



Jaci Hull

## *Hakomi Mindful Somatic Psychotherapy* *An Experiential Introduction*

with Jaci Hull, MA, LMFT, Certified Hakomi Trainer

**Discover Hakomi Mindful Somatic Psychotherapy**, a method that integrates mindfulness and somatics into the psychotherapy process with profoundly effective results.

### **DATES:**

**AUGUST 21-23,  
2020**

### **TIMES:**

**FRI. 8 - 10 PM  
SAT. 9:00-12:30  
& 2:00-5:30  
SUN. 9:00 - 1:00**

### **TUITION: \$320**

**(\$290 MEMBERS)**

**CEs** available for social workers, psychologists, MFTs and professional counselors in most states. To see if your CEs are available, visit the Hakomi Institute website: [HakomiInstitute.com](http://HakomiInstitute.com)

See the Omega website for lodging and meal options, as well as many amenities available!

**The dynamic use of mindfulness** is a foundation of the Hakomi Method. **Loving presence and the healing relationship** are also central elements in Hakomi, and together create a deep sense of safety and connection. When integrated into the therapy session, **Hakomi techniques provide 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 memories and beliefs are available for reconsolidation and transformation, including the healing of attachment issues. This process evokes a powerful “felt sense” for the client, allowing them to take ownership of core patterns as they emerge, and integrate new options.

**The Hakomi method** was developed over 35 years, and is supported by thousands of hours of clinical experience and by advances in the neuroscience of mindfulness and attachment. It is effective for both brief and long-term therapy in a wide range of applications including work with individuals, couples, and groups.

**Jaci Hull, MA, LMFT**, is a leading trainer and member of the board of directors for Hakomi Institute. Visit [HakomiInstitute.com](http://HakomiInstitute.com)

**For more info or to register call 800-944-1001 or see the Omega website:**  
<https://www.eomega.org/workshops/hakomi-mindful-somatic-psychotherapy?>

