

# Mindfulness and Somatics in Experiential Psychotherapy

AN INTRODUCTION TO THE HAKOMI METHOD

PRINCETON, NJ  
MARCH 19-20, 2016

*"A visionary contribution to mindfulness in psychotherapy."  
-Daniel Siegel, author of "The Mindful Therapist" and  
"The Developing Mind"*

*"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:

**Hakomi is a body-centered 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 structures and patterns become a powerful access route to unconscious core material.

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

**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 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."

#### **In this workshop you will learn:**

- The practice of loving presence and how it can transform the therapeutic relationship
- The dynamic use of mindfulness and how to integrate it into psychotherapy and counseling sessions.
- How to use the Hakomi principles of nonviolence, mindfulness and body-mind integration to increase safety and the cooperation of the unconscious
- How to read and contact subtle, somatic cues in the body and our habitual patterns
- How to use this information to create safe, yet powerful access routes to unconscious material

**This workshop is designed for** therapists, counselors, social workers, healing professionals and 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 Mindfulness-Centered 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 10:00 a.m.- 6:00 p.m.  
Sunday 9:30 a.m.- 5:00 p.m.

#### **Cost:**

\$245 if paid in full by Feb. 23, \$285 thereafter (includes \$75 non-refundable deposit)  
Discount group lodging rate available.

**For more information or to register call** 303-499-6699 or email [HakomiTR@aol.com](mailto:HakomiTR@aol.com) (no online registration)

Visit our website at [www.HakomiInstitute.com](http://www.HakomiInstitute.com)

#### **CEU'S:**

**NASW:** The Hakomi Institute is approved by the National Association of Social Workers (Provider # 886484280-6376) to offer clinical social work 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.

