

# Comprehensive Training in Hakomi Mindful Somatic Psychotherapy

## Course Agenda/Outline:

### Module One:

**This Module is comprised of 32 training days**, taught in 8 four-day training segments. The training meets every 4-6 weeks, and the average duration of the training is one year. Each training has a minimum of two main trainers, plus guest trainers, teachers, and teaching assistants.

### Main topics and skills in Comprehensive Training/Module One:

1. The Hakomi Principles and creating safety in the therapeutic relationship
2. The practice of loving presence and its underlying neuroscience
3. Psychodynamic mindfulness in the therapeutic process and underlying neuroscience
4. Tracking for “indicators”: unconscious somatic and verbal cues
5. The skill of “making contact” to deepen the therapeutic process
6. Creating experiments in mindfulness, using verbal “probes” and Hakomi somatic techniques
7. Accessing unconscious core material and implicit memory
8. Deepening into unconscious material and stabilizing mindfulness
9. Supporting defenses using verbal and somatic techniques
10. The body as map of the psyche
11. Discerning and integrating the meaning of elicited information
12. Working at the unconscious “barriers”, embracing and transcending resistance
13. Memory re-consolidation: Working with the child and the “Missing Experience”
14. Recognizing traumatic activation and resourcing
15. Working with strong emotions and integrating these into the therapeutic process.
16. Integration of therapeutic experience into the client’s daily life.

**An outline of a four-day training block typically includes** (*sequence of events may change per the learning needs of the group*):

#### Thursday 1-6:30 p.m.

- Mindfulness and group integration exercise.
- Didactic talk on first topic/skill for the training block (*see list of main topics above*)
- Break
- Experiential practice of skill in dyads or triads
- Debrief/discussion of exercise

#### Friday: 10 a.m.-6 p.m.

- Mindfulness exercise
- Didactic talk on main topic/skill for this training block (part 2)
- Break
- Demonstration by trainer of therapy session with emphasis on skills for this training block

- Lunch break (90 min.)
- Debrief of demonstration with Q&A
- Supervised/experiential practice of this skill in small groups
- Break
- Debrief of experiential practice

### **Saturday 10 a.m.-6 p.m.**

- Mindfulness exercise
- Didactic talk: Introduction of second topic/skill for this training block
- Break
- Experiential practice in dyads or triads of skills for this training block
- Lunch break (90 min.)
- Debrief/discussion of exercise with Q&A
- Break
- Group process emphasizing building safety and communication.

### **Sunday 9 a.m. - 1:30 p.m.**

- Mindfulness exercise
- Didactic talk including questions on practical integration of this segment's topics/skills into students' therapeutic practices.
- Break
- Small group practice with focus on integration of these skills
- Discussion, Q&A, and group completion for this segment.

## **Module Two:**

### **Course Agenda/Outline:**

**This Module is comprised of 28 training days**, taught in 7 four-day training segments. The training meets every 4-6 weeks, and the average duration of the training is one year. Each training has a minimum of two main trainers, plus guest trainers, teachers, and teaching assistants.

### **Main topics and skills in Comprehensive Training/Module Two :**

Module Two continues to develop the skills and practices learned in Module One, and includes more advanced supervision. In addition, these topics and skills are taught:

- 1) Recognizing eight main character strategies and developmental issues, and corresponding therapeutic interventions
- 2) Using the "Sensitivity Cycle" and other therapeutic maps
- 3) Differentiating between traumatic activation/wounding and developmental wounding
- 5) Working with developmental trauma/attachment wounds
- 5) Applied systems theory in Hakomi
- 6) Completion of the therapy session with memory reconsolidation and integration into the client's life and behavior.

## 7) Ethics as Right Use of Power

**An outline of a four-day training block typically includes** (*sequence of events may change per the learning needs of the group*):

### **Thursday 1-6:30 p.m.**

- Mindfulness and group integration exercise.
- Didactic talk on first topic/skill for the training block (*see list of main topics above*)
- Break
- Experiential practice of skill in dyads or triads
- Debrief/discussion of exercise

### **Friday: 10 a.m.-6 p.m.**

- Mindfulness exercise
- Didactic talk on first topic/skill for this training block (part 2)
- Break
- Demonstration by trainer of therapy session with emphasis on skills for this training block
- Lunch break (90 min.)
- Debrief of demonstration with Q&A
- Supervised/experiential practice of this skill in small groups
- Break
- Debrief of experiential practice

### **Saturday 10 a.m.-6 p.m.**

- Mindfulness exercise
- Didactic talk: Introduction of second topic for this training block
- Break
- Experiential practice in dyads or triads, integrating skills and topics for this training block.
- Lunch break (90 min.)
- Debrief/discussion of exercise with Q&A
- Break
- Group process emphasizing building safety and communication.

### **Sunday 9 a.m. - 1:30 p.m.**

- Mindfulness exercise
- Supervised practice of the Hakomi method, including all skills and principles taught to date.
- Break
- Discussion, Q&A, and group completion for this segment.