

Course Objectives:

Comprehensive Training in Hakomi Mindful Somatic Psychotherapy:

To utilize and apply:

Module One:

1. The integration of psychodynamic mindfulness into the therapeutic session to facilitate accessing unconscious material.
2. The use of the practice of loving presence and Hakomi principles such as nonviolence to create safety in a depth-oriented process.
3. How to perceive, contact and access subtle somatic and verbal cues as "indicators" of key unconscious material.
4. A spectrum of Hakomi techniques to safely and powerfully access unconscious material and implicit memory.
5. Skills to help the client to process and transform this material to create a wider range of options in their lives, relationships and behavior.