

DIR 781: SPECIAL TRAINING:

The Power of Stories to Inspire, Teach & Heal (3 credits)

Directed Study Program, University College, Akamai University

Dr. Mary Jo Bulbrook, RN & Dr. Bernie Siegel, MD, Revised 22 February 2022

Dr. Douglass Capogrossi Original Course Revised: 25 May 2000

COURSE DESCRIPTION

This special training titled The Power of Stories to Inspire, Teach and Heal is based on the Dr. Bernie Siegel, MD and Dr. Mary Jo Bulbrook, RN - Bernie & MJ Dialogue of Soul2Soul and multidimensional encounters that were 1.5 hour bimonthly recorded sessions in 2021. From this spontaneous exchange a foundation was laid to empower individuals, families, communities and organization to alter their path based on a Integrated Multidimensional Empowerment (IME) Model of care and caring.

Students pursue special training in a defined field of study under the supervision of qualified faculty and training sponsors, as appropriate. This course is intended to allow students to add in a significant manner to their advanced knowledge in the discipline through hands on training under the leadership of qualified individuals and / or organizations. Students begin the course with the preparation of a brief training proposal and identification of selective readings in support of the approved educational goal focus. Training projects result in the attainment of a completion certificate or letter of affidavit from the trainer or training organization. Training may take the form of an on-the-job training, on-site internship, an apprenticeship or other formal or semi-formal training activity including professionally presented seminars, conferences, workshops, symposia, and retreats. This course may be repeated provided the scholarly topics are non-duplicative.

PREREQUISITES

Permission of the Dean of Integrative Health College

COURSE TOPICS

- Planning for training / goal in practice, education, research
- Foundational readings & Bernie & MJ Dialogues recordings
- Special training focus of participants
- Presentation of training reports and student applying what was learned

COURSE OBJECTIVES

Special training is intended to empower participants by exposing them to professional instruction, guidance and mentorship which is intended to further the competencies of the student within the professional environment. In this course the focus is on The Power of Stories to Inspire, Teach and Heal. This includes covering not only what Dr. Bernie and Dr. MJ have shared in their professional journeys but those who participate and share their stories as well so that everyone can grow and change according to their desire, need and the energy they put into achieving a goal in practice, education or research.

Opportunities of the course include preparation of the participants to:

1. Effectively search the literature in a defined area of study in support of special training or educational goal.
2. Effectively integrate new understandings from the special training with knowledge gained through prior and experience within a professional arena.

3. Apply learned material in a creative manner, effectively problem solving, and addressing real world situations
4. Effectively interact and collaborate with mentors and trainers within the professional arena
5. Make immediate improvements within professional or “real world” settings including client, family, community or organization setting.

BRIEF NEED STATEMENT

Effective training and mentorship in the higher-level theories, principles, and practices is essential to the sustainability of human culture and furtherance of the professions. The empowerment of students with superior professional capabilities and mature judgment can more easily be achieved when institutions of higher learning utilize competency-based techniques that inspect outcome effectiveness. Student demonstration of heart centered learning at the higher levels of cognition. Rigorous training programs that teach to higher ideals, require students to make maximum efforts to achieve competencies, wisdom, values, and motivations necessary for professional empowerment will better prepare participants to stand out effectively within their professions and thereby make meaningful contributions to the betterment of the human condition. This opportunity makes the use of The Power of Healing Stories to Inspire, Teach and Heal.

COURSE AUDIENCE

Open as an elective to all graduate and continuing education of students with the written permission of the Dean of Integrative Health College.

FACULTY-STUDENT COMMUNICATIONS

Telephone Contacts

The student will initiate an initial telephone conference with Dr. Bulbrook at 1.919.724.9656 or info@akamai.university to set up a zoom meeting within one week of enrollment to clarify a plan of action for the special training. This initial contact will help familiarize the student and instructors with one another, and permit the transmission of clear expectations for completion of course requirements. Periodic telephone interaction as required, at student's expense, should be continued for the duration of the course.

Email Communications

Frequent email communications between student and instructor(s), mentors should be initiated and continued for the duration of the outside training.

Alternative Communications

Students may send communications and materials via postal service, as appropriate. Chat room sessions, when available, can be held on a weekly or bi-monthly basis by phone and or zoom or skype.

COURSE DELIVERY STYLE

Students pursue foundational readings in the literature, listen to the taped dialogue sessions and or read related educational materials and develop a special training proposal in close collaboration with the instructor(s). Students carry out the expectations of the special training under the supervision and involvement of Dr. Bulbrook. Upon completion of the approved training components the student will provide the necessary training completion certificates or affidavits as a prerequisite for awarding of course credit.

REQUIRED COURSE MATERIALS

Required Readings

There is no one required textbook for this course, however, readings and literature search are to be conducted under the supervision of the instructor(s) mentors and the direction of the training sponsor if appropriate and as applicable.

COURSE ASSIGNMENTS

Assignment #1: Collaborative Communication with Instructor

Initiate telephone contact with the instructor to clarify the plan of action and initiate collaborative email communications. Maintain email contact with the Akamai course instructor for the duration of the course primarily through Dr. Bulbrook. Initiate and continue journal notations concerning all communications with the instructor.

Assignment #2: Proposal for Training regarding The Power of Stories to Inspire, Teach and Heal

Prepare a proposal for personal / professional goals in practice, education and or research covering the following points. Submit for feedback and approval from the course instructor, before initiating:

1. Define your goal for the special training. the importance or the need for the training. Explore the potential benefits to your personal, academic, and professional development.
2. Prepare an annotated bibliography of the literature to be covered in connection to the proposed training.
3. Identify the primary activities that will be undertaken and their sequence in the conduct of the training.
4. Identify the expected outcome and define the proposed goals to be gained.

Assignment #3: Literature Review and Annotated Bibliography

Under the guidance of the course instructor and the direction of a mentor if appropriate, conduct a library and Internet search for scholarly literature in texts and journals (and other important learning resources) specifically related to the primary topics under investigation within the special training. By design, this should be an exhaustive but narrow and well-focused gathering of literature within the defined area under investigation. Review the literature and assess its effectiveness, as it informs your pursuit of effectiveness through training. Initiate and maintain journal notations concerning all text and journal readings. Prepare and submit an exhaustive annotated bibliography clarifying how each of the written works contributes to the scholarly discourse in support of the special training. Prepare these annotations in accordance with acceptable means of annotation and submit these as requested by the instructor in a formal written presentation.

Assignment #4: Pursuit and Follow up of the Training

Initiate and carry out the training according to the approved proposal. Maintain collaborative communications with the instructor for the duration of the special training. Prepare a scholarly written training follow-up report covering all major aspects of the special training. Include at least the following elements in your training report:

- A review of the element of the special training
- A concise review of the most effective academic literature pursued in support of the training
- An overview of the activities you conducted relative to components of training, and other salient details.
- A description of the outcome(s)

- An evaluation of the effectiveness of the training.
- Written document of 15 – 20 pages of the experience

SUPPLEMENTAL LEARNING RESOURCES

Additional Research & Inspirational Resources

Check out the innovative work that directs consciousness studies and multi-dimensionality.

https://www.bigelowinstitute.org/contest_winners3.php

BICS is proud to publish, for the first time, all twenty nine winning essays from the 2021 BICS essay competition. None of these essays have been previously published. The essays represent a completely novel body of work that were written specifically for the BICS essay contest. We hope these essays collectively provide a valuable resource for researchers and members of the public for presenting the evidence for survival of human consciousness after bodily death. Preamble for 1st, 2nd, and 3rd prizes. As readers study the top three essays authored by Dr. Jeffrey Mishlove, Dr. Pim van Lommel and Dr. Leo Ruickbie, it will become apparent that there is a great variety of approaches that prove the case for survival of human consciousness after bodily death beyond a reasonable doubt.

One hundred percent of the responsibility for judging of the BICS essay contest lay in the hands of the six judges. There was no influence by either Robert Bigelow or Colm Kelleher on the judging process. The essays were chosen by majority rule with the central criterion being the cumulative evidence for Survival of Human Consciousness beyond permanent bodily death and beyond a reasonable doubt. Because of the very large number of excellent essays that BICS received (204), the judges spent over four months of very intensive work in meticulously evaluating, deliberating, arguing and eventually making their decisions.

The Rise of Collective Compassion

Global Coherence Annual Event by the HeartMath® Institute

Friday – Sunday 3/18/22 – 3/20/22 Special 35% off through 2/28/22

[Register](#)

Watch this 2 minute description to experience what is coming in this important event.

<https://www.youtube.com/watch?v=h0mYcT2vZN4>

Coronomics: Economy Impacted with Pandemic

The Problem - Impact - Solutions

[February 5, 2022 - AU Faculty Presenter Dr. Man BK](#)

manbk@akamai.university

[Akamai University Green Growth Certificate Program](#)

Dr. Man B. Bishwakama, Program Director /

[manbk@akamai.university](#) [Link to Feb. 5, 2022 is here](#)





New series of **FREE webinars**, 'In Conversation With...', is the amazing **Marianne Williamson**. We'll be exploring the topic **Love as a Social Movement**, where we will be touching on many interesting topics, including:

- Spiritual activism and the meaning of 'social love'
- The required shift we must make in ourselves
- Setting up a new 'beloved' community

Held Tuesday, January 25th, 2022 at 10 am PT/ 1 pm ET/ 6 pm GMT/ 7 pm CET
This was excellent. Listen to a replay on Lynne's Facebook page.

For those of you who may not know her, Marianne is a bestselling author, political activist and spiritual thought leader. For over three decades Marianne has been a leader in spiritual and religiously progressive circles. She is the author of 14 books, four of which have been #1 *New York Times* best sellers. A quote from the mega best seller *A Return to Love*, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure..." is considered an anthem for a contemporary generation of seekers. *You can watch the live stream on my [Facebook page](#).*

Oprah Winfrey Motivation - 30 Minutes for the Next 50 Years of YOUR Life!

2/22/2022 Viewed

Lessons:

1. *"You are the master of your soul / your fate,"*
2. *"Find your calling."*
3. *Do what feels right."*
4. *"Have a bigger vision."*
5. *"Serve your soul."*
6. *"Live the dream."*

Feb. 22, 2022 uTube Video <https://youtu.be/TT0DOvnx0Oc>
3,275,620 views – Spiritual Development and Empowerment

Heal Thyself. White Eagle. The While Eagle Publishing Trust. 1962. Eleventh Impression December 1994; Printed in Great Britain by Cambridge University Press.

American Nurses Association Research Updates:

<https://www.bing.com/news/search?q=american+nurses+association+website&FORM=HDRSC6>

Fostering nurse-physician collaboration through shared experience: An innovative program. Sarah Low, Emily Gray, Amanda Ewing, Patricia Hain, Linda Kim, American Nurse Journal Vol 17, Number 2, February 2022. pg. 19-21.

Anxiety in primary care: A primer for APRNs: Learn about the symptoms and treatment options, and cultivate a referral network. Allison Gregory and Lyons Hardy. American Nurse Journal Vol 17, Number 2. February 2022. p 13 – 18.

Also view the many books, articles and professional contributions by Dr. Siegel and Dr. Bulbrook as available on their websites.

<https://www.akamai.university/affiliate-emp.html>

<https://www.energymedicinepartnerships.com/a/>

<https://www.waterlilypressnc.com/>

<http://berniesiegelmd.com/>

See Virtual Library at University Website www.akamai.university for supplemental learning resources and access to publishers and online book vendors.

INDIVIDUALIZATION OF STUDENT ASSIGNMENTS

The primary purpose of this course is to provide opportunities for the student to pursue professional quality training of the Integrative Multidimensional Empowerment (IME) Model 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, as documented in the follow-up report

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

- Clarity of references to the recordings of Bernie & MJ Dialogues
- Documenting the impact of what is triggered from the sessions in body, emotion, mind and spirit
- Richness student-instructors' interactions growth and changes
- Quality focused on application of the training

COURSE GRADING DETERMINANTS

The course grade will be calculated according to the following formula:

Proposal for Training	20%
Communications with instructor	20%
Journaling of experiences and growth	20%
Follow-up report of application professionally	40%

COURSE COMPLETION TIMETABLE

While the student is expected to carry out and complete all assignments within a personally defined time frame.

Session #1: Make telephone contact with the instructor for the purpose of establishing the plan of action and scheduling the timeline and mode of communications for the duration of the course. Secure a recommended bibliography from the instructor or training site and begin to gather text and journal literature in support of the special training. Explore the details of your proposal for training with the instructor and address concerns and recommendations.

Session #2: Submit by email your complete proposal for training and a summarization of the agreed upon plan of action for the course. Pursue foundational literature in preparation of the training proposal and begin the maintenance of journal notations that must continue for the duration of the training. Begin creation of an annotated bibliography of the readings undertaken.

Session #3: Continue to pursue the foundational literature in preparation of the training proposal. Submit by email the first draft of the special training proposal for feedback by the instructor.

Session #4: Submit by email the final training proposal for the instructor's approval.

Session #5: Initiate training activities. Continue to review the scholarly literature, maintenance of journal notations, and frequent communications with instructor.

Session #6: Maintain journal notations concerning all aspects of the conduct of the special training growth and changes. Begin at this point to formulate a draft of the written review of the scholarly literature as it applies to the purpose, structure and conduct of the special training. This literature summation will be an integral part of the training follow-up report.

Session #7: Begin to draw to a close your training activities. Continue collaborative communications with the instructor(s) and maintain journal notations related to all aspects of the training. Begin preparation of the training follow-up report.

Session #8: Maintain collaborative communications with the instructor(s) with journal notations and or story related to the training experience. Send (or transmit) to the instructor the final training follow-up report.

Session #9: Receipt and acknowledge feedback from the instructor.

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. 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. It is important that you turn in assignments within the parameters of the agreed timeline. However, there are often unforeseen circumstances will befall any of us, therefore, I will be patient with you in the event of some personal crisis. Don't surprise me at the last minute, call me, email me, and we will work it out.

Thoughts about writing

Choose the appropriate style of capturing the stories or conveying the material addressed during this course. You can also purchase a collegiate writing style manual. If you are unclear which is the appropriate manual, please contact me and we can discuss this important issue. All written work should adhere to the writing style and manuscript preparation guidelines described in your style manual. Pay extra special attention to the rules related to referencing and citation of the academic literature. In all circumstances, you will be expected to acknowledge the works of others that have informed the work you wish to submit as your own.

Academic Integrity

Academic dishonesty 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.

FACULTY CONTACT INFORMATION

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