

Course objectives for Hakomi Mindful Somatic Psychotherapy/ Introduction to the Hakomi Method workshops:

You will be able to utilize:

- The integration of psychodynamic mindfulness into your sessions with clients
- The practice of loving presence to enhance the therapeutic relationship
- The Hakomi principles, including nonviolence in therapy, to create safety and support the cooperation of the unconscious
- Using experiments in mindfulness to discover unconscious material
- Skills to discover subtle, somatic cues in the body and its habitual patterns
- The use of this information to create safe, yet powerful access routes to core unconscious material
- Verbal contact that will deepen the client's experience and support this access