

NURSESTAKE2

Heart to Heart – Soul to Soul

Integrative Health Certificate Program

Board Certified NurseTake2 CAM Practitioner, Specialist or Coach

Action Addressing Nurse Burnout & Nurse Burnup



Akamai University

Institute FOR
CAM Studies



School For Becoming More Fully Human
Based on the Virginia Satir Growth Model and Energy Therapy

Offered through Energy Medicine Partnerships Affiliate Akamai University Division of Continuing Education

Description: Nurse Take 2 CAM Practitioner, Specialist or Coach Training is offered through Akamai University Division of Continuing Education and the Institute for CAM Studies with a concentration in Integrative Health. The certificate program is designed for those interested in a professional development training program to empower nurses to take charge of their lives and address the **American Nurses Association Challenge Healthy Nurses – Healthy Nation** based on research (2016) to raise awareness of strategies to get healthy and inspire others in the five areas of concern: Activity, Sleep, Nutrition, Quality of Life, Safety as well as offering strategies regarding COVID 19 pandemic, racism inequality worldwide and planetary environmental health crisis. It also addresses the **National Academy of Medicine 2019 position on Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being**.



Goal: NurseTake2 CAM Practitioner, Specialist, Coach is designed to produce nurse leaders and innovators to support the challenge of improving the health of nurses and subsequent productivity in the workplace especially during this worldwide crisis. The practitioner / specialist / coach training can be focused on clinical nursing, education, research in Near Death Experience (NDE), Shared Death Experience (SDE) and Spiritual Mystical Experiences (SME) as well as mental health concerns and multi-dimensionality or spiritual development addressing nurse burnout and nurse burnup.



Program Director: Dr. Mary Jo Bulbrook, RN, CEMP/S/I, HTCP, HTP/I, ICF President of Akamai University & Energy Medicine Partnerships, Dean of the Institute for CAM Studies & Division of Continuing Education at Akamai University, CEO of the Global Healing Alliance and United Nurses Network, Administrator 50 + Years in the Practice, and Teaching of Energy Medicine and Psychiatric Mental Health Care. Extensive experience working with indigenous healers in four countries: Australia, New Zealand, South Africa & Peru.

Contact:

Dr. Mary Jo Bulbrook+1.919.923.2409 cell / 1.919.381.4198 office / mj.bulbrook@akamai.university
mj.bulbrook.au@gmail.com / maryjo@energymedicinepartnerships.com / Skype bulbrookmj or Zoom

Continuing Education Units: The NurseTake2 CAM Practitioner, Specialist or CAM Coach Certificate Program consists of 18 CEU's (Continuing Education Units) from Internationally Accredited Akamai University or a minimum of 180 - 200 contact hours of study, reflection, training, practice, and mentorship that leads to a NurseTake2 CAM Practitioner, Specialist or Coach with a focus in clinical practice, education, research.

Curriculum:

- Part I – Foundational NurseTake2 CAM Training 9 CEU's = 90 - 100 contact hour minimum (Can transfer completed certificate training from an approved energy modality such as Healing Touch, Transform Your Life through Energy Medicine, Touch For Health, Reiki, as transfer credits*)
 - Introductory seminar optional = 3 contact hours
 - Initial Energy Therapies Training* = 60 contact hours
 - Initial Practical Supervised Application = 27 contact hours
- Part II – Preparation for CAM Training (7 CEU's = 70 - 100 contact hours)
 - NurseTake2 CAM Development in practice, education, research = 16 contact hours
 - NurseTake2 CAM Specialist Practicum 16 hours minimum outlining previous training
 - Mentoring = 24 contact hours minimum + project 24 contact hours
- Part III – Documentation your CAM Training as verified by a professional project / paper outlining your training 20 contact hours & Professional Ethics Course 2 CEU = 20 contact hours

**Transform Your Life training is foundational to specialist track. Note: Additional time may be required for students who have not kept up their practice or need additional experience in a different area of practical application.*

Description Integrative Health Certificate Program – NursesTake2 CAM Practitioner / Specialist / Coach Part 1 Goal: Foundational Energy Based Training During this course the student will build on his / her professional training in the health care field or another field, apply energy based therapies from previous training such as Transform Your Life through Energy Medicine, Healing Touch, Reiki, Subtle Communication Systems, Therapeutic Touch, Energy Medicine, Touch for Health, Energy Psychology, Yogi, Tai Chi or Qi Gong, Sound Healing, Life Coaching, Naturopathy, and other eligible completed energy training. Includes also energetic self-care to then apply to clients, Explore the ethical dimensions in providing energy-based care. Define your spiritual growth and healing needs. Complete supervised mentorship. Professionally demonstrate your growth. The student can take a primary unit in Healing Touch, Energy Medicine or Touch For Health at the same time as part of the specialist training.

Part 2 CAM Practitioner / Specialist / Coach Training Includes an introduction to the Virginia Satir SEED Model from the University For Becoming More Fully Human based on the 16 year study with Virginia helping to launch her international training network. Background of the science of heart center power connection based on Gregg Braden's teaching of the Matrix energetics and Dr. Bulbrook's specialty. Soul Healing - an exciting in-depth opportunity to explore blocks to your personal journey in life as well as opening the door to increase your healing abilities and Soul Light. This theory and practice use your own spiritual framework to produce changes in your energy system and

understanding the energetics of spiritual development. It usually takes 6 months to a year and to document the journey.

Part 3 Certification On completing the CAM Practitioner / Specialist / Coach nurse training the person can submit their credentials to CAM Academy certification board for the awarding of Board-Certified Integrative Health (BCIH) CAM Practitioner / Specialist / Coach Nurses.



CAM Nurse Practitioner / Specialist Coach Certificate Training Program

Clinical Care, Teaching and / or Research of Energetic Integrated Healing Body, Mind-Emotion & Spirit

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.

Program Content:

- ✓ Capture Your Story & Professional Development
- ✓ Learn Helpful Talk & Compassionate Listening
- ✓ Describe & Practice Interventions Specific to Your Specialty
- ✓ Evaluate Effectiveness of Growth & Change
- ✓ Learn & Share Unconditional Love & Healing
- ✓ Create & Practice Your Personal Self Care Program to Maintain Health & Model Well-Being
- ✓ Explore in-depth the ANA's Healthy Nurse Healthy Nation Challenge



Program Objectives:

Participants learning to become a CAM Practitioner / Specialist / Coach will be able to:

1. Define your area of focus as a NurseTake2 practitioner, educator, and, or researcher.
2. Assess your current work as a nurse using an integrated approach to your personal wellness.
3. Define your goals and focus as a NurseTake2 CAM Practitioner / Specialist / Coach.
4. Develop and evolve your focus to enhance your life purpose.
5. Create your NurseTake2 web site, name, description, business card, etc.
6. Explore & integrate resources to support your focus.
7. Demonstrate successful launching your NurseTake2 CAM Nurse Practitioner / Specialist / Coach.

Eligible Participants for the Training:

The training is open nurses desiring to receive a Certificate as a NurseTake2 CAM Practitioner / Specialist / Coach. This training is foundational for those who desire to be instructors of this program, mentors and supervisors.



Program Basic Fees: 18 Continuing Education Units: Part 1 = 9 CEU's, Part 2 = 7 CEU's and Part 3 = 1 CEU Total Program Cost \$2250 or if you transfer in your basic energy therapy initial training program fee is \$1200 for 9 CEU's

Admission Application: \$50 non-refundable application fee to university and \$100 non-refundable evaluation of transcripts to be review for accepted equivalents. [Click Here](#) Includes 16 continuing education units with international accreditation, core specialist training, modules, spiritual development, mentorship and certificate. Total minimum contact hours of 160 - 200 contact hours to receive the CAM Certified Specialist Certificate. Additional fees may be charged for additional mentorship and healing as needed beyond the basic program. All fees are payable to EMP. 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. Payment options are available. Training also available as stand-alone costs without registration for the whole program.



Preparing Leaders for ACTION Against Clinical Burnout and Burnup of Nurses

**Akamai University President, Dean, CAM Institute
Dr. Mary Jo Bulbrook, BSN, RN, MEd, EdD, CEMP/S/I,**

HTCP, HTP/I Headquarters: 3211 Gibson Road, Durham, NC, 27703

Cell phone 1.919.923.2409 cell phone mj.bulbrook@akamai.university / [Akamai University Website](#)



Development of your role as a NurseTake2 CAM Practitioner / Specialist / Coach

This training is a developmental and spiritual process of self-reflection, connecting with spiritual guidance & identifying your life purpose. It includes self-care and growth that fits your personal beliefs and professional goals as a NursesTake2 CAM Practitioner / Specialist / Coach, in clinical care, education, research. Working with a mentor to promote healing and clear your path to actualize your educational goals in alignment with your spiritual life purpose.

The following guide supports this evolutionary process to achieve your calling.

Phase I – Telling Your Story

- I sense my path NurseTake2 is...
- My feelings about this are...
- I think as a NurseTake2 specialist I will...
- My heart is...
- What I want to say about my interest in completing this certificate is...
- My vision in fulfilling this role is...
- Spiritually I am...

Phase II - Background to Your Current Path as a Nurse

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

Phase II – Defining Your Goals Empowerment to clear and heal body, emotion, mind, and spirit

- 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

For More Information, Contact Program Developer: Dr. Mary Jo Bulbrook, CEMP/S/I. HTCP, HTP/I

Training available on-line & in person at The Gathering Place for Akamai University
The CAM Academy 3211 Gibson Road, Durham, NC 27703 / cell 1.919.923.2409 /
mj.bulbrook@akamai.university / maryjo@energymedicineparthersnbips.com

