

# Hakomi Mindful Somatic Psychotherapy:

## AN EXPERIENTIAL INTRODUCTION



**BOULDER, CO**  
**SEPTEMBER 21-22, 2019**

*"A visionary contribution to mindfulness in psychotherapy."  
-Daniel Siegel, author of "The Mindful Brain"*

*"Hakomi presents some astounding methods for getting to core material. It is well-grounded in theory, and revolutionary in its results." - Association of Humanistic Psychology*

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

**The dynamic use of mindfulness** is a foundation of the Hakomi Method. When integrated into the therapy session with unique Hakomi techniques, it creates a rapid, experiential access route to unconscious core beliefs and implicit memories that invisibly shape our lives and behavior. Once conscious and directly experienced, these are available for memory re-consolidation and transformation, including the healing of attachment issues.

**This experiential process** evokes a powerful "felt sense" for the client, allowing them to take ownership of core patterns as they emerge, and integrate new options. Loving presence and the healing relationship are also central elements in Hakomi, and create a deep sense of safety and connection.

**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 unconscious belief system of the individual. The body's habitual patterns become a powerful access route to deeply held core material.

**Loving presence and the healing relationship** are also central to Hakomi. We develop exquisite sensitivity and attunement, using empathic skills to read and contact subtle, unconscious cues. This creates a deep sense of safety and connection.

### **Course Objectives:**

#### **You will be able to:**

- Integrate and apply 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 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

**This workshop is designed for** therapists, counselors, social workers, coaches, healing professionals and graduate students in these fields. It also serves as the prerequisite for the Comprehensive Training in Hakomi Mindful Somatic Psychotherapy.

## FACULTY



**Melissa Grace, M.A.,** (Counseling Psychology) is a Certified Hakomi Trainer and one of the Hakomi Institute's leading faculty. She has led Hakomi trainings throughout the U.S. since 1995, and is a member of the Hakomi Institute

Board of Directors. She served as Adjunct Faculty at Naropa University and has trained extensively in group leadership. Melissa maintained a private practice in Boulder as a Registered Psychotherapist for over 20 years, currently teaches in Europe and the U.S. and has a Hakomi Integrated Coaching practice in Boulder and online with individuals and groups.

### **Times:**

Saturday and Sunday 9:30 a.m.- 5:30 p.m.

### **Cost:**

\$275 if paid by Aug. 30, \$310 thereafter (includes \$75 non-refundable deposit)

### **CE's:**

**NBCC:** Hakomi Institute has been approved by NBCC as an Approved Continuing Education Provider (ACEP No. 5476.)

Programs that do not qualify for NBCC credit are clearly identified.

Hakomi Institute is solely responsible for all aspects of the program.

**C.E.S.: Psychologists (APA), Social Workers Professional Counselors and MFTs:** C.E. credit for this program is awarded by Commonwealth Educational Seminars (CES). CES maintains responsibility for this program (12 C.E. hours).

For more info see: <http://hakomiinstitute.com/workshopstrainings/ces>

**For more info or to register, call 303-499-6699, email HakomiTR@aol.com or register online at: [hakomiinstitute.com/registration-northeast-workshop](http://hakomiinstitute.com/registration-northeast-workshop). See our website at [www.HakomiInstitute.com](http://www.HakomiInstitute.com)**

