Hakomi integrates mindfulness and somatics into the psychotherapy process with uniquely effective results:

**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.

**Loving presence and the healing relationship** are also 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.”

**Course Objectives:**

You will be able 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

**This workshop is designed for** therapists, counselors, social workers, healing professionals and graduate students in these fields. We will experientially learn Hakomi skills and approaches that are immediately applicable, and the workshop also serves as the prerequisite for the Comprehensive Training in Hakomi Mindful Somatic Psychotherapy.