

The Healing Relationship

Compassion and the Power of Presence: An Introduction to Hakomi Mindful Somatic Psychotherapy



with **Julia Corley**, LPC-A, NCC, LMBT,
Certified Hakomi Teacher

WHO SHOULD ATTEND Counselors, psychotherapists, marriage and family therapists, social workers, clergy, physicians, body workers, spiritual leaders, healers and other helping professionals

ABOUT HAKOMI

Hakomi integrates mindfulness and somatics into the psychotherapy process with uniquely effective results. Loving presence and the healing relationship are 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.” 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 beliefs and implicit memories which invisibly shape our lives. When unconscious, this material creates projections, conflict and disharmony in our self-perceptions, relationships and behavior. Once conscious and directly experienced, it is available for memory re-consolidation and transformation, 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 powerful “felt sense” for the client, allowing them to take ownership of core patterns as they emerge, as well as their change and integration.

WORKSHOP OVERVIEW:

This workshop will introduce you to the basic principles and skills of the Hakomi Method as presented by Hakomi Institute. These skills will 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 workshop also fulfills the prerequisite for applying to the Comprehensive Training in Hakomi, beginning in the NC Triangle in April 2019.

In this workshop you will learn and practice how to:

- Integrate psychodynamic mindfulness into your sessions with clients
- Use the practice of loving presence to enhance the therapeutic relationship
- Use the Hakomi principles, including nonviolence, to create safety and support the cooperation of the unconscious
- Discover and contact subtle, somatic cues in the body and its habitual patterns
- Use this information to create safe, yet powerful access routes to core unconscious material



Julia Corley, LPC-A, NCC, LMBT is a Certified Therapist and Teacher for Hakomi Institute. She has done healing work for over 20 years, first as a massage therapist with a passion for the mind/body connection and now as a somatic psychotherapist in private practice in Hillsborough, NC. She teaches Hakomi in the Southeastern U.S. and Mallorca, Spain. Julia is passionate about helping people come home to their deeper knowing, by gently and mindfully exploring who and how they are in their body and life. Her students describe her presence as warm, calm, clear, and full of heart.

Explore the *meaning and practical application* of the Hakomi principles – as they apply to both the client’s and therapist’s experience.

WHEN Fri, Dec 7 and Sat, Dec 8, 2018
9:30 AM – 5:30 PM

WHERE 115 West Clay St.
Mebane, NC 27302

COST \$235 early bird by Dec 1
\$275 all others

REGISTER For more information or to register, contact Nancy Donny,
hakomiinstitute@gmail.com
803-760-5257

This workshop is FREE to registered Comprehensive Training participants who have paid the full \$500 Comprehensive Training deposit.

CE INFORMATION FOR THIS WORKSHOP: 12 hours of CE credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions:

- Psychologists: CES is approved by the American Psychological Association (APA) to offer continuing education credit programs.
- Licensed Professional Counselors/Licensed Mental Health Counselors: CES is entitled to grant continuing education credit for professional counselors in specific U.S. states.

- Social Workers: CES is approved by the American Psychological Association (APA) to offer continuing education credit programs.
- CE credit for Marriage and Family Therapists is awarded in specific U.S. states.
- CES maintains responsibility for this program and its content.

For further information about CE credit:
<http://hakomiinstitute.com/workshoptrainings/ces>