



# Akamai University

Institute FOR  
**CIH Studies**  COMPLEMENTARY  
INTEGRATIVE  
HEALTH  
School For Becoming More Fully Human  
*Based on the Virginia Satir Growth Model and Energy Therapy*

## Institute for CIH Studies at Akamai University

Certificate Programs in  
Complementary Integrative Health (CIH)  
Partial Scholarships & Special Financing Available

Offered through Akamai University, College of Continuing  
Education

Institute for CIH Studies, Energy Medicine Partnerships Affiliate

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

<https://www.energymedicinepartnerships.com>



Affiliate Organization  
of Akamai University  
[energymedicinepartnerships.com](http://energymedicinepartnerships.com)  
Dr. M.J. Bulbrook  
RN, EdD, CEMP/S/I, HTP/I, HTCP



### Description:

Akamai University Division of Continuing Education offers Certificate Programs in Complementary Integrative Health (CIH). They are designed for those interested in Board Certified Training with specific focus or CIH concentrations.

### Goal:

Each certificate program offers heart-centered, multi-dimensional CIH approaches to empower individuals to access their inner power to overcome obstacles affecting them today. These obstacles could include extreme stress, burnout, illness, pandemic induced challenges, financial disparity, family struggles, racial inequality, organizational demands available to prepare as Board Certified Complementary Integrative Health (CIH): Three opportunities are available as CIH (Complementary Integrative Health) Clinician / Coach, CHI Practitioner/Facilitator, CHI Specialist/Educator in their concentration of choice and program focus.

- ❖ Transform Your Life through Energy Medicine (TYLEM)
- ❖ Transitions Holistic Wellness Care
- ❖ I Choose Health – Overcoming Addiction
- ❖ After-Effects from Near Death/ Shared Death / Spiritual Mystical Experiences
- ❖ End of Life: Care & Comfort for Individuals, Families, & Health Care Professionals
- ❖ I Serve, Those Who Served

Multi-Dimensional Pathways to Health & Wellness  
 Certificate Programs in Complementary Integrative Health (CIH) 2022 – 2027  
 Revised June 2023

- ❖ Abuse, Trauma, Disasters: Help, Recovery & Healing
- ❖ Spiritual Development, Soul2Soul Communication
- ❖ Diversity, Equality, Inclusion (DEI) Studies
- ❖ Healing through Creative Arts, Movement, Song, Dance & Drawing
- ❖ Indigenous Healers & Shamanistic Approaches to Health & Wellness
- ❖ Holistic Approaches Caring for Animals
- ❖ Healing with Animals, Nature Plants & the Environment (HANPE)
- ❖ Helping Individuals, Families & Organizations Change– Virginia Satir Transformational Process for Becoming More Fully Human & Energy Therapy
- ❖ CIH Approaches for Health Professionals:  
Nurses, Medical Doctors, Psychologists, Social Workers, Physical Therapists, & Others
- ❖ Mental Health Strategies Addressing World Challenges
- ❖ Traditional Chinese Medicine, Qigong, Tai Chi, Natural Healing

Concentration Choices: Energy Medicine, Energy Psychology, Energy Dynamics, Biofield Feedback or Transpersonal Studies. The program focus is one listed above.

Certificate Program	CIH Clinician or Coach	CIH Practitioner or Facilitator	CIH Specialist & Educator
Description	Foundational work integrative health on the self and others	Develops integrative health practice with previous education	Creates an innovative integrative health specialty
Curriculum	Basic preparation in Complementary Integrative Health (CIH)	Adds CIH approaches to current health practice	Integrates CIH into a new model of care
Cont. Ed. Units 1 CEU = 10 contact hours	12 CEU's = 120 contact hours minimum	18 CEU's = 180 contact hours minimum	30 CEU's = 300 contact hours minimum
Cost	\$1800	\$2700	\$3300
Non-refundable Application Fee	\$100 Includes Evaluation Previous Experience	\$125 Includes Evaluation Previous Experience & Training	\$150 Includes Evaluation Previous Experience & Training

[Scholarships Special Financing Available](#)



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**Background of Need:** These Certificate Programs were conceived as an outgrowth of the need to address the unprecedented 2020 worldwide challenges.

**Housing the Program:** The multi-dimensional educational pathways were created by Dr. Mary Jo Bulbrook master teacher & practitioner and president of Energy Medicine Partnerships. View [CEU's Providers click here](#).

**Goal:** The goal is to create a viable culturally or need specific program to address unique demands for services offering support, care and help to achieve peace within and without. The curriculum is individualized addressing the root cause and effective strategies to heal and achieve peace within and without.



**Program Designer:** Dr. Bulbrook is uniquely qualified to serve in this role due to her lifetime commitment as a dedicated university academic with over 50+ years in Higher Education in multiple countries and on-going clinical practice. She is a master teacher / practitioner / educator with ground theory research methodology – culturally and content specific with a heart2heart, person2person, soul2soul perspective.



All these pathways to health, healing and wellness Dr. Bulbrook addressed during her extensive career blending Complementary Alternative Medicine (CAM) and Integrative Health (CIH) to diverse worldwide populations and countries in need. Her work is infused with Virginia Satir's Model of Change. Virginia promoted the energy of achieving Peace Within, Peace Without, and Peace Among treating all people regardless of their culture, race, gender, religion, economic status, education or political views.

She served in a significant role in the spread of HT in North America as well as the other countries from the original program that Janet Mentgen created as well as with Dr. John Thie, creator of Touch For Health who invited her to take his work worldwide.

Infused with her experiences with colleague, mentor and friendship with the following besides Virginia Satir include: Janet Mentgen, founder of Healing Touch, Dorothea Kramer-Hover, co-founder of Association of Comprehensive Energy Psychology, Charlotte McGuire, Founder of American Holistic Nurses Association, Col. Diane Corcoran, Military Nurse, Effie Pow Chow, RN, Accupuncturist and QiGong Master and founder of East-West Academy of Healing Arts, Bernie Siegel, MD renowned surgeon and innovator, Mark Anthony, Spirit Communicator and Psychic Lawyer.

Dr. Bulbrook's journey includes offering expert knowledge, experience and skills practicing, teaching and studying a range of energy therapies with cultural additions in multiple countries with infusion of traditional healer's expertise. These include Bob Randal, Uluru, Australia, Rose Pere, Tohuna, New Zealand, Amelia Pandura, Curando, Peru, Credo Mutwa, Sangoma, South Africa, and native peoples of Canada and throughout the USA.

Her CAM / CIH training has been taught throughout the US and Canada, Australia, New Zealand, Peru, Chile, and South Africa since 1976. This includes working with health care professionals in universities and hospital organizations alongside indigenous healers and inspired Soul2Soul connections. Opportunities exist to teach the above programs for those who qualify and choose the pathway of their interest, experience, and training.

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**Program Requirements & Opportunities:** These new pathways were spiritually conceived to serve a need for select populations. This need includes finding the right content to teach from the wealth of knowledge available, skilled instructors to teach, sound educational design that is monitored and evaluated to achieve the individualized educational goal and establishing an infrastructure to make the program viable, manageable, and affordable. The training is based on Dr. Bulbrook Model Program titled: Person to Person theory of education. Scholarships available. Flexible scheduling & monthly payments.

**Program Applications:** Dr. Mary Jo Bulbrook, Program Director / [Institute of CIH / CAM Studies at AU / info@akamai.university](mailto:info@akamai.university) / 1.919.724.9657 / [www.energymedicinepartnerships.com](http://www.energymedicinepartnerships.com)

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

**Akamai University Continuing Education Units available, Institute of CIH / CAM Studies**

The Certificate programs consists of continuing education units of study, reflection, training, and mentorship that leads to a Certificate in Complementary Integrative Health (CIH) with chosen concentration of Energy Medicine, Energy Psychology, Energy Dynamics, Transpersonal Studies or Biofield Feedback - Wellness. The specific focus is one of those listed above.

**Curriculum:**

- Part I – Overview & Basic Preparation
  - Introductory seminar
  - Awakening, Attunement & Healing
  - Ethical considerations
- Part II – Exploring Complementary Integrative Health (CIH) Pathways to Health and Wellness
  - Assessments & Interventions
  - Applying what was learned
  - Mentorship
- Part III – Board Certified in Complementary Integrative Health (CIH) Clinician / Coach, Practitioner / Facilitator, Specialist / Educator
  - Documentation of your experience as verified by a professional project or paper outlining the journey.
  - Create marketing materials for your chosen board certification
  - Evaluate demonstration of chosen area

[Certificate Program in Complementary Integrative Health \(CIH\) Therapies: Pathways to Health & Wellness](#)

[Part 1 Pathways to Health & Wellness](#)

During this course, the student can experience interventions from a variety of approaches such as: Transform Your Life through Energy Medicine, Healing Touch, Reiki, Therapeutic Touch, Energy Medicine, Touch for Health, Energy Psychology, Bio Energetic Wellness, Yoga, Tai Chi or Qi Gong, Traditional Chinese Medicine, Natural Healing, Sound Healing, Dance, Movement Therapy & Creative Arts.

Includes identifying and documenting the persons health status including body, mind-emotion, and spiritual aspects. Through this in-depth analysis, the student explores their

own energetic, family, and cultural imprinting that currently is affecting his / her journey. Once identified includes learning ways and strategies to break patterns that influence health and well-being.

Ethical dimensions in providing complementary integrative care are explored.

### **Part 2 Applying what was learned to the population / certificate of choice**

This usually takes 6 months to a year or year and half depending on the time commitment a student is able to complete and provide the documentation of the journey to qualify for the designated title. It is done virtually as well with peers. Some opportunities may exist for in person.

The graduate will be awarded a Certificate as Board Certified in Complementary Integrative Health (CIH) or Complementary Alternative Medicine as a Coach / Clinician, Practitioner / Facilitator or Specialist / Educator

### **Part 3 Reflection and Your Story**

The training the person submits their credentials to the Energy Medicine Partnerships Affiliate with Akamai University for awarding the Certificate and Continuing Education Units. The CAM / CIH Academy affirms the Board Certified Certificate sent to Akamai University.

**Registration online - or contact Dr. Mary Jo Bulbrook by email:  
[maryjo@energymedicinepartnerships.com](mailto:maryjo@energymedicinepartnerships.com)**



**Mary Jo Bulbrook, BSN, RN, Med, EdD, CEMP/S/I, CIHP/S/I, HTP/I, ICF**  
President of Akamai University, President Energy Medicine Partnerships  
President CEO Global Healing Alliance  
Dean of AU College of Integrative Health, Institute for CAM / CIH Studies  
Dean of AU College of Continuing Education at Akamai University  
52 + Years in the Practice, and Teaching in Energy Medicine working with indigenous healers in four countries: Australia, New Zealand, South Africa and Peru.

## **Certificate Programs in Complementary Integrative Health (CIH)**

**Follows National Center for Complementary & Integrative Health Strategic Plan 2021 – 2025**

<https://www.nccih.nih.gov/about/nccih-strategic-plan-2021-2025>

**NCCIH Mission** - The mission of NCCIH is to determine, through rigorous scientific investigation, the fundamental science, usefulness, and safety of complementary and integrative health approaches and their roles in improving health and health care.

**NCCIH Vision** - Scientific evidence informs decision making by the public, health care professionals, and health policymakers regarding the integrated use of complementary health approaches in a whole person health framework.

**National Center for Complementary and Integrative Health. NCCIH Strategic Plan FY 2021–2025: Mapping the Pathway to Research on Whole Person Health.** National Center for Complementary and Integrative Health website accessed at <https://nccih.nih.gov/about/nccih-strategic-plan-2021-2025> on 11 May 2023.

**Program Content:**

- ✓ Capturing Your Story
- ✓ Explore Culturally based Values and Experiences that Shaped Your Life
- ✓ Expand Intuitive Development.
- ✓ Practice Interventions bring Balance & Healing using a Variety of Integrative (Whole Person) Treatment Modalities
- ✓ 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 Choose Health will be able to:

1. Define your personal desire or need for this training and certificate.
2. Assess your current body, mind-emotional and spiritual health.
3. Practice energetic interventions to clear your path and define your life goal.
4. Practice a range of energetic interventions.
5. Create a self-care plan for clients
6. Explore resources to support in the focus of your choice.
7. Document the progress achieved.

**Eligible Participants for the Training:** The training is open to anyone desiring to receive a Certificate in Complementary Integrative Health (CIH) as a coach / clinician, practitioner / facilitator or specialist / educator depending on the path you choose and your background. This training is foundational for those who desire to be teachers of this program and mentors. Can be applied to degree programs at Akamai University

**Program Fees:**

**Total program Cost Varies Depending on the Role:**

**Coach / Clinician \$1800, Practitioner / Facilitator \$2700, Specialist / Educator \$3300.** Includes university continuing education with international accreditation, learning modules, spiritual development, mentorship, and certificate. Total of minimum of 12 – 30 CEU's to receive the certificate.

(1 CEU = 10 contact hours) Additional fees may be charged for additional mentorship to complete the program as needed beyond the basic program. All fees are payable to Energy Medicine Partnerships,

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Akamai University Affiliate who pays the fees required to Akamai University which includes University Continuing Education Units credit through Akamai University College of Continuing Education.

After each part is finished, contact hours will be awarded documenting the segment taken and the number of contact hours earned. Payment options are available. 10% discount for full payment paid after application is approved to start the studies with includes a zoom meeting to discuss the student's goal and clearly explain the process involved and answer any questions.

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.

*Limited partial scholarships are available for those in need and qualify. Payments are scheduled quarterly spread over 1 year or would consider another option after discussion with Dr. Bulbrook based on the students situation.*

### **Guiding Principles:**

- ✓ Let Go and Let Souce
- ✓ Find Your Path through Spiritual Guidance
- ✓ Become free from the ties that bind you.
- ✓ Call back your spirit
- ✓ Find your life purpose
- ✓ Achieve peace within, without, peace among
- ✓ Let joy and love guide your choices



**Transform Your Life™**

### **Story Telling Process:**

#### **Phase I – Telling Your Story**

- My story of what happened in my life is...
- My feelings about this are...
- I think that I am ...
- My heart is...
- What I want to say about my life so far is...
- My visions for myself at the time are...
- 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 this chosen path and what you think needs to be done.

**Phase II – Energetic Pathways for Healing**

- Central Power Current clearing & alignment
- Energy Field Drain & Replenishment
- Energy Centers Clearing & Balancing
- Energy Tracts Vitalized & Return to Functioning
- Reconnecting to self, family and friends in this dimension
- Streams of Grace & Gratitude
- Energetic Protection
- Development of Intuitive Abilities
- Synchronicity

**For More Information, Contact Program Developer:**



Dr. Mary Jo Bulbrook, CEMP/S/I

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Gibson Road, Durham, NC 27703 Phone / Fax 1.919.381.4198 / cell 1.919.923.2409  
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/ [Institute for CIH Studies at AU](#)

**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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