

**The following are the course objectives for the Comprehensive Training in the Hakomi Method:**

Phase One:

1	- The integration of Hakomi principles, including the attitude of nonviolence and mindfulness on the part of the therapist.
2	- The integration of the practice of loving presence in the therapeutic relationship.
3	- The use of basic skills in the Hakomi Method, including: the ability to help to induce mindfulness in the client and work therapeutically with a mindful client and the ability to perceive, track and contact unconscious material as it begins to appear in the therapeutic situation.

Phase Two:

1	- To understand how the continuing self-development of the therapist supports establishing and maintaining the therapeutic relationship.
2	- To develop the ability to access unconscious material and deepen in working with this material, while maintaining safety with the client.
3	- To start to recognize and work with the inner child state of consciousness as it arises
4	- To understand and begin to integrate how character strategies affect both the client's process and the therapist's approach.

Phase Three:

1	To demonstrate to faculty and other students, skill in the Hakomi Method, including: the ability to discover unconscious psychological material stored in the body; the ability to assist clients in recognizing limiting patterns inherent in this material, and how this recognition can help in the transformation of these patterns and the integration of new beliefs and behaviors.
2	To demonstrate to faculty and other students the ability to create probes and other experiments in mindfulness to help clients access unconscious material.
3	To apply the theory and concepts of the Hakomi Method in one's work in practice sessions.
4	To describe in discussion and/or self-evaluation the insights, strengths, challenges, and behavioral changes related to the student's self-development as a practitioner.