

Mindful Somatic Psychotherapy:

AN INTRODUCTION TO THE HAKOMI METHOD



**PRINCETON, NJ
JULY 8-9, 2017**

*"A visionary contribution to mindfulness in psychotherapy."
-Daniel Siegel, author of "The Mindful Brain"*

"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

Hakomi integrates mindfulness and somatics into the psychotherapy process with uniquely effective results:

The dynamic use of mindfulness is a foundation of the Hakomi Method. When introduced with Hakomi techniques, it creates a rapid, experiential access route to the unconscious "blueprints" and implicit memories which invisibly shape our lives. When unconscious, this material creates projections, conflict and disharmony in our relationships and self-perceptions. Once conscious and directly experienced, it is available for transformation and memory re-consolidation, including the healing of attachment issues.

Hakomi is a body-centered (somatic) approach. 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 habitual patterns become a powerful access route to unconscious core material.

This experiential process, although safe and gentle, evokes a profound "felt sense" for the client, allowing them to take ownership of core patterns as they emerge, as well as their change and integration.

Loving presence and the healing relationship are also central to Hakomi. We develop an exquisite sensitivity and attunement to others, using empathic skills to read and contact "indicators" - subtle, unconscious cues. This creates a deep sense of safety and connection, allowing us to engage the "cooperation of the unconscious."

In this workshop you will learn to:

- Integrate psychodynamic, active mindfulness into the therapy session
- Use loving presence and the Hakomi principle of nonviolence to create safety and deepen the therapeutic relationship
- Discover subtle, somatic cues in the body and its habitual patterns that are "indicators" of unconscious material
- Use this information to create safe, yet powerful access routes to unconscious material.

This workshop is designed for therapists, counselors, social workers, healing professionals and students in these fields. We will experientially learn Hakomi skills and approaches that are immediately applicable, and the workshop also serves as the prerequisite for the Comprehensive Training in Hakomi Mindful Somatic Psychotherapy.

FACULTY



Jaci Hull, MA, LMFT

leads Hakomi trainings and workshops throughout the U.S. and Canada. She is on the Hakomi Institute Board of Directors and has served as faculty for the Somatic Psychology program at Naropa University and the

Sensorimotor Psychotherapy Institute. Her training includes Family Therapy, EMDR II, Somatic Trauma Resolution and certification as a Relational Life Therapist. A licensed psychotherapist for over 25 years, Jaci brings her clinical experience, as well as warmth, safety, and humor, to her teaching. Jaci works with individuals and couples in her practice, emphasizing clear, heartfelt and solution-focused communication.

Times:

Saturday 10:00-6:00 and Sunday 9:30-5:30

Cost:

\$250 if registered by June 15th, \$285 thereafter (includes \$75 non-refundable deposit)

Discount group lodging rate available.

For more information or to register call

303-499-6699 or email HakomiTR@aol.com

Visit our website at www.HakomiInstitute.com

CEs:

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

NBCC: Hakomi Institute has been approved by NBCC as an Approved Continuing Education Provider (ACEP No. 5476.) Programs that do not qualify for NBCC credit are clearly identified. Hakomi Institute is solely responsible for all aspects of the program.

C.E.S.: Psychologists (APA) and MFTs: C.E. credit for this program is awarded by Commonwealth Educational Seminars (C.E.S.) C.E.S. maintains responsibility for this program (12 C.E. hours).

