

The Psychodynamic Use of Mindfulness and the Body in Human Transformation

An Introduction to Hakomi Mindful Somatic Psychotherapy

with **Gregory Johanson**, M.Div., Ph.D., LPC, NCC, Senior Hakomi Trainer and **Julia Corley**, LPC-A, NCC, LMBT, SEP, 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-inclusive (somatic) approach. The body is viewed as a “map of the psyche” – a door that can be opened to reveal the 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.

Course Objectives: You will be able to utilize:

- The integration of psychodynamic mindfulness into your sessions with clients (you can use “active” or “dynamic” mindfulness instead)
- The practice of loving presence to enhance the therapeutic relationship
- The Hakomi principles, e.g. nonviolence in therapy, to create safety and support the cooperation of the unconscious
- The use of experiments in mindfulness to discover unconscious material
- Verbal contact that will deepen the client’s experiential process
- Skills to discover and contact 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
- The application of Hakomi skills and principles in the experiential process



HAKOMI
INSTITUTE

MINDFUL SOMATIC PSYCHOTHERAPY

Greg Johanson is a Founding Trainer of the Hakomi Institute and member of both the American Psychological Association and



the American Association of Pastoral Counselors. Greg leads Hakomi workshops and trainings in the USA and internationally, and is a trainer in Internal Family Systems work. He has published more than 100 articles in the fields of psychotherapy and pastoral theology and is editor of the Hakomi Forum. He is co-editor of the textbook, Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice. Greg holds degrees in psychology, philosophy, and theology, and has taught at a number of universities. His special interest is in Integral Psychology. Greg currently lives and practices in Oregon.

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Julia Corley, Certified Hakomi Teacher, lives and has a private

practice in somatic psychotherapy in Hillsborough, NC. In addition to teaching Hakomi in the Southeastern U.S. and Mallorca, Spain, Julia is also a facilitator for Right Use of Power, an 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.

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

WHEN

Fri, March 8 and
Sat, March 9, 2019
9:30 AM – 5:30 PM

WHERE

115 West Clay St.
Mebane, NC 27302

COST

\$235 early bird
by March 1
\$275 all others

REGISTER

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

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

C.E. information for this workshop: Psychologists (APA), Social Workers, Professional Counselors and MFTs: C.E. credit for this program is awarded by Commonwealth Educational Seminars (CES). CES maintains responsibility for this program (12 C.E. hours).

For more information (and to confirm if your state and profession are covered) see: <http://hakomiinstitute.com/workshopstrainings/ces>.