

THE COMPREHENSIVE PROFESSIONAL TRAINING IN

HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY

NORTHEAST ONLINE LEVEL ONE

**Certified Hakomi Trainers:
Melissa Grace, MA and Jaci Hull, LMFT**

Teachers:

**Ariana Tosatto, MA, Rebecca Stone, LCSW,
Benjamin Kagedan, PsyD**

Level One:

October 15, 2021 - June 12, 2022



"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 Newsletter

"A visionary contribution to mindfulness in psychotherapy."

- Daniel Siegel, author of "The Mindful Therapist",
"The Developing Mind" and "Mindsight"

"Hakomi is an excellent system for developing key emotional intelligence skills."

- Daniel Goleman, author of "Emotional Intelligence"



The Hakomi Institute was founded by Ron Kurtz and a core group of faculty in 1981, and has trained therapists internationally for over 35 years.

"Hakomi" is a Hopi Indian word which means "Where do you stand in relation to the many realms?" or more simply, "Who are you?"

The Hakomi Method

Hakomi Mindful Somatic Psychotherapy is an elegant, comprehensive, and uniquely effective approach to psychotherapy, human development and change. It integrates the Eastern principles of non-violence and mindfulness with an experiential somatic methodology originated by Ron Kurtz. These innovative techniques have been further developed by the Hakomi Institute – including the integration of current discoveries in neuroscience – to create an effective and applicable training for professionals. Typical therapy outcomes include lasting changes in deeply held emotional attitudes, beliefs and behavior.

For over 35 years Hakomi has pioneered and integrated the psychodynamic use of mindfulness in the therapy session. Instead of using mindfulness as an adjunct to therapy, most of the Hakomi session is actually conducted with the client in mindfulness, profoundly deepening the process.

Hakomi is a body-centered, somatic psychotherapy. The body serves as a “map of the psyche” – a door that can be gently opened to reveal the entire unconscious belief system of the individual and the underlying implicit memories. The body’s structures and habitual patterns become powerful “indicators” – subtle access routes to unconscious and evocative core material.

This integration of mindfulness and somatics, using unique Hakomi techniques, creates an experiential route to core material, deepening therapy beyond insight and words. It allows us to rapidly access the unconscious “blueprints” and early experiences which invisibly guide our lives, relationships, and self-perceptions without our knowledge.

Attachment issues, and the experiences that created them, are often strong components of this core material, and Hakomi is particularly effective in working with these. When unconscious, hidden core material creates projections, conflict and disharmony in our interactions and inner lives. Once conscious and directly experienced, these patterns are available for transformation and re-integration. Powerful emotions, memories, and trauma may surface at times during the process and these are handled gently and effectively.

The experiential nature of Hakomi often allows professionals to access key unconscious patterns quite rapidly, as mindful, somatic techniques are integrated with talk therapy. Although safe and gentle, this experiential process evokes a powerful “felt sense” for the client, allowing them to take deeper ownership of core material, its transformation, and resulting changes. Hakomi resonates with Frieda Fromm Reichman’s words: *“The patient needs an experience, not an explanation.”*

Loving presence and the healing relationship are also central to Hakomi. Practitioners develop an exquisite sensitivity and attunement to others – both their conscious and unconscious material – and enhance their ability to convey this recognition. This creates a deep sense of safety and connection, and engages the “cooperation of the unconscious.”

Current neuroscience is revealing the basis of many aspects of Hakomi Therapy, including the effectiveness of mindfulness, loving presence, empathic attunement, limbic resonance, and memory reconsolidation. Neuropsychology is integrated into a user-friendly framework throughout the training. As we work with core developmental trauma, the Hakomi therapist provides what Ron Kurtz called the “Missing Experience”, a deep and transformational process for the client. Due to the brain’s neuroplasticity, this allows for the healing of past trauma, the reconsolidation of memories and the rewiring of neural pathways in ways that can support the client’s opening to new and more satisfying experiences.

The training facilitates the emergence of the “essence” of the practitioner. Research shows that this therapeutic presence and the healing relationship it creates are among the most significant factors in the effectiveness of therapy. The self-awareness and process of the Hakomi student therefore become essential aspects in their evolution as therapists.

Hakomi can be combined with a wide spectrum of therapeutic approaches. It is effective for both brief and long-term therapy, in a wide range of applications including work with individuals, couples, groups and organizations.

Level One:

Includes the theory, principles and wide spectrum of techniques central to the Hakomi Method.

Curriculum Highlights

- The Hakomi Principles and Techniques
- The Psychodynamic Use of Mindfulness
- Loving Presence and The Healing Relationship
- Working with Core Experience and Implicit Memory
- Healing Developmental Trauma and Attachment Issues
- The Missing Experience and Memory Reconsolidation
- Recognizing Traumatic Activation and Resourcing
- The Neuroscience of Hakomi
- The Body as Map of the Psyche
- Empathic Attunement and Limbic Resonance
- Embracing Resistance and Defenses
- Enhancing Your Unique Therapeutic Style

For a detailed description of the Comprehensive Training and curriculum, please see our brochure "Trainings in Hakomi Mindful Somatic Psychotherapy."

To view the Course Objectives, see: <https://hakomiinstitute.com/workshopstrainings/ces>

The Hakomi Training is primarily designed for professionals and graduate students in the fields of psychotherapy, counseling and social work.

Level One is also appropriate for individuals who will apply Hakomi in related fields, including coaching, education, group work, and other healing modalities.

- An approved two-day Hakomi introductory workshop serves as the prerequisite for Level One -

LIVE ZOOM CLASS DATES:

Level One:

16 Fridays from 1-4pm ET

2021 dates: Oct 15 & 29, Nov 5 & 19, Dec 10 & 17

2022 dates: Jan 7 & 21, Feb 4 & 25, Mar 4 & 18, Apr 1 & 15, May 6 & 20

8 Sundays from 10am - 5pm ET

2021 dates: Oct 17, Nov 14, Dec 12

2022 dates: Jan 9, Feb 6, Mar 6, Apr 3, May 1

Graduation weekend: June 10-12, 2022 Fri/Sat/Sun from 10am - 4pm ET

- ONLINE CLASS FORMAT

This training includes 20+ hours of online self-paced learning and 100+ hours of live Zoom classes.

Live classes take place over 9 months: 8 full Sundays, 16 half-day Fridays, and a 3 day graduation weekend.

Self-paced materials include video talks, demo sessions, audio files and reading assignments. Live classes focus on experiential learning, supervised practice sessions, Q&A, and live demos by faculty. Students meet monthly in a practice group with classmates.

LEVEL ONE TUITION/ APPLICATION DEADLINES/ DISCOUNTS

- **Regular Tuition: \$4995** Application must be received by **Sep 3**, and \$500 deposit received by **Sep 17**
- **Early Registration Tuition: \$4495** Application must be received by **Aug 6**, and \$500 deposit received by **Aug 20**
- **Additional \$200 discount available for paying the tuition in full before the first day of the training.**
- **Payment plans available**
- **BIPOC scholarships available.**

CE's available: Details TBA

For more information or to receive an application please inquire at northeasthakomittraining@gmail.com

What participants have said about the Hakomi Comprehensive Training:

"I have learned more in this training than any other. The practical application of the Hakomi Method is already providing great benefit for my clients, and has had a dramatic effect on my ability to relate to them more deeply and effectively."

Craig Haft, L.C.S.W., New Jersey

"I learned so much, thoroughly enjoyed the people and process, and found the instructors amazing in the breadth and depth of their experience and knowledge."

- Pat Waterman, L.C.S.W., Vermont

"To a more "traditionally trained" therapist, this approach is remarkable in its ability to deepen and support an unfolding of experience that is both helpful and surprising to therapist and client."- *Susan Furrer, Psy.D., New Jersey*

"Excellent - rich and satisfying. It has expanded me as a person and as a therapist. The trainers were exceptional - all were superlative. The training enables you to deepen self-awareness, become more present, and learn to work with inner and outer challenges with ease, compassion and honesty - and then help others to do the same."

- Debra Babarsky, L.P.C., Virginia

"The training has profoundly impacted my practice ...I feel I am an infinitely better therapist than prior to the training." - *Josephine Servello, L.P.C., New Jersey*

"An excellent course. The experiential learning and extensive hands-on practice time allows development of genuine proficiency. The Hakomi techniques have deepened and enlivened my work with clients. I am thrilled to have found this work."

- Jo Ann Laveman, L.C.S.W., New Jersey

"I've been attending trainings for decades, and this was the BEST I've EVER attended—hands down. I simply can't believe the quality of the teaching, the awareness, and skill of instructors, and the tremendous love and care they bring to every aspect of the training."

- Rhonda Mattern, M.S., California

"I have been integrating Hakomi into my practice with clients, supervision of clinicians, and relationships. I have learned to allow more depth in my relationships with clients and can teach my clients to tolerate and allow this depth. The practice with its focus on growth of personal skills as well as technical skills was invaluable."

-Nick Weingarten, L.C.S.W., Pennsylvania

"Learning the Hakomi Method has been one of the most personally and professionally enriching experiences of my career. I have gained tools to help my clients rapidly access and transform their pain and struggle, and found it profoundly effective across a wide range of individuals with a variety of long-term and challenging clinical and life problems. I cannot recommend this training highly enough."

- Jeffrey Rutstein, Psy.D., New Jersey
