



“When the generativity and responsiveness of our power is guided by loving concern for the well-being of all, we will have an ethical and sustainable world. Power directed by Heart. Heart infused with power. This is the key to right use of power.”

- Dr. Cedar Barstow

HAKOMI INSTITUTE MIDWEST

ETHICS WITH WISDOM, POWER WITH HEART: EXPLORING RIGHT USE OF POWER

An Experiential Introduction to Hakomi Mindful Somatic Psychotherapy

Friday, April 12, 9:30am-5pm

Gilda's Club Grand Rapids, 1806 Bridge

Saturday, April 13, 9am-4:30pm

Street NW, Grand Rapids, MI 49504

\$250 BEFORE MARCH 22, \$285 THEREAFTER FOR CES + \$20

For more information or to register, please call Rachael Koeson 616-818-8628

Hakomimidwest@gmail.com

<http://bit.ly/HakomiMidwestRegister>

Hakomi Mindful Somatic Psychotherapy integrates mindfulness and somatics in the the psychotherapy process with uniquely effective results. Cedar learned early on that ethics training is essential for all healers. Her understanding of ethics as, in its broadest context, right use of power, is the foundation for this approach to ethical wisdom and using power with heart. Hakomi mindfulness, somatic experiences, and core techniques will be taught in the context of developing awareness and sensitivity to issues of power in relationships where there is a power difference. You will gain practical techniques for using the gifts and mitigating the perils of power.

Power with heart and soul is inspiring and exciting.

COURSE OBJECTIVES

- * Integrate active mindfulness and personal contact into an embodied understanding of ethics as right use of power. Learn ethics from the inside-out.
- * Practice standing in your strength while staying in your heart in power-differential professional relationships.
- * Apply the Hakomi principles to increasing self-awareness about your use of power.
- * Learn an effective process for resolving conflict and repairing torn relationships.
- * Study the neurobiology of power and gain skills for using the gifts and mitigating the perils of power.
- * Honor and practice self-care as an ethical ethical issue. Learn essential practices for being informed, aware, connected and skillful in your use of your role power.
- * Understand how core organizing beliefs affect current responses and behaviors.

THIS INTRODUCTORY (BEGINNING LEVEL) WORKSHOP ON HAKOMI THERAPY IS FOR COUNSELORS, PSYCHOTHERAPISTS, MARRIAGE & FAMILY THERAPISTS, SOCIAL WORKERS, PHYSICIANS, CLERGY, BODYWORKERS, SPIRITUAL LEADERS, HEALERS, AND OTHER HELPING PROFESSIONALS.



FACULTY

Dr. Cedar Barstow, D.P.I., M.Ed is a Certified Hakomi Therapist in private practice and a Certified Hakomi Trainer. She has led trainings nationally and internationally since 1989. Cedar is now Executive Director of Right Use of Power Institute and developed and teaches professional trainings in RUP (www.rightuseofpower.org). Her book--Right Use of Power: The Heart of Ethics, is used as a primary resource and ethics foundation in many schools and organizations in addition to the Hakomi Institute. She lives in Boulder, Colorado.

Continuing Education Hours (12) are available for Bodyworkers through NCBTMB and Counselors through NBCC.

