

12 hours of Continuing Education credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions:

Psychologists: Commonwealth Educational Seminars (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 continuing education credit upon completing this program.

Licensed Professional Counselors/Licensed Mental Health Counselors: Commonwealth Educational Seminars (CES) is entitled to grant continuing education credit for LPCs/LMHCs in the following states: AZ, AR, CA, CO, CT, DC, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, ME, MA, MO, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY. CES maintains responsibility for this program. LPCs/LMHCs completing the program will receive 12 continuing education hours of credit.

Social Workers: CES, provider #1117, is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. CES maintains responsibility for the program. ASWB Approval Period: 10/5/15 through 10/5/18. Social Workers should contact their regulatory board to determine course approval. Social Workers participating in this course will receive 12 clinical continuing education clock hours.

Licensed Marriage & Family Therapists: Continuing education credit for Marriage & Family Therapists is awarded in the following states: AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IN, IA, KS, ME, MD, MO, MT, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY. CES maintains responsibility for this program. Licensed Marriage & Family Therapists will receive 12 clinical continuing education clock hours upon completing this program.

ABOUT HAKOMI

Hakomi Mindful Somatic Psychotherapy combines Eastern traditions of mindfulness and nonviolence with a unique, highly effective psycho-dynamic methodology for psychotherapy and self-study.

Hakomi is a somatic psychotherapy. The body's structures and habitual patterns become a powerful doorway to unconscious core material, including the hidden core beliefs that shape our lives, relationships, and self-images.

By working mindfully with direct experience, the Hakomi Method quickly accesses core organizing material, allowing it to emerge safely into consciousness. Once conscious, it can be re-evaluated, and where appropriate, powerfully transformed. New dimensions of awareness can be integrated, helping the individual to build a more satisfying and effective life.

FACULTY

LORENA MONDA, DOM, LPC has been a psychotherapist since 1977 and a Doctor of Oriental Medicine since 1984. She is a certified therapist and trainer for the Hakomi Institute of Mindful Somatic Psychotherapy. Lorena is the author of the book *The Practice of Wholeness: Spiritual Transformation in Everyday Life*, and a coeditor of *Hakomi Mindfulness-Centered Somatic Psychotherapy* and *I Have Arrived, I Am Home: Celebrating 20 Years of Plum Village Life*. Lorena is in private practice in New Mexico and teaches Hakomi in the US and internationally.

HAKOMI

Mindfulness & the Body

Introduction to the Hakomi Method



Saturday, March 17

9:30 to 5:00

and

Sunday, March 18, 2018,

9:00 to 4:30

**1761 Allegro Drive
Henrico, Virginia 23231**

This introductory (beginning level) workshop on Hakomi therapy is for counselors, psychotherapists, marriage & family therapists, social workers, physicians, clergy, body workers, spiritual leaders, healers, and other helping professionals.

WORKSHOP FOCUS

Mindfulness is the development of an alert inner quietness. It is turning away from the outer busyness and the automatic habits of our daily routine toward a deeper place of authentic feelings, ideas, needs, and resources. In the East, mindfulness has been a primary tool for spiritual exploration for thousands of years.

The Hakomi Method of Mindful Somatic Psychotherapy is at the forefront of exploring mindfulness as a primary tool for connecting consciousness and the body. The body is the medium for all human experience. It communicates to us in the language of sensation, tension, relaxation, movement, gesture, posture, and flow of *qi*. Our bodies have information for us about our physical, emotional, mental, and spiritual well-being. In this workshop, we will learn ways to track, access and use bodily felt experience as a vehicle for lasting transformation.

Note: this Hakomi workshop fulfills the pre-requisite for application to the 2-year Hakomi Comprehensive Training beginning in October 2018, in Mebane, NC (near Durham and Chapel Hill).

Commonwealth Educational Seminars (CES) seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to CES, 1020 Osterville West Barnstable Rd., Marstons Mills, MA 02648. Grievances will initially be directed to the training instructor. Grievances would receive, to the best of our ability, corrective action in order to prevent further problems. If you have questions or concerns, contact Commonwealth Educational Seminars at (800) 376-3345.

CE COURSE OBJECTIVES

In this workshop participants will learn and practice how to:

- ❖ Integrate active mindfulness into the therapy session.
- ❖ Use the practice of loving presence to enhance the therapeutic relationship.
- ❖ Use the Hakomi principles, including nonviolence in therapy, to create safety for the client in the therapeutic environment.
- ❖ Discover subtle, somatic cues in the body and its habitual patterns.
- ❖ Use this information to discover and contact core unconscious material



Accommodations for the differently abled: CES training facilities are handicap-accessible. Special accommodations will be made available upon request. Individuals needing special accommodations, or for any other questions regarding training, please contact Nancy Donny (803-760-5257).

Hakomi: Mindfulness & the Body Workshop Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

Profession: _____

Type of CE: _____

Payment:

___ \$225 Early-bird discount if registered by March 5, 2018

___ \$275 after March 5, 2018

___ \$25 CE fee (if applicable)

___ I agree to pay for the entire workshop whether or not I attend both days. Refunds only on cancellations made at least 72 hours prior to workshop (less \$35 registration fee)

Signature _____

Date _____

Make check payable to Lorena Monda and mail to:

Nancy Donny
Hakomi SE Organizer
35 Cotton St.
Pittsboro, NC 27312

To pay by PayPal, contact Nancy at nancy.donny@gmail.com or 803-760-5257