

# Application for Hakomi Therapy Training

Please type or block print responses to both pages of application. This cover sheet must be included.  
Send two applications:

- 1) One hard copy with a non-refundable fee of \$50.00 to:  
Hakomi Trainings, P.O. Box 1564, Boulder, CO 80306-1564.
- 2) Send a **second copy** via email to HakomiTR@aol.com, preferably as an MS Word or PDF attachment (other formats acceptable.) Please include a recent photograph with your electronic application.

**Location of training for which you are applying:** \_\_\_\_\_

## Personal Information

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Phone Numbers: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Are you a student? \_\_\_\_ Yes \_\_\_\_ No. If so, name of school and program in which you are enrolled: \_\_\_\_\_

Do you have a degree or license? (not required for enrollment in training) If so, list degree(s), credentials, and area(s) of study: \_\_\_\_\_

Occupation: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Previous Hakomi Experience (workshop, class, etc.) \_\_\_\_\_

\_\_\_\_\_ Trainer/Teacher: \_\_\_\_\_

Dates: \_\_\_\_\_

Individual Work with Hakomi Therapist: (please include name) (Use additional page if needed)

Training programs are designed to prepare students in the Hakomi Method and to increase the skillfulness and sensitivity with which they apply and embody the Hakomi Principles, both as personal options and as therapeutic tools. The Hakomi Institute is prepared to accommodate a Diversity of personal backgrounds and professional experience, enabling each student to study and develop at their own pace.

APPLICANTS FOR ADMISSION TO THE HAKOMI THERAPY TRAINING ARE CONSIDERED WITHOUT REGARD TO SEX, RACE, AGE, RELIGION, OR SEXUAL ORIENTATION.

(A RECENT RESUME MAY BE SUBMITTED FOR A & B BELOW)

- A. MAJOR OCCUPATIONAL HISTORY: (most recent first)  
Employer, job title, duties, date and length of employment, etc.
- B. EDUCATIONAL HISTORY: (most recent first)  
Institution, field of study, degree or certification, date and length of education, etc.

Please answer the following questions. *Responses must be typed and no more than three pages in total.*

1. Give a brief commentary on your experience in Hakomi Method workshops and what draws you to pursue the study of Hakomi.
2. What is your aspiration or vision for applying the Hakomi Method? How does Hakomi fit with your career plans and life goals?
3. Describe your experience working with individual clients in private sessions, if applicable (type of practice and clientele, approaches and skills used, degree of satisfaction and/or success you receive from the work, etc.)
4. Hakomi students are expected to have a significant amount of personal growth experience. What has been your experience as a client in psychotherapy, other therapies, or workshops? What has been the impact on you personally? Mention the type of therapy, date and length of time, how the has work affected you, etc.
5. Hakomi students are also expected to practice with non-student clients outside of class time (12 sessions). What specific arrangements will you make to provide space for practice sessions?
6. Write a one page or less description of “who you are” as a person. We encourage you to include any information you feel is important for us to know in relation to the training.
7. Hakomi Training is a significant group experience, and as such will access family of origin issues and dynamics. What is your experience of yourself as a participant in groups? Please answer as completely as possible, and include such topics as introversion/extroversion, control issues, inclusion/exclusion, difficulties you have experienced, how you prefer others to relate, etc.
8. Do you have any medical conditions of which we should be aware? If you have been diagnosed with, or treated for, a psychiatric condition (other than minor anxiety or depression), or have a history of substance abuse, we ask that you inform the trainers prior to beginning the training. The faculty will keep this information confidential.

Thank you for your efforts.