

Loving Presence & The Healing Relationship

An Introduction to the Hakomi Method



with **Julia Corley** at 5 Points Yoga

LPC-A, NCC, LMBT, SEP, Certified Hakomi Teacher



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.

COURSE OBJECTIVES:

You will be able to:

- Apply and integrate psychodynamic mindfulness in your sessions with clients
- Use the practice of loving presence to enhance the therapeutic relationship
- Utilize the Hakomi principles, including nonviolence in therapy, to create safety and support the cooperation of the unconscious
- Use verbal contact that will deepen the client's experiential process
- Utilize experiments in mindfulness (e.g. probes) to discover unconscious material
- Identify 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
- Apply Hakomi skills and principles in the experiential process



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY

hakomiinstitute.com/southeast



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-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.

This workshop is for therapists, counselors, MFTs, social workers, allied helping/healing professionals and graduate students in these fields. We will experientially learn Hakomi principles and skills that are immediately applicable in practice. This workshop also fulfills the prerequisite for applying to the Comprehensive Training in Hakomi beginning in Mebane, NC in October 2019.

All students welcome!

FOR MORE INFORMATION OR TO REGISTER:

contact organizer Nancy Donny
at hakomiinstitute@gmail.com or 803-760-5257

**FRIDAY, July 26th &
SATURDAY, July 27, 2019**

9:00 AM — 4:30 PM

\$225

12 CE's* & 300 YA CREDIT

**12 CE hours available for psychologists, professional counselors, social workers, and MFT's*

Continuing Education credit for this workshop is awarded by Commonwealth Educational Seminars (CES). CES maintains responsibility for this program. For more information visit: <http://hakomiinstitute.com/workshoptrainings/ces>.