

NURSESTAKE2

Heart to Heart – Soul to Soul

Specialist in Integrative Health for Nurses

CAM Specialist Certificate Program

Offered through

Energy Medicine
Partnerships

Affiliated with Akamai
University

Division of Continuing
Education



Description: Nurse Take 2 Specialist 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.



Goal: NurseTake2 Specialist 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 specialist training can be focused on nursing practice, education, research or being a nurse coach and specialty 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.

NurseTake2 Specialist - Integrative Health Certificate Program

Revised 2021 Division of Continuing Education



Program Director: Dr. Mary Jo Bulbrook, RN, CEMP/S/I, HTCP, HTP/I, ICF
President of 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.

Registration on line - or contact

Dr. Mary Jo Bulbrook+1.919.923.2409 mobile / 1.919.381.4198 office

mj.bulbrook.au@gmail.com / maryjo@energymedicinepartnerships.com / Skype bulbrookmj or Zoom

Continuing Education Units: The NurseTake2 Specialist 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 Specialist with a focus in nursing practice, education, research or as a coach.

Curriculum:

- Part I – Foundational NurseTake2 Specialist 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 Specialist Training (7 CEU's = 70 - 100 contact hours)
 - NurseTake2 Specialist Development, & Interventions in practice, education, research or as coach= 16 contact hours
 - NurseTake2 Specialist Practicum 16 hours minimum outlining previous training
 - Mentoring = 24 contact hours minimum + project 24 contact hours
- Part III – Documentation of your Specialist Training as verified by a professional project or paper outlining your specialty 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.*

Descriptions of CAM Specialist Certificate Program

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 Specialist Training

Includes an introduction to the Virginia Satir SEED Model from the 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

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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 uses 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 provides the documentation of the journey to complete.

Part 3 Certification

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



Akamai University
Institute FOR
CAM Studies
School For Becoming More Fully Human
Based on the Virginia Satir Growth Model and Energy Therapy

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CAM Specialist for Nurses Certificate Training Program

Practice and / or teaching of energetic approach for Healing for 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.

NurseTake2 Specialist - Integrative Health Certificate Program
Revised 2021 Division of Continuing Education

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 Specialist will be able to:

1. Define your area of focus as a NurseTake2 practitioner, education, researcher or coach.
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 Specialist.
4. Develop and evolve your focus to enhance your life purpose.
5. Create your NurseTake2 specialty image: web site, name, description, business card, etc.
6. Explore & integrate resources to support your focus.
7. Demonstrate successful launching of your NurseTake2 Specialty.



Eligible Participants for the Training: The training is open nurses desiring to receive a Certificate as a NurseTake2 CAM Specialist. This training is foundational for those who desire to be instructors of this program, mentors and supervisors.



Program Fees: 18 Continuing Education Credits: Part 1 = 9 CEU's, Part 2 = 7 CEU's and Part 3 = 1 CEU Total Program Cost \$2700.

If you transfer in your basic energy therapy initial training program the fee is \$1500 for 9 CEU's

Admission Application: \$50 application fee to university and \$100 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.



Development of your role as a NurseTake2 Specialist

The development of the CAM Specialist is a developmental and spiritual process of self-reflection, connecting with spiritual guidance & your life purpose, self-care and on-going growth and training that fits your personal beliefs and professional goals in the field of nursing as a NursesTake2 practitioner, educator, researcher or coach. Working with a mentor can enrich your development and promote healing to clear your path to actualize your educational goals in alignment with your spiritual life purpose. The following guide is developed to support 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, Dean of the Institute for CAM Studies

In Person Training available on-line and in person at The Gathering Place for The
CAM Academy 3211 Gibson Road, Durham, NC 27703 / cell 1.919.923.2409
maryjo@energymedicinepartnerships.com /
www.energymedicinepartnerships.com,