
**Self-Care**

Chakra Blessing

# Chakra Blessing with Light & Love

Powerful for closing a healing session

**Throat Chakra:** Begin above the Crown Chakra for each sequence.

Move your hand slowly down to the feet.

Move your hand out and across the body at the Throat Chakra. Pause at the Throat and say “Your speaking and listening is blessed.”

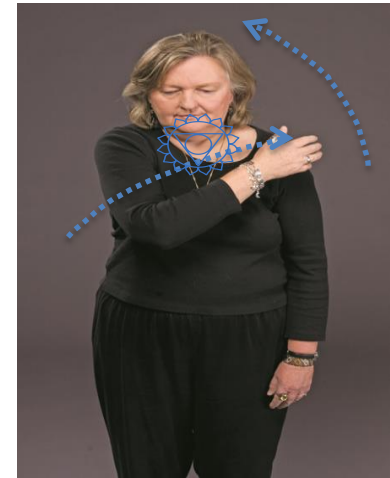
Cross back over the Throat Chakra and say “Your speaking and listening is healed.”



**Throat Chakra**



“Your speaking  
is blessed.”



“Your speaking  
is healed.”

Energy Medicine  
**Self-Care**

Chakra Blessing

# Chakra Blessing with Light and Love

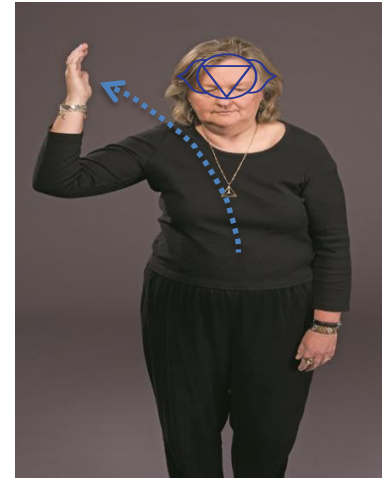
Powerful for closing a healing session

**Brow Chakra:** Begin above the Crown Chakra for each sequence.

Move your hand slowly down to the feet.

Move your hand out and across the body at the Brow Chakra. Pause at the Brow and say “Your seeing and visioning is blessed.”

Cross back over the Brow Chakra and say “Your seeing and visioning is healed.”



**Brow Chakra**

“Your seeing  
is blessed.”

“Your seeing  
is healed.”

Energy Medicine  
**Self-Care**

Chakra Blessing

# Chakra Blessing with Light and Love

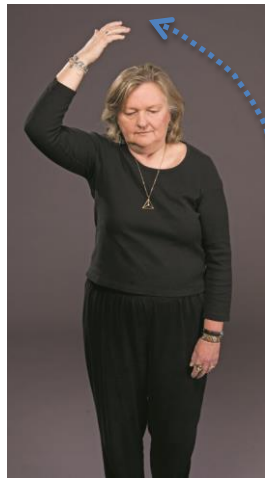
Powerful for closing a healing session

**Crown Chakra:** Begin above the Crown Chakra for each sequence.

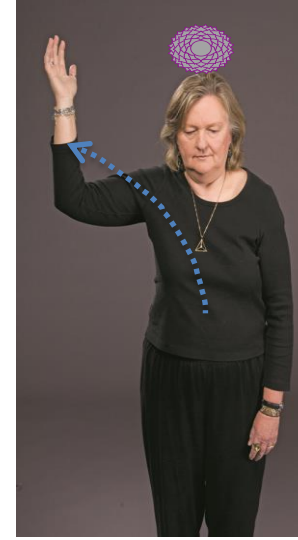
Move your hand slowly down to the feet.

Move your hand out and across the body at the Crown Chakra. Pause at the Crown and say “Your spirit is blessed.”

Cross back over the Crown Chakra and say “Your spirit is healed.”



**Crown Chakra**



“Your spirit  
is blessed.”



“Your spirit  
is healed.”

Energy Medicine  
**Self-Care**

Chakra Blessing

# Chakra Blessing

Powerful for closing a healing session



Finish with open hands  
In gratitude



# Complementary Integrative Health (CIH)

Transform Your Life  
through Energy  
Medicine! (TYLEM)

## Dynamic Education & Practice Complementary Integrative Health

Energy Medicine Partnerships

Dr. Mary Jo Bulbrook RN, EdD, CEMP/S/I, HTP/I, HTCP, CIH

[energymedicinepartnerships.com](http://energymedicinepartnerships.com)

Email: [info@energymedicinepartnerships.com](mailto:info@energymedicinepartnerships.com)

[triangleholisticcenter.com](http://triangleholisticcenter.com)

Email: [info@triangleholisticcenter.com](mailto:info@triangleholisticcenter.com)

Affiliate: Akamai University

[info@akamai.university](mailto:info@akamai.university)



**TYLEM**  
Transform Your Life  
Through Energy Medicine

**SOUL**  **2SOUL**  
COMMUNICATION



Heart Centered Initiative  
Restore Hope · Promote Healing  
WORLDWIDE

**NURSESTAKE2**  
Heart to Heart – Soul to Soul

**SPIRITUAL**  
*Me*  
Mystical  
Experiences



# WORLDWIDE HELP INVOCATION

*INSPIRED BY THE ANGEL OF GRACE*

**I Survive, Strive & Succeed** - Reflect, Change & Grow

**I Bring Community Together** – Family, Organizations, Nations

**I Raise My Vibration through** – Love, Joy & Service

**You Survive, Strive & Succeed** - Reflect, Change & Grow

**You Bring Community Together** – Family, Organizations, Nations

**You Raise Your Vibration through** – Love, Joy & Service

**We Survive, Strive & Succeed** - Reflect, Change & Grow

**We Bring Community Together** – Family, Organizations, Nations

**We Raise Our Vibration through** – Love, Joy & Service



*Healing Hands Helping*



**Heart Centered Initiative**  
**Restore Hope • Promote Healing**  
**WORLDWIDE**



# Questions: Need More Information to Transform Your Life? Complementary Integrative Health (CIH) Care

*Dr. MJ Bulbrook, Founder – Director EMP & CIH*



**Heart Centered Initiative**  
**Restore Hope • Promote Healing**  
**WORLDWIDE**



**Complementary  
Integrative Health (CIH)**

Transform Your Life!

**Dynamic Education & Practice  
Complementary Integrative Health**

Energy Medicine Partnerships  
Dr. Mary Jo Bulbrook RN, EdD, CEMP/SL, HTV/L, HTCP, CIH

energymedicinepartnerships.com | triangleholisticcenter.com | Affiliate: Akamai University  
Email: info@energymedicinepartnerships.com | Email: info@triangleholisticcenter.com | info@akamai.university



**TYLEM**  
Transform Your Life  
Through Energy Medicine

**SOUL 2 SOUL**  
COMMUNICATION

**Heart Centered Initiative**  
Restore Hope • Promote Healing  
WORLDWIDE

**NURSESTAKE2**  
Heart to Heart – Soul to Soul

**SPIRITUAL**  
Mystical  
Experiences

- Board Certification:  
Complementary & Integrative Health (CIH):  
Education, Practice, Research
- Email:  
[maryjo@energymedicinepartnerships.com](mailto:maryjo@energymedicinepartnerships.com)
- 1.919.808.8596
- Join us on Facebook, Twitter, LinkedIn
- YouTube channel