

Identity, Mindfulness, & Loving Presence

An Introduction to the Hakomi Method

with Lorena Monda, Certified Hakomi Trainer
Gilda's Club 1806 Bridge St NW
Grand Rapids, MI



Lorena Monda, DOM, LPCC, is a certified trainer and therapist for the Hakomi Institute of Mindful Somatic Psychotherapy. A practicing psychotherapist since 1977, Lorena is also a Doctor of Oriental Medicine (since 1984) and a member of Zen teacher Thich Nhat Hanh's core community, the Order of Interbeing. In addition to teaching Hakomi, Lorena is a certified teacher of Sheng Zhen Meditation and Qigong. She lives and practices in Placitas, New Mexico and teaches in the US, Argentina, and Japan.

Lorena is the author of the book *The Practice of Wholeness: Spiritual Transformation in Everyday Life*, and coeditor of the books *Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice* and *I Have Arrived, I Am Home: Celebrating 20 years of Plum Village Life*.

Lorena uses the pronouns 'she/her' or 'they/their'. Her identities include: white, cisgendered female, bisexual (presently in a long-term heterosexual relationship). She is committed to inclusivity, anti-racism, radical dharma, liberation, and love.

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 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 THE WORKSHOP

Our core identities—race, gender, sexual orientation, physical and mental ability—and our relationship to them have been shaped by biology, family, culture, and societal or systemic norms. In turn, our experiences with our identities shape our bodies, emotions, thoughts, and deeply held core beliefs about ourselves, others, and the world at large.

In this experiential workshop we will use mindfulness to bring awareness to our core identities, the experiences that have shaped them, and possibilities for healing and transformation.

We will learn about and cultivate the practice of Loving Presence, in order to hold our own and each other's experiences with reverence, openness, and love.

All Identities Welcome!



ABOUT HAKOMI

Hakomi Mindful Somatic Psychotherapy combines the Eastern traditions of mindfulness and nonviolence with a unique, highly effective methodology for psychotherapy and self-study.

The body's structures and habitual patterns become a powerful doorway to unconscious core material, including the hidden core beliefs formed from our life experiences in family, culture, and society that shape our lives, relationships, and self-images.

By working with direct experience, the Hakomi Method quickly accesses this core material, allowing it to emerge safely into consciousness. Once conscious, it can be re-evaluated, and where appropriate, powerfully transformed. New dimensions of awareness can be integrated, helping the individual to build a more satisfying, loving, and effective life.

FOR MORE INFORMATION OR TO REGISTER:

contact organizer Rachael Koeson
at: hakomimidwest@gmail.com
or: bit.ly/HIMSpring2019
(616) 818-8628

**SATURDAY, May 16th &
SUNDAY, May 17th, 2020**

9:30 am — 5:30 pm Saturday

9:30 am — 4:00 pm Sunday

Sliding Scale \$200-\$300

\$35 CE Fee

12 CE's*

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



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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>.