

# Mindful Somatic Psychotherapy

## AN INTRODUCTION TO THE HAKOMI METHOD

**BOULDER, CO**  
**MAY 6-7, 2016**

*"A visionary contribution to mindfulness in psychotherapy."  
-Daniel Siegel, author of "The Mindful Brain"*

*"Hakomi presents some astounding methods for getting to core material. It is well-grounded in theory, and revolutionary in its results." - Association of Humanistic Psychology*

**Hakomi** integrates mindfulness and somatics into the psychotherapy process with uniquely effective results:

**The dynamic use of mindfulness** is a foundation of the Hakomi Method. When introduced with Hakomi techniques, it creates a rapid, experiential access route to the unconscious beliefs and implicit memories which invisibly shape our lives. When unconscious, this material creates projections, conflict and disharmony in our self-perceptions, relationships and behavior. Once conscious and directly experienced, it is available for memory re-consolidation and transformation, including the healing of attachment issues.

**Hakomi is a body-centered (somatic) approach.** The body is viewed as a "map of the psyche" - a door that can be opened to reveal the entire character and belief system of the individual. The body's habitual patterns become a powerful access route to unconscious core material.

**This experiential process**, although safe and gentle, evokes a powerful "felt sense" for the client, allowing them to take ownership of core patterns as they emerge, as well as their change and integration.

**Loving presence and the healing relationship** are also central to Hakomi. We develop an exquisite sensitivity and attunement to others, using empathic skills to read and contact "indicators" - subtle, unconscious cues. This creates a deep sense of safety and connection, allowing us to engage the "cooperation of the unconscious."

### **Course Objectives:**

#### **You will be able to:**

- Integrate psychodynamic mindfulness into your sessions with clients
- Use the practice of loving presence to enhance the therapeutic relationship
- Use the Hakomi principles, including nonviolence, to create safety and support the cooperation of the unconscious
- Discover and contact subtle, somatic cues in the body and its habitual patterns
- Use this information to create safe, yet powerful access routes to core unconscious material

**This workshop is designed for** therapists, counselors, social workers, healing professionals and graduate students in these fields. We will experientially learn Hakomi skills and approaches that are immediately applicable, and the workshop also serves as the prerequisite for the Comprehensive Training in Hakomi Mindful Somatic Psychotherapy.

## FACULTY



**Melissa Grace, M.A.**, Certified Hakomi Trainer and Therapist, is one of the Hakomi Institute's leading trainers and has led Hakomi Therapy trainings throughout the U.S. for over 15 years.

She is a member of the Hakomi Institute Board of Directors, and has served as Adjunct Faculty Member and Group Process Leader at Naropa University in Boulder, Colorado. Melissa has facilitated groups for over 20 years, and studied with the National Training Laboratory and the Group Leadership Training. She maintains a full-time private practice in Boulder, offering psychotherapy and life coaching.

### **Times:**

Saturday and Sunday 9:30 a.m.- 5:30 p.m.

### **Cost:**

\$250 if paid by April 7th, \$285 thereafter (includes \$75 non-refundable deposit)

### **CE's:**

**NASW:** This program is approved by the National Association of Social Workers (Approval #886484280-8584) for 12 continuing education contact hours.

**NBCC:** Hakomi Institute has been approved by NBCC as an Approved Continuing Education Provider (ACEP No. 5476.)

Programs that do not qualify for NBCC credit are clearly identified. Hakomi Institute is solely responsible for all aspects of the program.

**CEs: Professional Counselors, MFT's and Psychologists (APA):** C.E. credit for this program is awarded by Commonwealth Educational Seminars (CES). CES maintains responsibility for this program (12 C.E. hours). For more info visit our website.

**For more information or to register, call** 303-499-6699 or email [HakomiTR@aol.com](mailto:HakomiTR@aol.com) visit our website at [Hakomiinstitute.com/boulder-princeton](http://Hakomiinstitute.com/boulder-princeton).

