

## CAM Certificate Program

### Integrative Health: Healing through Creative Arts

Offered through  
Energy Medicine Partnerships

Affiliated with Akamai University  
Division of Continuing Education



AKAMAI UNIVERSITY  
Institute for CAM Studies 

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

**Description:** The Integrative Health Certificate Program: Healing through Creative Arts is offered through Akamai University Division of Continuing Education and the Institute for CAM Studies. The certificate program is designed for those interested in a professional development training program working with different populations, children, adults, seniors from wellness to ill health and end of life covering the range of life's journeys. This program is both for those needing help and those who will work with them using a person to person model of health to empower individuals to take charge of their lives, build resiliency and manage stress and other life events.

**Goal:** Healing through Creative Arts offers creative arts to support the challenge of improving the health and working through life's many challenges including wellness.



**Program Director:** Dr. Mary Jo Bulbrook, RN, CEMP/S/I, HTCP, HTP/I  
President of Energy Medicine Partnerships Dean of the Institute for CAM  
Studies & Division of Continuing Education at Akamai University.

50 + Years in the Practice, and Teaching of Energy Medicine and Psychiatric  
Mental Health Care. Extensive experience working with individuals and  
families in four countries: throughout the USA, Canada, Australia, New  
Zealand, South Africa & Peru and offering programs on line and in person.

Registration on line - or contact

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**Continuing Education Units:** The Integrative Health Certificate Program in Creative Healing Arts Specialist of 9 CEU's (Continuing Education Units) from Internationally Accredited Akamai University or a minimum of 90 - 100 contact hours of study, reflection, training, practice and mentorship.

**Eligible Participants for the Training:** The training is open all ages need support and help to add creative arts to improve their health and wellbeing. Those desiring to learn how to practice and teach this work are included to participate as equal co-creators in learning and healing the self and those our lives touch. This training is foundational for those who desire to be instructors of this program, mentors and supervisors once they have taken it as a learner member.

**Program Objectives:**

Participants will be able to:



1. Define your personal goals.
2. Assess your current health status and wellness needs.
3. Explore various effects of the health arts on the self.
4. Open the heart fully and increase your well-being.
5. Express the self in creative ways.
6. Improve intuitive abilities to create new visions for your life.
7. Align your life with your soul's path using creative expression.

**Curriculum:**

- Part I – Overview & Orientation 3 CEU's = 30 contact hour minimum
  - Story telling process
  - Reflection
  - Medication & Centering
  - Drawing
  - Music & movement expressing
- Part II – Energetic understandings of creative healing arts 3 CEU's = 30 contact hours)
  - Readings
  - Energetic experiences
  - Sharing
- Part III – Documentation the Journey of Change as verified by a project or creative expression - 30 contact hours = 3 CEU's

**Program Content:**

- ✓ Capture your story in your family context
- ✓ Drawings to Identify needs & solutions
- ✓ Writing as a spiritual path
- ✓ Creative expressions
- ✓ Movement & health
- ✓ Evaluate your growth & change
- ✓ Learn & share unconditional love & healing

**Program Fees:** 9 Continuing Education Credits: Part 1 = 3 CEU's, Part 2 = 3 CEU's and Part 3 = 3 CEU  
Total Program Cost \$900 or \$120 per individual course.

**Admission Application:** \$50 application fee. Includes 9 continuing education units with international accreditation, training modules, spiritual development, mentorship and certificates per classes taken.

Total minimum contact hours of 90 - 120 contact hours. All fees are payable to Institute for CAM Studies. Includes University credit through Akamai University Division of Continuing Education. After each segment contact hours will be awarded documenting the segment taken and the number of contact hours. Training also available as stand-alone costs without registration for the whole program.

**Integrative Health Certificate Training Program**  
**Healing Body, Mind-Emotion and Spirit through Creative Arts**

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.*

*"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.*

**Institute Affiliated Partners:**

 <p><b>AKAMAI UNIVERSITY</b> Institute for CAM Studies</p> <p>Douglass Capogrossi, Ph.D., President, Akamai University 110 Haili Street, Hilo, Hawaii 96720 US</p> <p>Tel: 1 (808) 934-8793 Fax: 1 (809) 443-0445 <a href="mailto:dcapogrossi@gmail.com">dcapogrossi@gmail.com</a> <a href="http://www.akamaiuniversity.us">http://www.akamaiuniversity.us</a></p>	 <p><b>Energy Medicine</b> PARTNERSHIPS, INC.</p> <p>Mary Jo Bulbrook, Ed.D, Founder &amp; President Energy Medicine Partnerships (EMP) 3211 Gibson Road, Durham, NC 27703, USA</p> <p>1 (919) 381.4198 w / 919 923 2409 <a href="mailto:maryjo@energymedicinePartnerships.com">maryjo@energymedicinePartnerships.com</a> <a href="http://www.energymedicinepartnerships.com/a/">http://www.energymedicinepartnerships.com/a/</a></p>
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## **Power in the Story Telling Process:**

### **Phase I – Telling Your Story**

- I life is...
- My feelings about this are...
- I think I need to...
- My heart is...
- What I want to say is...
- My vision for the future seems...
- Spiritually I am...

### **Phase II - Background to Your Healing & Help Need**

- Describe what has been your experience over time...
- Include what your feeling and thoughts are now...
- How have your relationships been over time...
- What have others said about you...
- Describe your ideas about what the future can look like

### **Phase III – Clearing & Healing: Body, Mind-Emotion, Spirit through Creative Arts**

- Energetic Assessment & Interventions
- Body movement feedback and healing
- Power of music, song, singing to change your destiny
- Art of writing to clear the inner and outer self
- Creating things to change your energy
- Setting and walking your new path

**For More Information, Contact Program Developer:** Dr. Mary Jo Bulbrook,  
CEMP/S/I, Dean of the Institute for CAM Studies

In Person Training available on-line and in person at The Gathering Place for  
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