

Mindfulness, Loving Presence & Embodiment

an Introduction to the Hakomi Method



with **Julia Corley**,
Certified Hakomi Teacher

WHO SHOULD ATTEND?

Counselors, psychotherapists, marriage & family therapists, social workers, clergy, physicians, body workers, coaches, healers & other helping professionals

WORKSHOP OVERVIEW

This workshop will introduce you to the basic principles and skills of Hakomi Mindful Somatic Psychology. The method is an elegant and highly effective, experimental form of therapy designed to support self-discovery, healing and growth. Both therapist and client use mindful awareness to study the core organizers of experience—beliefs about ourselves, our relationships, and the world.

We use “Little Experiments” in mindfulness to gently unearth our implicit beliefs and the hidden barriers to getting more of what we want in life. The curiosity, warmth, presence, and compassion of the therapist, what we call “Loving Presence”, creates a safe, non-judgmental atmosphere for the client to explore themselves like never before. Clients are viewed as being whole, intelligent, creative, and resilient, rather than as problems that need to be fixed. The body is a trusted source of information on this journey, and the aim is to restore a sense of embodied wholeness, a deep re-membering of who we are.

You will learn basic skills that have immediate personal and professional application in psychotherapy, counseling, and clinical social work, which may also be integrated with bodywork and other related modalities. This beginning level workshop also fulfills the prerequisite for applying to the Comprehensive Training, beginning in the NC triangle in October 2018.



Julia Corley is a Certified Hakomi Teacher through Hakomi Institute and a NC Licensed Massage & Bodywork Therapist (#2123). She is a

candidate to receive a Master's in Counseling and a Certificate in Expressive Arts Therapy from Appalachian State University in May 2018 and she earned her bachelor's degree in psychology from UNC-Chapel Hill in 1997. Julia is a facilitator for Right Use of Power, ethics training created by Hakomi Trainer Cedar Barstow, and an assistant facilitator for Passion and Presence®, couples retreats on mindful sexuality created by Hakomi Trainer Maci Daye. Julia is also a former faculty member of Body Therapy Institute, where she taught Somatic Psychology and Therapeutic Communication.

Learn more about Julia's work on her website:
www.juliacorley.com

In this workshop you will learn and practice:

- The practice of loving presence and how it can transform the therapeutic relationship
- The dynamic use of mindfulness and how to integrate it into sessions
- How to use the Hakomi principles of nonviolence, mindfulness and bodymind integration to increase safety and the cooperation of the unconscious
- How to read and contact subtle, somatic cues in the body and our habitual patterns
- How to use this information to create safe, yet powerful access routes to unconscious material

WHEN

**Friday, June 22
& Sat. Jun 23**
9:00am - 4:30pm

WHERE

Duke Integrative Medicine
3475 Erwin Road
Durham, NC 27705

COST

\$234 Early Bird
(Register by 6/1/18)
\$260 thereafter.
Last Day to Register: June 15, 2018

TO REGISTER, Call or Go Online: **(866) 313-0959**
dukeintegrativemedicine.org/programs-training/professionals/hakomi/

STUDENT TUITION

\$150 Early Bird
(Register by 6/1/18)
\$200 thereafter.

CE INFO

CEs are available for psychologists, social workers, MFTs and professional counselors. There is an additional \$25 fee for Social Work CE's.

For more details, visit:
hakomiinstitute.com/workshopstrainings/ces