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 Mindful Somatic Psychotherapy: an experiential introduction

Course Objectives - You will be able to:

- Introduce the unique application of mindfulness that supports access in therapeutic settings
- Practice skills to enhance the therapist’s self-regulation & embodiment & therapeutic relationship.
- Utilize Hakomi principles, e.g. nonviolence in therapy, to create safety for the client
- Discover the importance of the experimental attitude as a key component of the Hakomi Method.
- Recognize the power of noticing the subtle somatic cues of the body & using this as the basis to build on the therapeutic relationship.
- Observe the application of Hakomi skills & principles in the experiential process as a way to access unconscious core material.

Faculty

Lorena Monda, M.S., D.O.M., L.P.C.C. is a certified Hakomi therapist and a trainer for the Hakomi Institute, teaching Hakomi Mindful Somatic Psychotherapy in the U.S., Argentina, and Japan. Lorena has been a practicing psychotherapist since 1977, and 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 Santa Fe, New Mexico. Lorena is the author of the book The Practice of Wholeness: Spiritual Transformation in Everyday Life, and co-editor of I Have Arrived, I Am Home: Celebrating 20 years of Plum Village Life and our current, primary book on Hakomi: Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice. Lorena uses the pronouns ‘she/her’ or ‘they/them’, and is committed to anti-racism, anti-oppression, radical dharma, liberation, and love.

Live - Online

September 23rd & 24th, 2023

Saturday: 9:30am - 12:45pm & 1:45pm - 5:15pm CDT
Break times: 10:45-11am, 12:45-1:45pm, 3:15-3:30pm

Sunday: 9:30am - 12:45pm & 1:45pm - 5:15pm CDT
Break times: 11:30-11:45am, 12:45-1:45pm, 3:15-3:30pm
Please note all hours are Central Daylight Time (CDT)
For a more detailed agenda, contact registration@hakomi.org

Cost: $295 if paid by August 22nd; $335 thereafter
Refund Cancellation Policy: Refunds only on cancellations made at least 3 business days prior to the workshop (less $75 non-refundable registration fee)
Partial scholarships may be available for anyone with membership within a community of color or other marginalized groups.
Please reach out to southeast@hakomi.org if interested.

CE Information:
12 NBCC CE hours (ACEP #5476):
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.

ASWB: Hakomi Mindful Somatic Psychotherapy: An Experiential Introduction, Course #4129, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Hakomi Institute as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 06/17/2022 - 06/17/2024. Social workers completing this course receive 1 General Social Work Practice, 7 Clinical, 1 Social and Cultural Competence & 3 Ethics continuing education credits.

Course Interaction & System Requirements:
This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System requirements:
- Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher
- Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher
- Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible.
- Zoom Application

For More Information & Accessibility Accommodations:
email: registration@hakomi.org
call: 303-499-6699

Register Online: www.hakomiinstitute.com/workshopstrainings
The last day to register & pay is September 19th, 2023
This workshop is designed for therapists, counselors, social workers, coaches, healing professionals & graduate students in these fields.

Course Completion Requirements: To earn CE credit, students must log in at the scheduled time, attend the entire course, and complete an online course evaluation. Certificates of completion will be emailed within one month after the online course evaluation is received.

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