

***Program Agenda with Timeframes:
Introduction to the Hakomi Method***

12 contact hours (two days)

Day One:

- Introductions and Overview
- Talk/lecture on the Hakomi Method and the Hakomi Principles
- Experiential exercise/practice
- Break (15 min.)
- Debriefing of exercise
- Talk on Loving Presence and the Healing Relationship
- Experiential exercise/practice

- Lunch (90 min.)

- Debriefing of exercise, questions, group discussion
- Talk and demonstration on the therapeutic, active use of mindfulness
- Break (15 min.)
- Experiential exercise/practice
- Debrief, questions, discussion

Day Two:

- Check-in, group discussion
- Talk on the therapeutic use of somatic information
- Experiential exercise/practice
- Break (15 min.)
- Debriefing, questions
- Live Demonstration
- Debriefing and questions on demonstration

- Lunch (90 min.)

- Talk on making contact and tracking responses and somatic indicators
- Experiential exercise/practice
- Break (15 min.)
- Talk on the therapeutic use of experiments in mindfulness
- Experiential exercise
- Debriefing, questions, group discussion, closing