

EPS / CAM 589: Process for Becoming More Fully Human (3 – 6 credits)

Description:

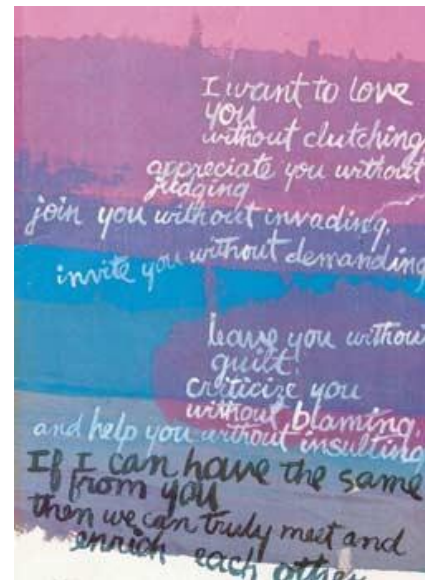


The foundation of this course is the combined work of the renowned therapist Virginia Satir whose philosophy influenced and shaped the Transform Your Life through Energy Medicine training program developed by Dr. Mary Jo Bulbrook. The blending of family therapy and energy therapy is a perfect balance to revolutionize the way we deal with presenting mental health issues that are stored in the Energy System and must be released.

Understanding these dynamics are critical to make quick lasting changes addressing the root of the energetic imprinting of the bio-psycho-social-spiritual dynamic that influences the entire functioning of the individual.

Background:

Dr. Bulbrook was the first director and creator of Satir's Process Community launching Satir's Avanta Network with University of Utah in Park City Utah in 1980. This foundation predated Crested Butte. ***The teachings of Virginia's and Mary Jo's commitment are to help individuals become more fully human. This course includes: a personal analysis of your life path and ways to make changes, strengthen family, community and your professional path using this blended approach and your ideas.*** You will be guided to integrate a range of readings and resources of the Satir influence as connected to Dr. Bulbrook's worldwide energetic teachings illustrating the interwoven path of this work, multi-dimensional psychotherapy, integrative health connecting body, emotions, mind, and spirituality.



This experiential multi-dimensional course is based on the psychotherapy training of renowned family therapist Virginia Satir with Mary Jo Bulbrook's worldwide training Transform Your Life through Energy Medicine (TYLEM™). Participants will learn ways to enhance and heal the self, families, other relationships, organizations, and communities with this unique integrative multi-dimensional process.

Spiritual intuitive insights from multi-generational and multi-time dimensions reveal locked patterns of energy that hold spiritual lessons for health and healing. Participants will learn to

develop multi-dimensional insights and facilitate healing and empowerment with this innovative process.

Location:

Course is available online individually or with a group, or in-person held at different locations worldwide when the restrictions due to the Covid 19 pandemic are lifted. Please indicate your preference when signing up for the course for an individual or group path. Course covers: Theory, Satir Family Dynamics and Family Constellations, Energetic Descriptions of the Satir Communication Stances, Experiential Sessions, Personal Insights Gleaned, Multi-Dimensionality Opportunities to Grow and Change.

Objectives:

Participants will be able to:

1. Explore the Satir and Bulbrook models of family dynamics and communication patterns.
2. Identify family energetic history using the TYLEM assessment process.
3. Gain insights into your relationship energetic pattern(s).
4. Experience multi-dimensional energetic healing.
5. Clear communication patterns therapeutically and energetically.
6. Discuss insights to create a new path for yourself including professional contributions.
7. Experience multi-dimensional spiritual congruent communication.

Content:

Advanced Energy Medicine Healing Techniques taught in this class:

- Heart Centered Six-Pointed Star Relationship Meditation
- Spiritual Congruent Communication
- Assessing & Balancing the Energy System
- Multi-Sensory Cues to Energetic Flow
- TYLEM & other Energetic Relational Healing Protocols
- Satir's' Communication Theory with Bulbrook's Energetic Descriptors
- Multi-dimensional Health & Healing with a Variety of Energetic Strategies



Congruency



Clear communication, called “leveling” or “flowing,” heals ruptures, breaks impasses, and builds bridges between people.

Message: The effect is congruence and says “I like you.” The voice is warm and the person looks at you. The message is single and straight and represents a truth of the person at that moment.

Inside: The words match the facial expression, body position and voice tone. Relationships are easy, free and honest with self-esteem high.

(Satir, The New People Making. 1988. p. 93.)

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Bulbrook’s Energetic Description of Leveler

Able to hold your ground. Clear in communicating needs. Set physical and emotional energetic boundaries. Meets a person at the level they are.

Field Description of a Leveler

Physical, Emotional, Mental, Spiritual – Open and flowing with clearly defined boundaries.

Chakra Descriptions of a Leveler

All chakras are about equal, open and flowing allowing for the energy to come in and go out easily.

Potential impact of a Leveler / Clear Communication on receiver

Enhances the flow of energy for the other person. Clear communication helps things to grow.

56

Bulbrook’s Congruency Energetic Model & Satir Communication Stances

Communication Styles



STANCE	REPRESENTS	POSTURE	PRESENTER USE
PLACATER	Service Helplessness Benign	Palms up, head slightly tilted with an apologetic look.	Use this to get out of trouble or make something confrontational easier to accept
BLAMER	Power Dominance	Finger pointing, hands on hip, leaning forward in a superior position, face screwed up, lips curled and loud voice	To get a very powerful point through to the audience. To present yourself as an authority
THINKER	Intellect Dissociated No feelings	Leaning back, hand on chin or cheek with index finger extended. Arm could be folded underneath	To appear intelligent about a topic or to dissociate yourself with the content you are presenting
DISTRACTER	Spontaneity Fun	Angular, asymmetrical, arms and hands in different directions	For fun, to lighten things up. To add humour so that learning is easier
LEVELLER	Frankness Truth	Leaning slightly forward, palms facing toward, and parallel with the ground moving from the centre outward	To tell the truth, gain credibility and believability in the content

Dr. MJ Bulbrook with V. Satir
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51

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 ones own behalf, instead of choosing to be only 'secure' and not rocking the boat.

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.

Certificate Program in Integrative Health
Helping Individuals, Families, and Organizations Change

Integrating the Virginia Satir Process and Energy Therapy

Modules:

Module 1 – Describe & demonstrate the Satir Communication Stances: Blamer, Placator, Super Reasonable / Thinker, Irrelevance / Distractor, Congruence / Levelor

Module 2 – Participants practice the Satir Communication Stances

Module 3 Describe & demonstrate the Energetic profiles of the Satir communication models listed above and how can this be incorporated into your professional practice keeping the Human Process Validation model from Satir's Beliefs from her personal notes described below.

Module 4 – Integrate the two paradigms in a clinical demonstration applied to your energetic background in addition to Bulbrook's TYLEM Model

Module 5 – Participants practice Blending Theory & Practice with Satir Communication & Bulbrook TYELM Energetic Models

Module 6 – Project planning of integrating what you learned either a project on your own or with classmates.

Module 7 – Presentation planned completed project

Assignments for 3 University Credits: Sources (1 credit = 15 clock hours)

<https://www.globalhealingalliance.com/virginia-satir-networking.html>

1. Write a 9-16 page paper of the Satir process of change from her texts and other writings of her work using the resources for Satir Networking on the Global Healing Alliance website noted above.
2. Watch 3 to 5 videos about Satir's work and identify what you learned. This is to be submitted in a 9 - page paper. = 25% of grade
3. Create a Power Point, or a presentation to a professional audience of that communicates what you have learned = 25%
4. Experience the Satir process of Becoming More Fully Human with Bulbrooks' TYLEM assessment and interventions by a one on one session or participating in a group session with the instructor = 25% of grade.

Grading: A = 90 – 100 points, B= 80 to 90 points, c= 70 to 80 points, below 70 points assignment is not acceptable.

Assignments for 6 University Credits:

Completion of the 3 credits assignments and design an alignment of Satir / Bulbrook work with your professional career path as demonstrated by a project, paper, educational offering, conference participation, conference presentation on this material, advanced clinical demonstrations using your background, and / or a beginning retrospective study of clinical application of this material with a population to serve during the Covid 19 pandemic. Approval of instructor is required and close communication with the instructor throughout the process.

Training Material Options:

Three 2-hour Videos integrating Satir & Bulbrook's work – filmed in Perth, Western Australia with faculty and graduate students at Edith Cowen University where Dr. Bulbrook was visiting professor in 1990. Years earlier, Satir was an invited presenter filmed in person at the University. Books & Tapes can be Ordered from Water Lily Press NC.



<https://www.globalhealingalliance.com/waterlily-press.html>

- Becoming You
- Shaping You
- Becoming Well

Satir People Making Text

Bulbrook 2 Training Manuals:

- Transform Your Life through Energy Medicine
- Meridian Therapy & Practice – Combines Touch for Health & Energy Psychology

Resources from Journals:

Bentheim, S. Evolving to Become More Fully Human – Early Contributors to the Satir Model, *Satir Journal of Counseling and Family Therapy*, Vol. 1, 2013.

Carlock, J. A Note From the Editor. *Satir International Journal*. Vol. 5 No. 1, 2017.

Carlock, J. An Interview with Dr. John Banmen on the Satir Model. *Satir International Journal*, Vol. 5 No. 1, 2017.

Carlock, J. A “Wheel of Resources” for Emergency First Responders”, *Satir Journal of Counseling and Family Therapy* Vol. 1, 2013.

Christie-Seely, J. “workshop on Climate Change Based on the Work of Macy and Informed by the Satir Model”, *Satir International Journal*, Vol. 5, No1, 2017.

Dodson, L. “What’s the World Trying to Do Now” Reflections on Cultural Transformation during President Trump’s Days as President”, *Satir International Journal* Vol. 5 No. 1, 2017.

Erker, J. A Summary of a Qualitative Study of Satir Family Therapy: Theoretical and Practical Developments over the Past 30 years. *Satir International Journal* Vol 5 No. 1, 2017.

Haitoglou, D. The Satir Systemic Coaching Model. *Satir International Journal* Vol. 5 No. 1, 2017.

Leslie, M. Widening Our Lens, Deepening our Practice: An Exploration of Energy within the Teachings of Virginia Satir. *Satir International Journal*, Vol. 4 No. 1, 2016.

Loeschen, S. Jendrusakova, D. Enriching Your Relationship Program through the Lens of Empirical Research, *Satir International Journal*, Vol. 3 No. 1, 2015.

Lum, W. Zero Infinity: Multidimensional Healing of Experiences, *Satir International Journal*, Vol 4 No. 1, 2016.

Satir Institute of the Pacific, Annotated Bibliography of Satir writings since 1960 – March 2019.

Wieprecht, E. “Movement and Body-focused Learning in the Satir Model”, *Satir International Journal* Vol. 4 No. 1, 2016.

References:

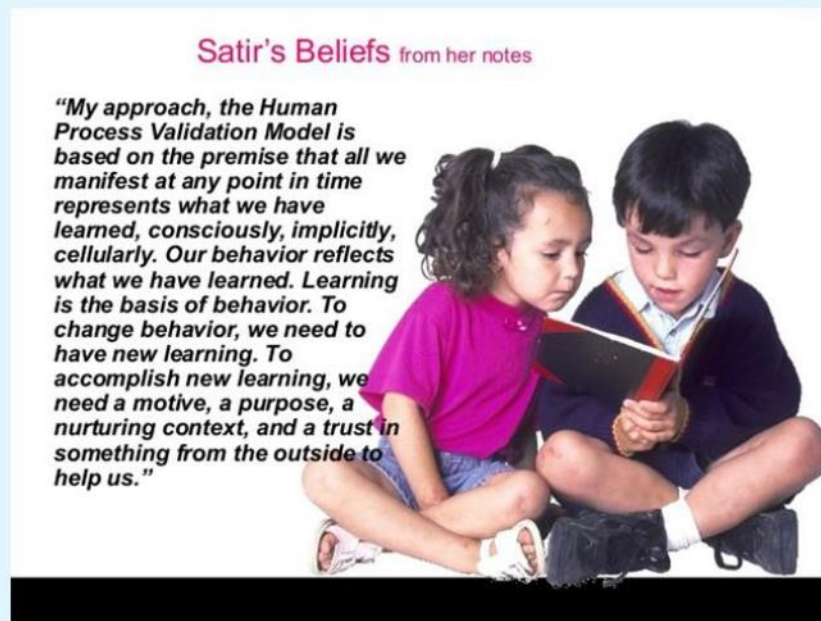
Bulbrook’s presentation for the Celebration of Satir’s 100th birthday in June, 2016 – Canada titled: Becoming All You Can Be – Children’s Detective on Parents by Satir sharing stories told to Mary Jo, colleagues & friend.

Satir, V. (1988). *The New Peoplemaking*. Palo Alto, CA: Science and Behavior Books.

Satir, V.(1980). *Communication and Contact in Bulbrook*, MJ. Development of Therapeutic Skills. Boston: Little Brown Company. pps. 15 – 20.

Bulbrook, MJ, (Sept. 2016). Presentation at the ISSSEEM Conference, "The Virginia Satir Transformational SEED Model: A Spiritual / Energy / Efficient / Diplomat Model & Theoretical System for Helping Individuals, Families, Communities & Organizations, Change, Grow and Healing - Becoming All They Can Be.

Human Process Validation



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11

Banman, J (2016) used with permission from John Banmen, Jane Gerber, Maria Gomori, (1991) The Satir Model: Family Therapy and Beyond. Palo Alto, CA 1991. Science & Behavior Books.

Instructors:



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Institute for CAM Studies

University For Becoming More Fully Human



Based on Virginia Satir Growth Model and MJ Bulbrook Energy Therapy

Virginia Satir 1916 - 1988

The late Virginia Satir was a pioneer in the development of family therapy. During her lifetime, she created a dynamic model to help people change and grow. She was identified as a communication theorist, although in identifying herself she would say her mission was to help people build their self-esteem. Through a simple, dynamic process, she developed an effective model to help people grow and change. Her goal was to help people feel better about themselves and be effective in communicating with others. Based on her experience of helping people for several decades, the model called the "whole person model for becoming more fully human" has been enriched to include energy medicine.



Mary Jo Trapp Bulbrook 1944 -



Dr. Bulbrook is a master psychotherapist, spiritual/medical intuitive, expert energy healer and teacher with over forty-five years' experience teaching, healing, and studying many healing strategies. She has taught workshops in Peru, Chile, South Africa, Australia, New Zealand, Canada and throughout the USA. She worked closely with Virginia for over 17 years helping her launch her international teaching network originally called, Avanta Network.

Her grounded theory approach to research in partnership with traditional healers from South Africa, Australia, New Zealand, and Peru has enriched her understanding of the healing process. Gifted with intuitive, multi-dimensional insight including communication beyond physical life, Mary Jo has been able to communicate across time dimensions such as before, during and after life. Her experience with the dying and death process started in 1976. She helped launch Hospice of Salt Lake and served as the first Director of Training in the late 1970's.

Dr. Bulbrook's abilities of Higher Sense Perception developed over time as she went around the world teaching, practicing, and researching helping people grow and change. Her life commitment is to help people heal and explore their life path personally and professionally.



AKAMAI UNIVERSITY

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University For Becoming More Fully Human



Based on Virginia Satir Growth Model and MJ Bulbrook Energy Therapy

Experience blending of the work of these two masters to facilitate growth and change in your life, your community, your profession and bring about peace within, peace between, peace among.



VIRGINIA SATIR

PEACE WITHIN
PEACE BETWEEN
PEACE AMONG

A Certificate Program in Integrative Health Blending Energy Therapy with Virginia Satir's Process Helping Individuals, Families, and Organizations Change

Offered through Energy Medicine Partnerships International
Affiliated with Akamai University — Division of Continuing Education

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Virginia Satir and Mary Jo in
Seattle—circa 1977

Mary Jo supported Virginia's dream of launching her teaching legacy—Avanta Network, over a 16 year period. She coordinated the first training held in Park City, Utah in 1982 at the University of Utah where Dr. Bulbrook was Director of Psycho-Social Nursing.

This training is open to anyone desiring to become a Certified Specialist/Diplomat in Integrative Health — blending the Satir model with Energy Therapy. This program includes being willing to undertake in-depth study; commit to high standards of practice; operating under a Code of Ethics; receive on-going mentorship and supervision as needed both in the training and maintaining competency and updates as required.



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[Click here to see the details of the Certificate Program in Integrative Health to become a Certified Specialist / Diplomat in Integrative Health as described above.](#)