

About Hakomi

This workshop offers practical knowledge and dynamic exercises in mindfulness, awareness of the body, thoughts, emotions, and core beliefs. We all have a basic human need to be accepted, seen, and deeply heard. Integrating Mindfulness and Loving Presence into everyday interactions as well as the therapeutic process, we create the optimum field for health and healing. Both Therapists and Clients feel empowered by focusing their awareness in the present moment with an attitude of curiosity rather than judgment. Creating deep safety increases access to insight and the inner resources necessary for healing and growth.

Hakomi is an amazing resource that can easily be integrated into the practices of Therapists, Counselors, Social Workers, Health Care Professionals, Chaplains, Body Workers, and others interested in the Hakomi method.

Continuing Education (CE's):

Social Workers: This program is approved by NASW (National Association of Social Workers Approval #**886484280-8584**) for 12 continuing education contact hours.

Psychologists: C.E. credit for this program is awarded by Commonwealth Educational Seminars (CES). CES is approved by the American Psychological Association (APA) to offer continuing education credit programs. CES maintains responsibility for this program and its content. Psychologists receive 12 hours of C.E. credit upon completing this program.

NOTE:

This Hakomi workshop fulfills the prerequisite for application to Hakomi Comprehensive Training. Sign up for future workshops and training updates at www.LouisvilleHakomi.com.

Register early at a discount and reserve your space

Advance registration is required!

You may register by mailing the form (see inside) and a check. Payment can also be made online through PayPal at [PayPal.me/fallwise](https://www.paypal.com/fallwise)

Mindfulness for Enhanced Healing

An Introduction to the Hakomi Method

A workshop for psychotherapists, counselors, social workers, health care workers, healing arts practitioners, students in these fields, and individuals seeking to experience the Hakomi Method.



HAKOMI

Saturday, April 8, 2017
9:30am – 6:00pm
Sunday, April 9, 2017
9:30am – 4:00pm

AT:
Knights Training Center
191 Glades Road
Berea, KY 40403
Contact us at
(859) 408-1025 or
fallgal@windstream.net



Certified Hakomi Faculty: Lois Lockett, LCSW is a Certified Hakomi Teacher who has been in private psychotherapy practice for over 35 years. She is on the meditation faculty at the Passionist Earth and Spirit Center where she leads the Monthly Mindful Counseling Community.

The Hakomi Method

The Hakomi Method combines the Eastern traditions of mindfulness and non-violence with a unique, highly effective methodology for personal growth and self-study.

Hakomi is mindfulness-centered, somatic experiential body-centered psychotherapy. The body's structures and habitual patterns become a powerful doorway to unconscious core material.

Participants will learn to:

- Integrate the Hakomi principles, including Non-Violence, to create safety for the client.
- Use and integrate active mindfulness in the therapeutic session.
- Use the practice of Loving Presence in the therapeutic relationship to enhance healing.
- Cultivate body-based awareness grounded in the present moment.
- Discover how to read and perceive subtle, somatic cues in the body and its habitual patterns.
- Use this information to discover and access core unconscious material.

Mail-In Registration Form

NAME:

ADDRESS:

PHONE:

EMAIL:

PROFESSION/AFFILIATION:

NASW CE? (12 Available) requested by Feb 2

_____ Yes

_____ No

Payment:

_____ \$225 (Early Bird special \$205 by Mar 13)

_____ \$245 cost increase after March 27, 2017

_____ \$25 CE fee payable on April 9, 2017

*Bring check to workshop

Registration closes April 3, 2017. Cancellations before March 31, 2017 will be refunded less a \$35.00 admin fee. No refunds after March 31 though you may send someone in your place.

Signature

Date

Payment completes registration and can be made online at [PayPal.me/fallwise](https://www.paypal.me/fallwise) or by mailing a check with this form payable to

Fallwise

FallWise – Attn: Carolyn Wallace
P.O. Box 588
Berea, KY 40403