

*In the U.S., completion of at least 12 hours of an Introduction workshop(s) is the required prerequisite for applying to Hakomi Comprehensive & Professional Skills Training. Additional prerequisites for a specific training (if any) will be stated in the training description.*

*If you are interested in applying for training, we highly recommend attending a workshop in the same region/with the same team you will be applying for. Training with the team closest to where you live also gives you an opportunity to connect with other Hakomi students and practitioners in your community.*

***Hakomi Comprehensive Training*** is usually 60 training days (325 contact hours), and is our primary format for teaching the complete Hakomi Method. Students may enroll in the entire two-year training, or in many locations enroll first in Year One and continue into Year Two. These trainings are designed for professionals and graduate students in psychotherapy, counseling, and social work; and also open to certain individuals working in related fields (e.g. coaching, acupuncture, and other healing fields), or transitioning into the field of counseling and psychotherapy. This is also the primary training for those seeking certification in the Hakomi Method.

***Professionals Skills Training*** are approximately 120-200 hours, and is primarily open to professionals practicing psychotherapy, counseling, and social work, and may accept graduate students in these fields. These trainings are mainly designed for those seeking to learn specific skills, and can also be a track for those seeking certification in the Hakomi Method.

- **Click [here](#) to read our U.S. FAQ for Workshops & Trainings.**
- **[Click here to download our Comprehensive Hakomi Training Brochure](#)**