Clinical Use of Mindfulness and the Body

An Introductory Workshop in
Hakomi Mindful Somatic Psychotherapy

Saturday, March 4, 2017: 9:30 am–6:00 pm
Sunday, March 5, 2017: 9:30 am–4:00 pm

Cathedral Counseling Center
50 E Washington St, Suite 301
Chicago, Illinois

A principle of psychology that many therapies agree on is that we all, therapists and clients alike, organize our experience according to personal core organizing beliefs that developed in our inevitable, necessary attempts to make sense of life. A problem with such core beliefs is that they often reside in implicit memory where they unconsciously organize awareness and responses; thus, leading some to say that many therapies done in ordinary consciousness struggle for effectiveness because "consciousness is the problem." It is hard to learn from what we already know.

The Hakomi Method of Mindful Somatic Psychotherapy offers a powerful way to address this clinical challenge. By inviting a mindful state of consciousness, one is enabled to get distance on the automatic ways we organize experience, and bring curious, compassionate awareness to how things might be reorganized in a more effective, holistic way. Likewise, the body is the medium for human experience. Sensations, tensions, movements, gestures, postures, flow of qi and more all reveal how one is organized. In this workshop we will learn ways to track, access and use bodily felt experience as a vehicle for core-level transformation.

Instructor Greg Johanson, M.Div., Ph.D., L.P.C., N.C.C.**,** a founding trainer of the Hakomi Institute, is a member of the American Psychological Association as well as the American Association of Pastoral Counselors. He has been active in writing and editing including (with Ron Kurtz) *Grace Unfolding: Psychotherapy in the Spirit of the Tao-te ching*, and (with co-editors Weiss and Monda) the recently published Norton textbook, *Hakomi: Mindfulness-Centered Somatic Psychotherapy*. Greg is also the editor of the *Hakomi Forum.* He has a special interest in Integral Psychology, which relates spirituality to individual consciousness and behavior in the context of cultural values and social structures. Contact at www.gregjohanson.net

12 CEs available from NASW
The Hakomi Institute is approved by the National Association of Social Workers
(Provider # 886484280-0) to offer 12 clinical social work continuing education contact hours.

Course Objectives - You will be able to:

- Integrate psychodynamic mindfulness into your sessions with clients
- Use the practice of loving presence to enhance the therapeutic relationship
- Use the Hakomi principles, including nonviolence, to create safety and support the cooperation of the unconscious
- Discover and contact subtle, somatic cues in the body and its habitual patterns
- Use this information to create safe, yet powerful access routes to core unconscious material

This workshop is for counselors, psychotherapists, marriage & family therapists, social workers, physicians, body workers, spiritual leaders, healers and other helping professionals.

This Hakomi workshop fulfills the pre-requisite for application to the 2-year Hakomi
Professionals Comprehensive Training
beginning April, 2017 in Grand Rapids, MI.

Workshop Registration Information

Two ways to register:

1. **Mail Registration Form and Check payable to:**

    Grand Rapids Hakomi Institute, c/o Dorace Van Meurs,
    2976 Ivanrest SW Suite 205, Grandville, MI 49418

    Payment:
    ___ **$240 early-bird discount if registered by February 10, 2017**
    ___ **$260 after February 10, 2017**
    ___ **$25 CE fee (NASW)**

    _____ **Total Payment by check**

2. **Credit Card payment on the website www.grandrapidshakomi.com**
    Email Registration Information to Dorace at grhakomi@att.net
    or, mail Registration Information to: Dorace Van Meurs
    Grand Rapids Hakomi Institute
    Grandville, MI 49418

Refunds only on cancellations 72 hours prior to program (less $35 registration fee)

Workshop Registration Form

Clinical Use of Mindfulness and the Body: Intro to the Hakomi Method
March 4–5, 2017

Name _____

Address _____

Phone _____ **Email** _____

Occupation _____

NASW CEs? ____yes   ____no

For further information or questions about the workshop or registration process
contact Dorace Van Meurs at grhakomi@att.net or (616) 901-6136