

INTEGRATIVE MENTAL HEALTH UNIVERSITY

An Invitation to Build the Next Chapter

Bringing
Spiritual
Growth
to Mental
Healthcare

EVERY GENERATION
INHERITS
UNFINISHED WORK.

Some preserve it.

Some expand it.

Occasionally, someone helps build the next chapter.

This invitation is for that person.

THE INVITATION



Mental healthcare is changing. Around the world, clinicians, educators, researchers, and individuals seeking healing are asking new questions about the relationship between biology, psychology, trauma, spirituality, and human development.

As our understanding of the human mind continues to expand, practitioners are increasingly meeting people whose experiences cannot be understood through any single lens alone.

They deserve thoughtful, well-prepared professionals.

Professionals who are clinically grounded.

Professionals who are ethically mature.

Professionals who understand that profound experiences of transformation deserve careful discernment rather than immediate assumptions.

Preparing those practitioners has become one of the most important educational opportunities of our time.

Since 2013 Integrative Mental Health University has quietly devoted itself to that work.

Now the institution is ready for its next chapter.

We are seeking an Executive Director who is called not simply to lead an organization, but to help shape the future of an educational mission whose influence will continue to unfold for decades.

If, as you read these pages, you begin to recognize your own aspirations reflected here, we hope you will continue reading.

A LETTER FROM THE FOUNDER



Dear Colleague,

Many people have asked what led me to found Integrative Mental Health University.

The answer begins long before IMHU existed.

In 1971, my mother took her own life after several years of dedicated meditation practice. She had begun accessing profound inner experiences but, unlike me, she did not have an experienced teacher nearby, nor a supportive spiritual community, nor knowledgeable professionals with whom she could gain insight. Her life companion explained, “She had become deluded.” Her death left me with questions that neither psychology nor spirituality, as I then knew them, could fully answer.

Over the decades that followed, those questions became the organizing thread of my professional life.

I sought out teachers, engaged in my own psychotherapy and contemplative practice, became a licensed psychotherapist, conducted research, worked alongside colleagues around the world, and devoted my career to understanding how mental healthcare might better recognize and support spiritually-transformative experiences.

IMHU grew from those decades of learning.

It was never created to promote a particular religion or spiritual group.

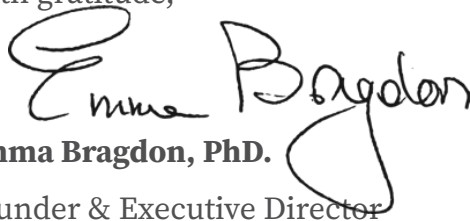
It was created because I came to believe that practitioners deserve thoughtful education that enables them to accompany individuals through transformative experiences with competence, humility, discernment, and compassion.

That conviction remains at the heart of everything we do.
Today I find myself in a different season of life.
The greatest act of leadership is no longer creating something new.
It is entrusting what has been created to others.
Healthy institutions eventually become larger than the people who founded them.
That is my hope for IMHU.

**I believe the years ahead hold extraordinary possibilities
- not because one organization will transform mental
healthcare, but because many thoughtful people and
organizations are beginning to recognize dimensions of
human experience that deserve greater understanding and
wiser support.**

IMHU has sought to contribute one essential piece of that larger movement.
We prepare practitioners.
Everything else grows from that purpose.
The person who becomes IMHU's next Executive Director will inherit more
than courses, faculty, and organizational responsibilities.
They will inherit relationships.
Partnerships.
A community of educators.
An international reputation for thoughtful dialogue.
And an opportunity to help build the next stage of an educational institution
whose best years still lie ahead.
If these pages resonate with your own sense of purpose, I hope we will have the
opportunity to meet.

With gratitude,

A handwritten signature in black ink that reads "Emma Bragdon". The signature is fluid and cursive, with the first name "Emma" and last name "Bragdon" clearly legible. The signature is positioned above the printed name and title.

Emma Bragdon, PhD.

Founder & Executive Director

IMHU ACCOMPLISHMENTS

A LEGACY OF EDUCATION. A VISION FOR THE FUTURE.

For over a decade, IMHU has been advancing the integration of spiritual growth and mental healthcare through education, connection, and innovation.



13
YEARS
OF EDUCATIONAL
LEADERSHIP

Over a decade of pioneering leadership in integrating spiritual growth and mental healthcare.



46
COURSES
OFFERED

A comprehensive curriculum blending scholarship, practice, and contemplative wisdom.



30+
FACULTY &
GUEST
PRESENTERS

A diverse community of respected educators, clinicians, researchers, and thought leaders.



140
CERTIFICATIONS
OF SPIRITUAL
EMERGENCE
COACHES® (SEC)

Equipping coaches worldwide to support spiritual emergence with competence and compassion.



14
COUNTRIES
REPRESENTED
BY SECS

An international network advancing spiritual emergence coaching across cultures and communities.



1-35
CONTINUING
EDUCATION
CREDITS
PER COURSE

Flexible CE credit options for healthcare providers to support lifelong learning and professional growth.



2
PARTNERSHIPS
WITH ALEF TRUST
AND IANDS

Collaborations that extend our impact and deepen our shared mission.



BOOKS **7**
AND
2
DOCUMENTARY
FILMS

Resources that illuminate the intersection of spiritual growth and mental healthcare.



7
PRESENTATIONS
AT INTERNATIONAL
CONFERENCES

Sharing insights and research on global stages and advancing the conversation worldwide.



NUMEROUS
GUEST
PRESENTATIONS
AND PODCASTS

Ongoing dialogue through podcasts, webinars, and guest presentations that inspire and inform.

Rooted in Purpose. Guided by Wisdom. Building the Future Together.

Thank you to our faculty, students, partners, and supporters who make this work possible.



THE RIPPLE EFFECT



“We have the pleasure of working alongside Dr Emma Bragdon in Alef Trust’s certificate program in Spiritual Awakening and Spiritual Crisis, and we hold her work in very high regard.”

Jessica Bockler, PhD
Co-founding Director
ALEF Trust

“We have been delighted and blessed by the broad knowledge, clinical experience and caring guidance of Emma over the years.”

**Javier Charme, MA,
PhD(c)**
Co-Director
Grof Legacy Training
Iberoamérica





“Dr. Bragdon’s Sourcebook deserves careful reading by mental health professionals as well as laypeople who are exploring their own spiritual growth. It provides a well balanced perspective and a wealth of useful information.”

Frances Vaughan, PhD

past president of the Association for Transpersonal Psychology. Author of Beyond Ego and Paths Beyond Ego.

“This training should be mandatory for all mental/physical healthcare providers — Provides for a great societal need on a practical level.”

Student

**Jordan Blacktop,
PhD (Neuroscience),
LCSW**



The Evolution of IMHU

A JOURNEY OF PURPOSE, EDUCATION, AND SERVICE

From a single vision to a global learning community advancing spiritual growth in mental healthcare.



BUILDING THE FOUNDATION (2008–2014)

2008



FOUNDATION ESTABLISHED

Creation of Foundation for Energy Therapies, INC, a 501(c)3 (FET), founded by Emma Bragdon.

2012



FIRST PUBLICATION

Spiritism and Mental Health: Practices from Spiritist Centers and Spiritist Psychiatric Hospitals in Brazil

2013



IMHU IS BORN

FET dba Integrative Mental Health University

2013



SECOND PUBLICATION

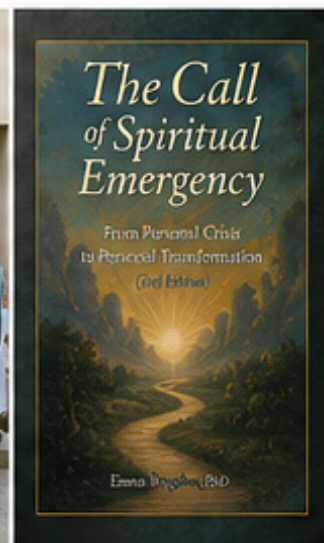
The Call of Spiritual Emergency: From Personal Crisis to Personal Transformation (2nd Edition)

2014



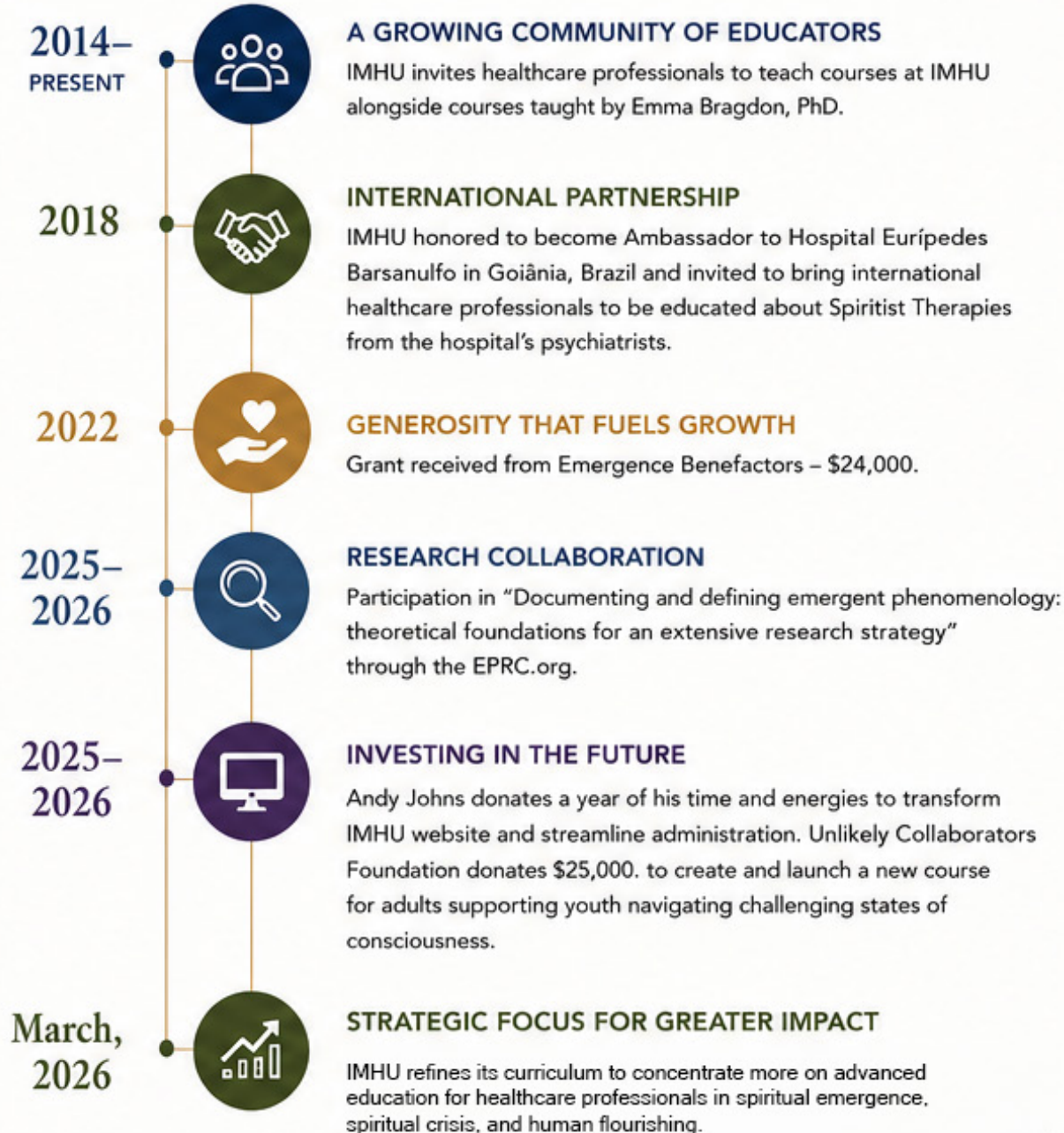
EDUCATION BEGINS

IMHU begins offering Continuing Education Credits for healthcare professionals.





EXPANDING THE VISION (2014–2026)



2035



THE NEXT CHAPTER

*Building upon strong foundations.
Expanding what compassionate
mental healthcare can become.*



Each milestone represents another step in preparing healthcare professionals to support spiritual development with competence, compassion, and scientific integrity.

PREPARING FOR THIS MOMENT

IMHU did not appear overnight.

Its educational philosophy has been shaped through decades of clinical work, international collaboration, contemplative practice, research, teaching, and listening.

It has grown through conversations with psychiatrists, psychologists, educators, contemplative teachers, researchers, coaches, and people whose lives have been transformed by spiritual emergence.

The university has developed a comprehensive curriculum, competency-based certification, experienced faculty, and a growing international community of practitioners.

These accomplishments are not the destination.

They are the foundation upon which the next Executive Director can build.



Dr Koenig is the director of Duke University's Center for Spirituality, Theology and Health. Koenig has published over 700 scientific articles in peer-reviewed journals, scholarly professional journal articles and 100 chapters in professional books. A central theme of Koenig's work is the relationship between religious and spiritual involvement and health outcomes.

A WINDOW INTO IMHU'S COMMUNITY CONNECTIONS

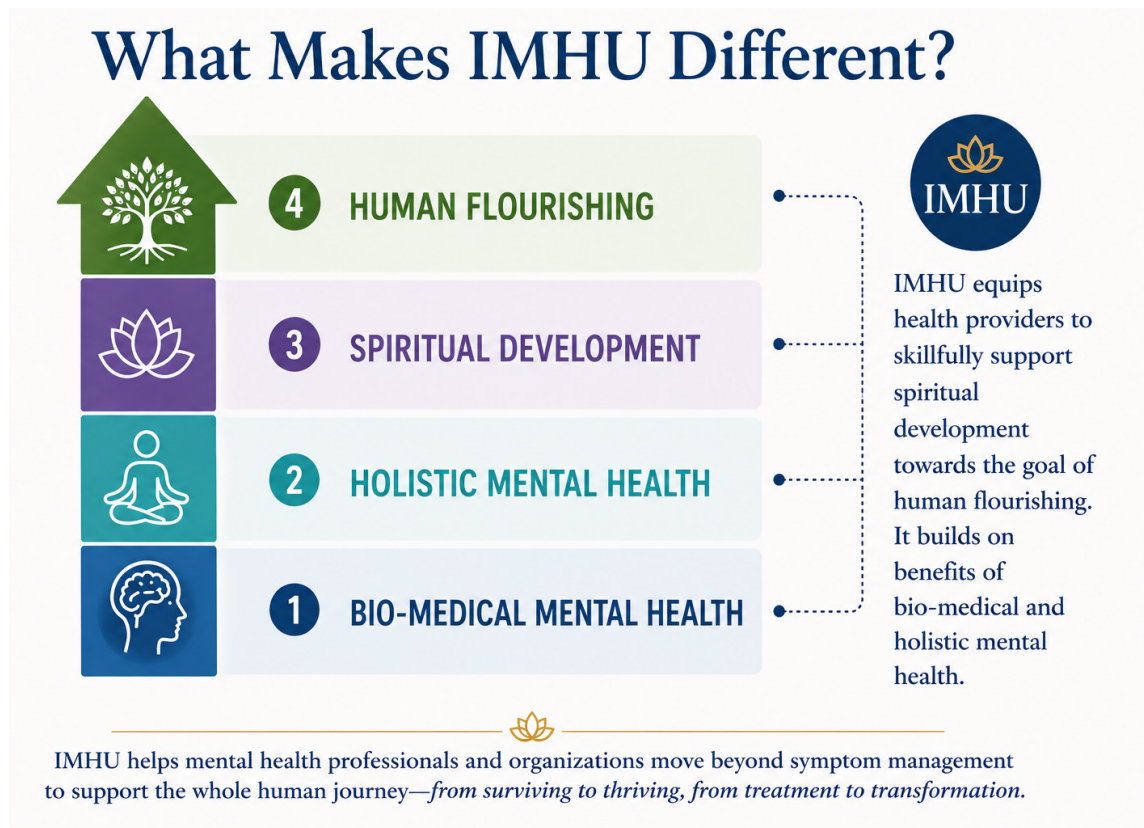
“Dr. Bragdon is on the leading edge of issues that must be addressed if we are going to realize a transformation in the ways in which healthcare is currently conceptualized and delivered,”

Jeffrey Rediger, MD, MDiv, is on the faculty of Harvard Medical School, the Medical Director of McLean SE Adult Psychiatry Community Affairs at McLean, and author of “Cured: The Science of Spontaneous Healing”



AN EMERGING FIELD

IMHU builds upon the strengths of bio-medical and holistic mental healthcare while preparing practitioners to recognize spiritual development as an important dimension of human flourishing.



Every profession experiences moments when new knowledge begins to reshape its understanding of what is possible.

Psychology experienced such moments with the emergence of trauma research, developmental psychology, attachment theory, and contemplative neuroscience. Psychiatry has continued to evolve through advances in neuroscience, psychopharmacology, and a growing appreciation for the importance of culture and lived experience.

Today another expansion is quietly underway.

Meditation, psychedelic-assisted therapies, research on near-death experiences, spiritually transformative experiences, contemplative practices, and cross-cultural understandings of healing are all inviting mental health professionals to ask new questions. Increasingly, clinicians are encountering experiences that are deeply meaningful to those who live through them yet are not always well addressed by traditional professional training.

This does not diminish the achievements of modern mental healthcare.

It invites its continued evolution.

The next generation of practitioners will need to think with greater nuance, work across disciplines, and remain open to perspectives that enrich rather than replace existing knowledge.

IMHU was created to contribute to that evolution—not by promoting a particular worldview, but by preparing practitioners to recognize, assess, and thoughtfully support experiences that are becoming increasingly visible within contemporary mental healthcare.

ONE OF IMHU'S COLLABORATING COLLEAGUES



David Lukoff, PhD, Co-Founder, Spiritual Competency Academy
For more than thirty years David Lukoff has helped shape the field of spiritual competence in mental healthcare.

WHY THIS MOMENT MATTERS

Mental healthcare has always evolved as our understanding of human beings has expanded.

We believe that evolution is continuing today.

Meditation has entered mainstream healthcare.

Trauma research has transformed clinical practice.

Contemplative neuroscience continues to deepen our understanding of the mind.

Psychedelic-assisted therapies are introducing clinicians to experiences that challenge conventional assumptions.

Research into near-death experiences and spiritually transformative experiences continues to expand.

At the same time, millions of people are seeking greater meaning, purpose, and spiritual connection in their lives.

Increasingly, they bring these experiences into therapy offices, hospitals, coaching practices, and community mental health settings.

The professionals who meet them deserve preparation equal to the complexity of those encounters.

For generations, mental healthcare has developed remarkable knowledge regarding diagnosis, treatment, and recovery.

Those achievements remain indispensable.

Yet each generation of practitioners encounters questions the previous generation rarely faced.

Education must evolve accordingly.

Above all, practitioners will need the humility and openness to recognize that each person is unique and that no single theory can fully explain how human flourishing will unfold in that person's life.

Preparing professionals for that reality is one of the defining educational opportunities of our time.

WHY IMHU?

For more than a decade, IMHU has quietly done work that few institutions have attempted.

It has developed a comprehensive online curriculum and training.

Created competency-based certification programs and offered CEs and CMEs.

Built relationships with respected clinicians, researchers, educators, and organizations throughout the world.

Produced more than forty courses.

Reached professionals from many countries.

Maintained a commitment to scientific integrity while remaining genuinely open to spiritual experience.

Unlike many organizations that focus primarily on advocacy, research, or clinical services, IMHU has focused on one central mission:

Preparing practitioners.

That focus has given the organization both clarity and credibility.

Today the field is beginning to recognize the importance of competencies that IMHU has been developing for years.

The opportunity before the next Executive Director is not to invent this work.

It is to help bring it into its next stage of influence.

WHY NOW?

A WINDOW INTO OUR FACULTY



Dr. Janis Whitlock is a developmental psychologist and public health specialist widely recognized for her research on adolescent mental health, non-suicidal self-injury (NSSI), and the impact of modern culture. She is the founding director of the Cornell Research Program on Self-Injury and Recovery and a Research Scientist Emerita at Cornell University's Bronfenbrenner Center for Translational Research. She is currently teaching with Emma Bragdon within IMHU on "Supporting Youth in Navigating Challenging States of Consciousness: To Improve Resilience, Self-Awareness, and Connection".

IMAGINE 2035

Imagine that every graduate program in psychology introduces students to the competencies needed to recognize spiritual emergence.

Imagine psychiatrists, psychologists, social workers, nurses, coaches, chaplains, and peer specialists sharing a common language for supporting profound transformative experiences.

Imagine hospitals that know when an experience requires emergency medical care, when it requires psychotherapy, and when it also calls for thoughtful spiritual support.

Imagine master educators mentoring future educators.

Imagine universities licensing high-quality curricula rather than each creating their own from the beginning.

Imagine international collaborations continually improving professional standards.

Imagine practitioners
serving with greater
discernment,
humility, competence,
and compassion.

Imagine a generation
of professionals who
understand that
supporting human
flourishing includes—
but is not limited to—the
reduction of symptoms.

That future will not be created by
one organization.

But organizations such as
IMHU can help prepare the
people who will build it.

Imagine a world in
which every mental
health professional
receives thoughtful
education in recognizing
spiritual emergence
alongside existing clinical
competencies.

Imagine graduate programs
where these competencies are
regarded as part of excellent
professional preparation.

Imagine educational
institutions throughout the
world licensing high-quality
curricula rather than each
beginning from scratch.

Imagine experienced
educators mentoring
the next generation
of teachers.

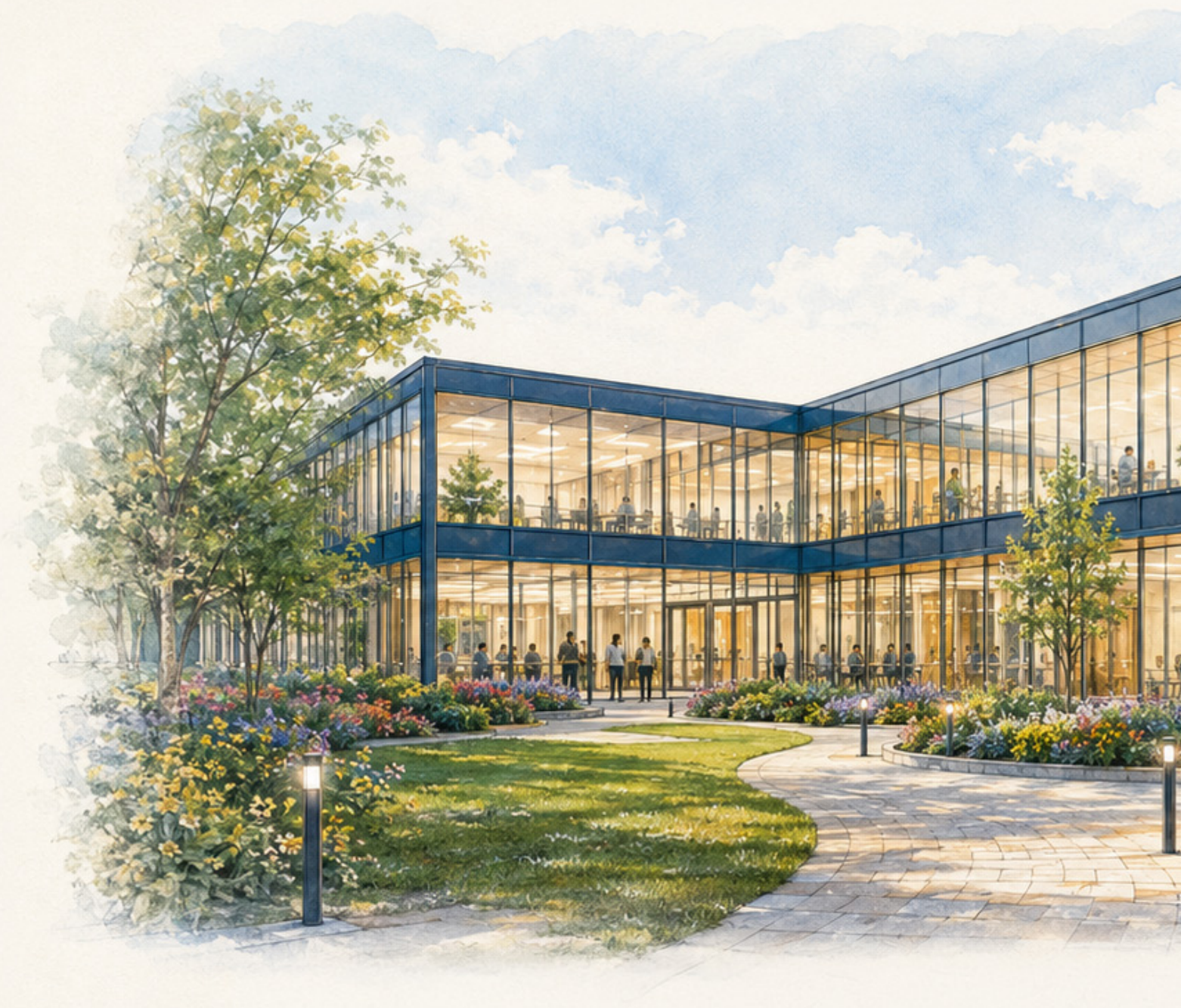
Imagine thousands of
practitioners serving
hundreds of thousands
of people with greater
discernment, competence,
and compassion.

This is not the work of one
organization.

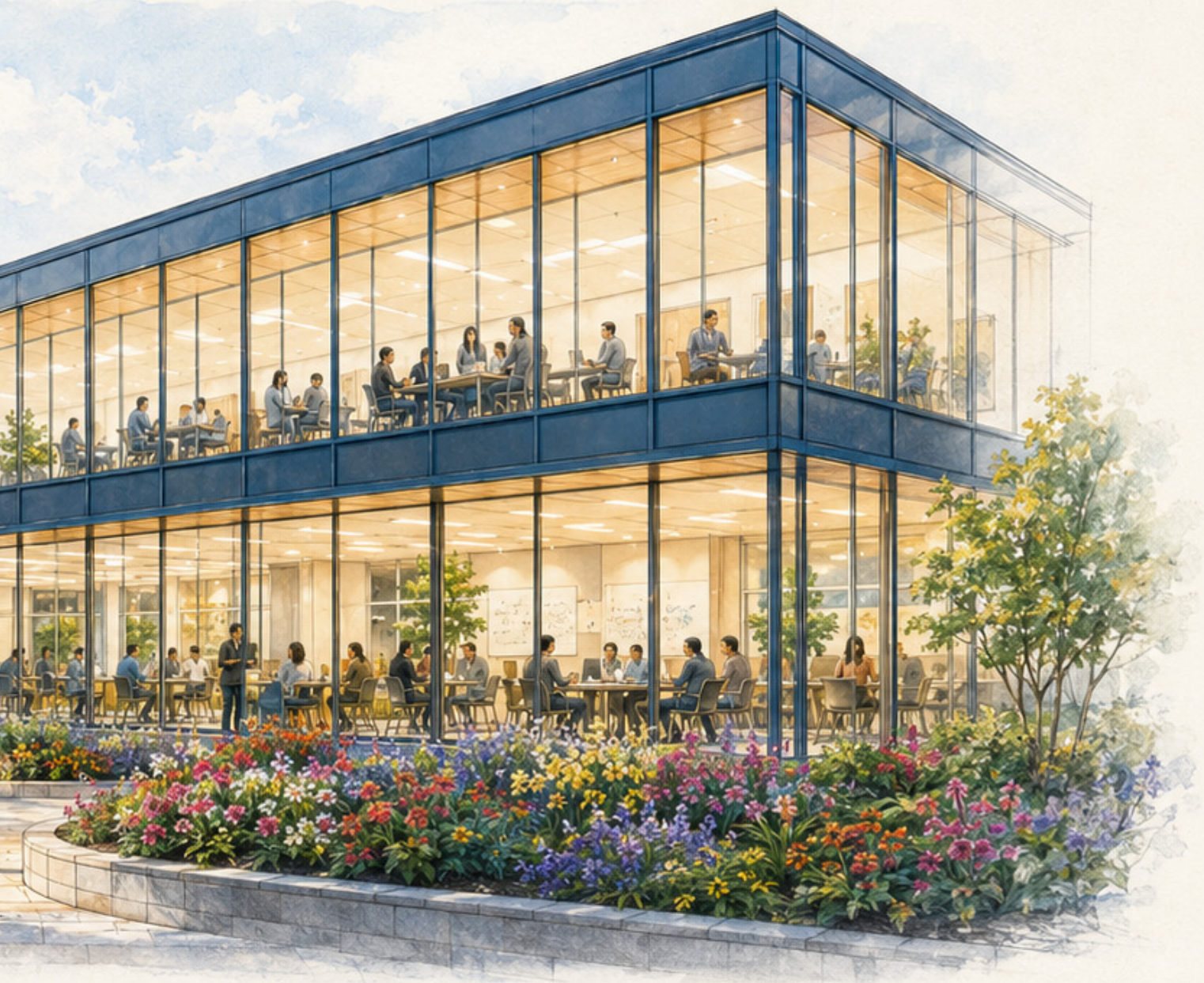
It is the work of a field
coming of age.

**Our hope is that IMHU continues
contributing to that future by doing
what it does best:**

- Preparing practitioners.
- Supporting educators.
- Building partnerships.
- Maintaining educational
excellence.



Building upon strong foundations.



*Expanding what compassionate mental
healthcare can become.*

The OPPORTUNITY

AN INVITATION TO LEAD WHAT COMES NEXT

IMHU is seeking an Executive Director who will serve as steward, architect, and catalyst—guiding the organization into its next chapter of growth, innovation, and global impact.



This is an opportunity to join a purpose-driven organization at a defining moment in its evolution.



LEADERSHIP

Shape the future of an innovative educational institution that is redefining how mental health professionals understand and support spiritual emergence, awakening, and human flourishing.

Step into a role where your vision, courage, and creativity can make a lasting difference.



RELATIONSHIPS

Build meaningful partnerships with educators, healthcare systems, research organizations, and global communities who share a commitment to integrating spiritual growth into mental healthcare.

Expand a worldwide network dedicated to learning, collaboration, and transformative impact.



STEWARDSHIP

Care for what has been built with integrity while designing the next chapter—creating new opportunities for education, research, and the cultivation of the kind of professional the future requires.

Leave your legacy by nurturing an institution that will serve generations to come.

“The individual who accepts the position of Executive Director will become the steward of IMHU’s next chapter.”

— EMMA BRAGDON, PHD, FOUNDER



A WINDOW INTO OUR TEAM



Andy Johns, IMHU Board Member, Consultant, Researcher and Founder, StoriesofAwakening.org

Andy spent nearly two decades building a highly successful career in the tech industry in roles related to growth, product, marketing and senior leadership. Since 2021 Andy has focused on personal transformation-his own and others. In 2025 he joined IMHU to streamline operations and optimize IMHU's mission. Andy now serves as our senior advisor to strengthen the organization's research, strategic vision, and educational mission.

CREATING THE NEXT CHAPTER

No institution worthy of enduring remains exactly as it began.

Each generation contributes something new while honoring what has already been built.

The next Executive Director will continue developing IMHU's educational programs, expanding partnerships, supporting faculty, encouraging dialogue, and integrating new knowledge as the field continues to mature.

The goal is not growth for its own sake.

The goal is greater educational impact.

Every partnership should strengthen learning.

Every innovation should better prepare practitioners.

Every conversation should ultimately improve the care offered to individuals seeking support.

That is how institutions quietly influence history.



“The IMHU training helps us understand people in a very holistic way in when there is a big component that’s spiritual and energetic. That’s missing from the Western academic way we were trained.”

*Prior Student Now an
IMHU Trainer*

Lorna Busch, PhD
(Clinical Psychologist)

“As a Spiritual Awakenings International Circle of Honor honoree, we would like to give you the opportunity to further share your groundbreaking work at our next Conference.”

Yvonne Kason, MD
President
Spiritual Awakenings
International



A COLLABORATING COLLEAGUE



Cassandra Vieten, PhD, Co-Founder, Spiritual Competency Academy
Dr. Vieten's career includes being a professor, psychologist, mind-body medicine researcher, author, and co-founder of the Center for Psychedelic Research at UC San Diego.



BUILDING THE NEXT ADDITION

Mental healthcare does not stand still.

Each generation inherits a structure built by those who came before. Rather than abandoning that structure, wise leaders strengthen its foundations while thoughtfully expanding its capacity to serve future generations.

IMHU sees its role in that spirit.

We honor the extraordinary contributions of bio-medical psychiatry and psychology. We also recognize the growth of holistic approaches that have broadened our understanding of trauma, resilience, relationships, and whole-person care.

The next chapter is not about replacing these foundations. It is about designing and helping to build a new wing—one that prepares practitioners to recognize spiritual development as another dimension of human flourishing.

Within that new wing are classrooms where professionals learn practical competencies. There are meeting spaces where clinicians, researchers, educators, and leaders from different disciplines exchange ideas. There are opportunities for new research, thoughtful partnerships, and continuing refinement of educational standards.

The next Executive Director will not simply maintain an institution.

They will help design and manifest this next addition, strengthening the integrity of the whole structure and what it stands for: supporting mental health while expanding our collective understanding of human flourishing.

AN INVITATION

Perhaps, as you have read these pages, you have found yourself thinking:

“I’ve spent my career looking for exactly this kind of work. I didn’t know an organization like this already existed.”

If so, we would welcome a conversation.

The future of IMHU will not be created by one individual.

It will be shaped by thoughtful people working together in service of a larger purpose.

If you believe your experience, values, and aspirations resonate with this vision, we invite you to explore the possibility of becoming the next Executive Director of Integrative Mental Health University.

The next chapter has already begun.

Perhaps you are meant to help write it.

Contact

Emma Bragdon, Executive Director

EB@IMHU.org

PERHAPS THIS INVITATION IS FOR YOU IF...

You have spent your career building rather than merely managing.

You are energized by bringing thoughtful people together around meaningful work.

You believe education is one of the most powerful ways professions evolve.

You are equally comfortable speaking with researchers, clinicians, educators, nonprofit leaders, and philanthropists.

You appreciate scientific rigor without losing sight of the complexity of human experience.

You recognize that meaningful institutions are built patiently—through relationships, trust, and excellence.

You care less about personal recognition than about helping others flourish.

You are looking for work that will still matter twenty years from now.

If, while reading these pages, you have found yourself quietly thinking,

“I’ve been looking for exactly this kind of opportunity,”

we hope you will begin a conversation with us.

A COLLABORATING COLLEAGUE



Jennifer Wortham, DrPH, Researcher for Harvard's
Program for Human Flourishing, President Society for
Global Flourishing



INTEGRATIVE MENTAL HEALTH UNIVERSITY

Founded 2013

Bringing Spiritual Growth to Mental Healthcare

Prepared in 2026 as an invitation to the next Executive Director and Future Steward of IMHU.

Photography, illustrations, and text © Integrative Mental Health University.



**BUILDING THE NEXT
WING TOGETHER.**