

Hakomi Mindful Somatic Psychotherapy:

AN EXPERIENTIAL INTRODUCTION



ONLINE
JANUARY 29-30, 2022

*"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 to integrate new options.

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 can 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 can also serve as the prerequisite for the Boulder Comprehensive Training starting in Spring 2022; for other trainings, please inquire.

FACULTY



Melissa Grace, CHT, MA (Counseling Psychology) is a Certified Hakomi Trainer who has led Hakomi trainings throughout the U.S. since 1995 and is a member of the Hakomi Institute Board of Directors.

Melissa maintained a private practice in Boulder as a Registered Psychotherapist for over 20 years, teaches in Europe and the U.S., and has a Hakomi Integrated Coaching practice in Boulder and online with individuals and groups.



Jaci Hull, LMFT, CHT, is a Certified Hakomi Trainer leading trainings in the U.S., Canada and Brazil. She has served as faculty for the Somatic Psychology M.A. program at Naropa University and for the Sensorimotor Psychotherapy Institute, and

is on the Hakomi Institute Board of Directors. A licensed psychotherapist in Boulder, CO for over 30 years, Jaci works with individuals and couples.

Times (on Zoom): Saturday & Sunday: 8:30 -11:30 & 12:30-3:30 MST (Please note all hours are Mountain Standard Time)

Cost: \$295 if paid by Jan. 7, \$335 thereafter (includes \$75 non-refundable deposit)
Partial scholarships may be available for people in culturally marginalized communities, please contact us.

CEs: (12 CE hours)

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.

NASW: This program is approved by the National Association of Social Workers (Approval # 886484280-2658) for 12 continuing education contact hours (with the exception of these states: NY, MI, WV, NJ, ID, OR)

For more info email HakomiTR@aol.com or register online at: <https://hakomiinstitute.com/registration-for-hakomi-mindful-somatic-psychotherapy-an-experiential-introduction> or copy this link into your browser.