

## **Course Objectives:**

### **Comprehensive Training in Hakomi Mindful Somatic Psychotherapy:**

To learn, practice and demonstrate:

#### **Module One:**

1. Integrating psychodynamic mindfulness into the therapeutic session to facilitate accessing unconscious material.
2. Using the practice of loving presence and Hakomi principles such as nonviolence to create safety in a depth-oriented process.
3. Perceiving contacting and accessing subtle somatic and verbal cues as “indicators” of key unconscious material.
4. Applying a spectrum of Hakomi techniques to safely and powerfully access unconscious material and implicit memory.
5. Helping the client to process and transform this material to create a wider range of options in their lives, relationships and behavior.

#### **Module Two:**

- 1) Working with clients to experientially identify core unconscious material and beliefs, and the limiting patterns inherent in this material.
- 2) Discovering and working with related implicit core memory and the "child state" of consciousness as it arises.
- 3) Recognizing traumatic activation and how it differs from developmental wounding, and use appropriate tools to address both.
- 4) Recognizing and working with character strategies and how these both impact the client's process and beliefs, and can influence the therapist's approach.
- 5) Describing in self-evaluation, debrief and discussion, the insights, strengths, and challenges related to the student's self-development as a practitioner.