

Presence, Mindfulness, and the Body in Clinical Practice

An Introduction to the Hakomi Method

with **Lorena Monda, Certified Hakomi Trainer**
and **Julia Corley, Certified Hakomi Teacher**
in **Mebane, NC**



Lorena Monda, DOM, LPC, has been a psychotherapist since 1977 and a Doctor of Oriental Medicine since 1984. A Certified Therapist and Trainer for the Hakomi Institute of Mindful Somatic Psychotherapy, Lorena is the author of *The Practice of Wholeness: Spiritual Transformation in Everyday Life*, and coeditor of *Hakomi Mindfulness-Centered Somatic Psychotherapy* and *I Have Arrived, I Am Home: Celebrating 20 Years of Plum Village Life*. She teaches Hakomi in the US and internationally, and is in private practice in New Mexico.



Julia Corley, LPC-A, NCC, LMBT, SEP, is a Certified Hakomi Teacher with a private practice in Hillsborough, NC. Julia teaches Hakomi in the Southeastern U.S. and Mallorca, Spain. She 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



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 hakomiinstitutese@gmail.com or 803-760-5257

**FRIDAY, Sept. 13th &
SATURDAY, Sept. 14th, 2019**

9:30 AM — 5:30 PM

\$235 early bird by Sept. 1st

\$275 thereafter

12 CE's*

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



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