

THE COMPREHENSIVE PROFESSIONAL TRAINING IN

HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



NORTHEAST U.S. TRAINING
in
PRINCETON, NJ

The Hakomi Method for Professionals
Module One: October 27, 2016 – September 10, 2017

**Advanced Hakomi for Therapists
and Counselors**
Module Two: October 19, 2017 – June 24, 2018

"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 Newsletter

"A visionary contribution to mindfulness in psychotherapy."

- Daniel Siegel, author of "The Mindful Therapist",
"The Developing Mind" and "Mindsight"

"Hakomi is an excellent system for developing key emotional intelligence skills."

- Daniel Goleman, author of "Emotional Intelligence"



The Hakomi Institute was founded by Ron Kurtz and a core group of faculty in 1981, and has trained therapists internationally for over 35 years.

"Hakomi" is a Hopi Indian word which means "Where do you stand in relation to the many realms?" or more simply, "Who are you?"

The Hakomi Method

The Hakomi Method is an elegant, comprehensive, and uniquely effective approach to psychotherapy, human development and change. It integrates the Eastern principles of non-violence and mindfulness with an experiential somatic methodology originated by Ron Kurtz. These innovative techniques have been further developed by the Hakomi Institute, including the integration of current discoveries in neuroscience, to create an effective and applicable training for professionals. Typical therapy outcomes include lasting changes in deeply held emotional attitudes, beliefs and behavior.

For over 30 years Hakomi has pioneered and integrated the use of mindfulness in the psychodynamic process. When integrated with unique Hakomi techniques, this creates an experiential route to core material, deepening therapy beyond insight and words. It allows us to rapidly access the unconscious beliefs and early experiences which shape our lives, relationships, and self-perceptions, often without our knowledge. When unconscious, this material hidden in implicit memory creates projections, conflict and disharmony in our interactions and inner lives. Once conscious and directly experienced, these patterns are available for transformation and re-integration. Powerful emotions, memories, and trauma may surface at times during the process and these are handled gently and effectively. **Attachment issues** often emerge, and Hakomi is particularly effective in working with these.

Current neuroscience is also revealing the basis for the effectiveness of mindfulness, loving presence, empathic attunement, limbic resonance, and other aspects of Hakomi Therapy. Neuropsychology is integrated into a user-friendly framework throughout the training. As we work with core developmental trauma and implicit memory, the Hakomi therapist provides what Ron Kurtz called the “Missing Experience”, a deep and transformational process for the client. Due to the brain’s neuroplasticity, it allows for the reconsolidation of memories and rewiring of neural pathways in ways that can support the client’s opening to new and more satisfying behaviors and interpersonal experiences.

The experiential nature of Hakomi often allows professionals to discover new avenues to access key unconscious patterns quite rapidly, as mindful, somatic components are integrated with talk therapy. Although safe and gentle, this experiential process evokes a powerful “felt sense” for the client, allowing them to take deeper ownership of core material, its integration, and resulting changes. Hakomi resonates with Frieda Fromm Reichman’s words: “The patient needs an experience, not an explanation.”

Hakomi is a body-centered, somatic psychotherapy. 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 habitual patterns become powerful “indicators” – subtle access routes to unconscious and evocative core material.

Loving presence and the healing relationship are also central to Hakomi. Practitioners develop an exquisite sensitivity and attunement to others - both their conscious and unconscious material - and enhance their ability to convey this recognition. This creates a deep sense of safety and connection, and engages the “cooperation of the unconscious.”

The training facilitates the emergence of the “essence” of the practitioner. Research shows that this therapeutic presence and the healing relationship it facilitates are among the most significant factors in the effectiveness of therapy. The self-awareness and process of the Hakomi student therefore become essential aspects in their evolution as therapists.

As a depth psychology, Hakomi provides a direct, empowering, and experiential process. New material and experience are also integrated cognitively for the client, and Hakomi can be combined with a wide spectrum of therapeutic approaches. It is effective for both brief and long-term therapy, in a wide range of applications including work with individuals, couples, groups and organizations.

For more information on Hakomi therapy and trainings visit www.HakomiInstitute.com.

For more info on Northeast/Princeton trainings and faculty or to request an application or training packet, call 303-499-6699, email HakomiTR@aol.com, or visit www.HakomiInstitute.com/northeast-hakomi-trainings

Module One: The Hakomi Method for Professionals

Includes a thorough grounding in the theory and techniques of the Hakomi Method.

Module Two: Advanced Hakomi for Therapists and Counselors

Presents extensive advanced curriculum and provides in-depth supervision to develop and refine the therapist's skills and effective application of the Method in a variety of client situations.

Curriculum Highlights

- The Hakomi Principles and Techniques
- The Psychodynamic Use of Mindfulness
- The Neuroscience of Hakomi
- Loving Presence and The Healing Relationship
- Working with Core Experience and Implicit Memory
- Healing Developmental Trauma and Attachment Issues
- The Missing Experience and Memory Reconsolidation
- Recognizing Traumatic Activation and Resourcing
- The Body as Map of the Psyche
- The Experimental Attitude
- Empathic Attunement and Limbic Resonance
- Character Theory and Interventions
- Embracing Resistance and Defenses
- Creating Safety in Group Dynamics
- Ethics as Right Use of Power
- Enhancing Your Unique Therapeutic Style

For a detailed description of the Comprehensive Training and curriculum, please see our brochure "Trainings in the Hakomi Method."

The Hakomi Training is primarily designed for individuals practicing and/or studying in the fields of psychotherapy, counseling and social work.

Module One is also appropriate for individuals who will apply Hakomi in related fields, including coaching, education, group work, bodywork, and other healing modalities.

Module Two is primarily designed for therapists, counselors, and clinical social workers, as well as graduate students and individuals transitioning into these fields.

**- An approved two-day Hakomi introductory workshop serves as the prerequisite for Module One -
- Module One and permission of the instructors serve as the prerequisites for Module Two -**

DATES

Module One: 2016: Oct. 27-30, Dec. 1-4;
2017: Jan. 12-15, Feb. 23-26, April 6-9, May 18-21,
July 13-16, Sept. 7-10
Module Two: 2017: Oct. 19-22, Dec. 7-10;
2018: Jan. 18-21, March 1-4, April 5-8, May 17-20,
June 21-24

SCHEDULE

Thursday 1:00-6:30, Friday and Saturday 9:30-5:30,
Sunday 9:00-2:00

TUITION/APPLICATION DEADLINES/DISCOUNTS:

The tuition for Module One is \$3950.
The tuition for Module Two is \$3650.

For Module One:

- **The Application Deadline** is September 23, 2016.
- **The Early Application/Enrollment Deadlines (\$250 discount)** are August 15, 2016 (application received) and August 24, 2016 (deposit received).

For Module Two (no application required):

- **The Enrollment Deadline** is September 5, 2017.
- **The Early Enrollment Deadline (\$200 discount)** is July 12, 2017.

- **The discount for paying the tuition in full by the first day of the training** is \$200 for Module One and \$200 for Module Two.
- **Payment plans and a limited number of work-study discounts** are available.
- **A group lodging rate** is available for out-of-town students.

CE's:

- **NASW:** This program is approved by the National Association of Social Workers (NASW Provider # 886484280-6377) for up to 75 clinical social work continuing education contact hours per calendar year (190 hours total for the training).
- **NBCC:** Hakomi Institute has been approved by NBCC as an Approved Continuing Education Provider, ACEP #5476. Programs that do not qualify for NBCC credit are clearly identified. Hakomi Institute is solely responsible for all aspects of the program.

NBCC and NASW-approved programs may be used for license requirements for LPC's, LMHC's, and LMFT's in many states, please check with your state licensing board.

- **APA/Psychologists:** We will be applying for provider status.

What participants have said about the Hakomi Comprehensive Training:

"I have learned more in this training than any other. The practical application of the Hakomi Method is already providing great benefit for my clients, and has had a dramatic effect on my ability to relate to them more deeply and effectively."

Craig Haft, L.C.S.W., New Jersey

"I learned so much, thoroughly enjoyed the people and process, and found the instructors amazing in the breadth and depth of their experience and knowledge."

- Pat Waterman, L.C.S.W., Vermont

"To a more "traditionally trained" therapist, this approach is remarkable in its ability to deepen and support an unfolding of experience that is both helpful and surprising to therapist and client."- Susan Furrer, Psy.D., New Jersey

"Excellent - rich and satisfying. It has expanded me as a person and as a therapist. The trainers were exceptional - all were superlative. The training enables you to deepen self-awareness, become more present, and learn to work with inner and outer challenges with ease, compassion and honesty - and then help others to do the same."

- Debra Babarsky, L.P.C., Virginia

"The training has profoundly impacted my practice ...I feel I am an infinitely better therapist than prior to the training." - Josephine Servello, L.P.C., New Jersey

"An excellent course. The experiential learning and extensive hands-on practice time allows development of genuine proficiency with the therapeutic method, as well as ongoing personal growth for ourselves as practitioners. The Hakomi techniques have deepened and enlivened my work with clients. I am thrilled to have found this work."

- Jo Ann Laveman, L.C.S.W., New Jersey

"Hakomi has helped me to embody the best of what it means to be human and to bring a high level of compassion and skill into the therapeutic relationship."

- Paul Zasada, L.M.H.C., Rhode Island

"I've been attending trainings for decades, and this was the BEST I've EVER attended—hands down. I simply can't believe the quality of the teaching, the awareness, and skill of instructors, and the tremendous love and care they bring to every aspect of the training."

- Rhonda Mattern, M.S., California

"I have been integrating Hakomi into my practice with clients, supervision of clinicians, and relationships. I have learned to allow more depth in my relationships with clients and can teach my clients to tolerate and allow this depth. The practice with its focus on growth of personal skills as well as technical skills was invaluable."

-Nick Weingarten, L.C.S.W., Pennsylvania

"Learning the Hakomi Method has been one of the most personally and professionally enriching experiences of my career. I have gained tools to help my clients rapidly access and transform their pain and struggle, and found it profoundly effective across a wide range of individuals with a variety of long-term and challenging clinical and life problems. I cannot recommend this training highly enough."

- Jeffrey Rutstein, Psy.D., New Jersey