

Certificate Program in Integrative Health:  
Energy Therapy & Virginia Satir Process  
Helping Individuals, Families & Organizations Change



**AKAMAI UNIVERSITY**  
Institute for CAM Studies



**A Certificate Program in Integrative Health:**

**Energy Therapy & Virginia Satir's Process**

**Helping Individuals, Families & Organizations Change**

Offered through Energy Medicine Partnerships International

Affiliated with Akamai University - Division of Continuing Education

[www.cam.institute](http://www.cam.institute)



**Background:** Virginia and Mary Jo's lives began to touch as Mary Jo studied Virginia's work as a doctoral degree student at North Texas State University focusing on becoming a clinical specialist in psychiatric mental health nursing and child psychiatry. From that original contact Virginia agreed to write a chapter in a book Mary Jo was writing on Development of Therapeutic Skills, published by Little Brown, Co 1970. Their paths kept intersecting as they embarked on studying energy therapy separately, then together. There are a series of 9 films of their joint training called Helping Individuals and Families Change.

Mary Jo dedicated her early professional years supporting Virginia's dream of launching her teaching legacy in 1977 that was called Avanta Network. She served on the first board of directors of Avanta Network and coordinated the first training held in Park City Utah in 1982 with the University of Utah where Dr. Bulbrook was Director of the Psycho-Social Nursing Department. Mary Jo will present with Mary Leslie at the 100<sup>th</sup> Anniversary of Virginia's life & legacy in Vancouver, CA June 2016.

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**Certificate Program Goal:** This worldwide training program prepares Diplomats in Integrative Health: Energy Therapy & Virginia Satir's Process – Helping Individuals, Families & Organizations Change. It can also be use as foundational training for other CAM degrees at Akamai University. AU is an internationally accredited Distant Education Institution of Higher Education. Definitions used for this program such as Integrative Health and Energy Therapy are nationally defined through official US governmental bodies.

Integrative Health defined by the World Health Organization in 2008 definition is used for this educational program.

***Integrative Health involves bringing conventional and complementary approaches together in a coordinated way as defined by the National Center for Complementary and Integrative Health (NCCIH) the US Federal Government's lead agency for scientific research in these areas.***

*Energy Therapy is defined by the National Cancer Institute at the National Institute of Health. I quote:*

***Energy Therapy is a form of complementary and alternative medicine based on the belief that a vital energy flows through the human body. The goal of energy therapy is to balance the energy flow in the patient. It is used to reduce stress and anxiety and promote well-being. Currently Energy Therapy is being studied in patients receiving cancer therapy, to find out if it can improve the quality of life, boost the immune system, or reduce side effects. It is also called Energy Healing.***

*This Certificate program achieves the goal of integrating current mental health approaches to health and wellness, using the internationally recognized Virginia Satir's Process for Helping Individuals and Families Change with Energy Therapy.*



Virginia and Mary Jo in Seattle  
1980's

**Virginia Satir 1916 – 1988**

**Celebrating 100 Years of Virginia's Legacy, Vancouver, BC, June 2016**

The late Virginia Satir is a pioneer and expert in innovative ways to help individuals and families change and heal using great skill in diplomacy and healthy congruent communication. Her magic reached throughout the world and touched the lives of individuals, families, professionals and organizations from many countries. Her far reaching influence shaped the world of psychotherapy - mental health and wellness care in many countries. Her legacy lives on and continues to impact the world. She is best known for her work on Self Esteem, Whole Person Learning, Family Reconstruction, Your Many Parts, Five Freedoms & Congruent Communication.

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**Dr. Mary Jo Bulbrook, CEMP/S/I, HTCP**  
**Dean, Institute for CAM Studies, Akamai University**  
**President of Energy Medicine Partnerships International**

Psychotherapist & Family Therapist, Spiritual Intuitive,  
Master Teacher / Practitioner in Energy Based Therapies including Energy  
Medicine, Healing Touch and Touch for Health, Energy Psychology,  
Program Director of Complementary & Alternative Medicine and Dean of the

Division of Continuing Education at Akamai University where this program is housed. Coordinator of Virginia Satir's Avanta Network First International Meeting in Park City, Utah in 1982. Currently a Professional Member of Satir Global Network.

**Program Content:**

- ✓ Capture the Story of Virginia & MJ's original contact & present day alignment
- ✓ Learn "Helpful Talk" & "Compassionate Listening," to support individuals & families
- ✓ Practice interventions for using a variety of integrative (whole person) energy therapies
- ✓ Evaluate effectiveness of the Integrative Health Energy Therapy applied to select populations
- ✓ Provide expert care, support, acceptance, unconditional love & healing to individuals their families, friends and health care professionals
- ✓ Design marketing materials for your work
- ✓ Create a personal self-care program to maintain health & model wellness
- ✓ Commit to up-dating training and refinement of your knowledge & skills
- ✓ Describe the ethical dimensions in providing care
- ✓ Explore literature, research & practice in Integrative Health, Energy Therapy, & Energy Healing
- ✓ Integrate expertise from energetic clinical skills with psycho-social-wellness care
- ✓ Promote understanding and acceptance of Integrative Health, Energy Therapy & Virginia Satir Process

**Continuing Education Units:** This Integrative Health Certificate Program consists of 9 Continuing Education Units or a minimum of 90 to 100 hours of training and clinical supervision that leads to a Certificate in Integrative Health: Energy Therapy with Virginia Satir's Process for Helping Individuals, Families and Organizations Change & Heal

**Whole Person Learning Curriculum:**

- Part I – Preparation for Certificate in Integrative Health: Energy Therapy with Virginia Satir Process
  - Introduction seminar – 3 contact hours
  - Initial Diplomat training - 9 contact hours
  - Energy Therapy Interventions – 21 contact hours
  - Ethical dimensions in caring for individuals & families = 3 contact hours

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- Part II - Clinical Practicum, Documentation & Evaluation supervised with a Mentor
  - 30 contact hours done over time with clients & families (more hours may be required depending on the ability of the individual in training to be successful in carrying for individuals, their families, friends & health care professionals or with organizations)
  - 20-hour minimum studying the literature on Energy Therapy
  - 10 hours' minimum supervision of your Diplomatic service & practice
- Part III – Certification through Energy Medicine Partnerships International – Documentation of service / practice as verified by an outside review body the ensures safe, ethical practice operating under a Code of Professional Conduct = 3 contact hours

**Program Fees: Costs: Part I Introduction Special – 3 contact hours \$55, 9 hours training is \$175, Total Program Cost with Mentorship & Supervision: Special Introductory Rate – Limited time program paid in full: \$1800** includes university continuing education with international accreditation, core specialist training, modules, practicum, certification, and mentorship. Total of minimum of 90 – 100 contact hours. Additional fees will be charged for mentorship and supervision as needed beyond program content of 30 contact hours. That fee is \$25 for 15 minutes.

All fees are payable to EMPI. Includes University credit through Akamai University Institute of CAM Studies, Division of Continuing Education. After each segment a certificate of CEU's will be awarded documenting the segment taken and the number of contact hours. Payment options are available. Limited number of scholarships available for qualified individuals. Exchange for service required for scholarship awards. Part I training also available as stand-alone costs without registration for the whole program. Modules are \$55 each for stand-alone 3 contact hour courses. A repeater fee for courses and modules is one/half the cost of each segment. At the completion of the program a Certificate as a Diplomat / Specialist in Helping Individuals, Families & Organizations Change through the Virginia Satir Process & Energy Therapy.

**Certificate Program Objectives:** Participants will:

1. Describe the Virginia Satir Process and Energy Therapy.
2. Explore the elements of Integrative Health with Energy Therapy.
3. Describe the ethical dimension of clinical work.
4. Investigate Integrative Health Energy Therapy.
5. Practice Integrative - Energy Therapy Satir Process Interventions.
6. Treat, support and care for individuals, families and organizations using the protocol process in integrating the training with your previous professional work.
7. Document treatment outcome.
8. Create professional marketing materials for your practice as a Diplomat in Helping Individuals, Families & Organizations Change.
9. Promote understanding and acceptance of the needs of individuals, families and organizations.

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10. Participate in a community of colleagues to maintain expertise.
11. Practice mindfulness, and healthful living approaches modeling respect for the self, and others.
12. Explore diplomatic strategies with an open mind to improve meeting integrative health needs in dealing with others, by being respectful and able to achieve peaceful resolutions and / or facilitate win-win discussions and planning.

**Eligible Participants for the Training:** The training is open to anyone desiring to become a Certified Specialist / Diplomat in Integrative Health: Integrating the Virginia Satir Process Helping Individuals & Families Change with Energy Therapy. This program includes being: willing to undertake the 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 initial training; maintain competency and updating knowledge and skills as needed. This is an on-going growing field. Mental health and general health care professionals are encouraged to apply as well as energy practitioners. This training is foundational for those who desire to be practitioners and / or teachers of this training, mentors and supervisors. A portfolio assessment is acceptable to waive training requirement and for accepting transfer in credit for previous expertise.

**Diplomats or Specialist in Integrative Health operate under a Code of Ethics, Standards of Practice, with Certification through EMPI**

**Guiding Principles:**

- ✓ Let Go and Let God
- ✓ Spiritual Healing Heals
- ✓ Be Present & Quiet to Hear Inner Wisdom

The Healing Journey in Integrative Health: Helping Individuals and Families Change Integrating the Virginia Satir Process & Energy Therapy is not a linear path but a dynamic lived experience unique to the individuals involved. Therefore, the interventions for body, emotion, mind and spirit need to be individualized to those involved using a template that to guide the Educational team. Training for support is offered by CAM Specialists trained in the protocol designed by Dr. Mary Jo Bulbrook and based on the Satir Process for Change & Becoming More Fully Human.

**For More Information, Contact:**



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