



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

HAKOMI INSTITUTE MIDWEST

"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

THE CLINICAL USE OF MINDFULNESS & THE BODY

An introduction to Hakomi Mindful Somatic Psychotherapy

Friday, September 28, 9:30am-5pm
Saturday, September 29, 9am-4:30pm

Gilda's Club Grand Rapids, 1806 Bridge Street NW, Grand Rapids, MI 49504

\$235 BEFORE SEPTEMBER 14, \$250 THEREAFTER CES \$20

For more information or to register, please call Rachael Koeson 616-818-8628, email: Hakomimidwest@gmail.com or visit: <https://makingspacehakomi.com/online-payments/fallworkshop>

Hakomi Mindful Somatic Psychotherapy integrates mindfulness and somatics into the psychotherapy process with uniquely effective results: The dynamic, active use of mindfulness is a foundation of the Hakomi Method. When integrated with other Hakomi techniques, it creates a rapid, experiential access route to the unconscious "templates" and implicit memories which invisibly shape our lives. When unconscious, this material creates projections, conflict and disharmony in our self-perceptions, relationships and behavior.

The body is the medium for all human experience, and the gateway to unconscious core material and to core transformation. Once core organizers of experience are brought to consciousness and directly experienced, they are available for memory re-consolidation and transformation, including the healing of attachment issues and developmental wounding. In this workshop, we will learn to track, access, and use bodily felt experience as a vehicle for core transformation.

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 (e.g. posture, movement, speech or gesture).
- * Use this information to discover and contact core unconscious material.

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.

FACULTY



LORENA MONDA, DOM, LPC, Certified Hakomi Trainer, 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. Lorena is co-editor of the main comprehensive book on Hakomi: *Hakomi Mindfulness-Centered Somatic Psychotherapy* (W.W. Norton, 2015) and author of the book *The Practice of Wholeness: Spiritual Transformation in Everyday Life*. Lorena is in private practice in New Mexico and teaches Hakomi in the US and internationally.

Continuing Education Credits:

Continuing Education credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions: Psychologists (APA) and Social Workers (ASWB).

LMFTs and LPCs will receive a certificate of completion for 12 contact hours.

For more information on CEs see: hakomiinstitute.com/workshopstrainings/ces

