



**HAKOMI INSTITUTE
OF EDMONTON**
Mindful Somatic
Psychotherapy

Hakomi Professional Skills Training 2024 – 2026

Returning to In-Person Learning with Hybrid Synchronous Online and Asynchronous Learning Components

*“When you can assist someone, spontaneously, by your presence alone,
to feel worthy and welcome, then you have achieved
the personhood of a therapist.”*

- Ron Kurtz, founder of Hakomi Therapy

For over 30 years, Hakomi therapists have been using the body as a powerful access route to better understand clients' history, and to modify the unconscious beliefs, traumas, and character patterns that limit a client's personal effectiveness. Using the present felt experience of the client, the therapist accesses deeply held unconscious beliefs and experiences. Specialized Hakomi skills and techniques safely support the emergence of these hidden drivers of behavioural patterns into consciousness, where they can be directly experienced, re-evaluated and transformed. Hakomi approaches these emerging experiences and beliefs gently, keeping the mind-body connection intact so that the client can also respectfully experience the original innate intelligence of these old habitual responses. Once conscious, these reflexive responses can, with compassion, be re-evaluated and as needed, newer dimensions of awareness, choice and freedom can be usefully developed and integrated.

In Hakomi training, students learn to develop an exquisite sensitivity and attunement with their clients. This empathetic and responsive approach creates a deep and safe therapeutic connection that greatly facilitates the effectiveness of the therapy. Along with the basic Hakomi principles, Hakomi's highly innovative techniques and emphasis on the self-development of the therapist are core to the training. Using the Buddhist principles of mindfulness and non-violence, the Hakomi therapist creates a safe atmosphere where gentle curiosity and compassion are used to help clients to better understand their defenses, and to determine whether old measures to protect themselves are still relevant. The Hakomi therapist helps to soften defenses by allying with them and understanding them rather than by vigorously confronting or over-powering them. The ensuring relief and empowerment that comes to clients with their increased self-awareness and their greater freedom to choose provides them with a stronger sense of personal empowerment and a richer appreciation for life.

In-Person Learning with Hybrid Synchronous Online and Asynchronous Learning Components

First-year Curriculum:

- The Hakomi Principles and embodiment skills.
- The body as a map of the psyche.
- Developing the healing relationship.
- Ethics in the use of therapeutic touch
- Working with the Child State of Consciousness, core issues, and emotional release.
- Specific therapeutic techniques for eliciting information, awareness, and healing through the body.
- Jumping out of the system—transference and counter-transference.
- Barriers to clarity, meaningful action, nourishment, and completion.
- How neurobiology is shaped by past wounds and how therapy can impact brain structure in a positive way

Second-year Curriculum:

- Advanced Contact and Tracking.
- Ethics and right use of power.
- Character theory and developmental issues.
- Working with Character structures.
- Resolving Trauma using Hakomi theory and Somatic Techniques.
- The use of touch for physical interventions

In the second year of training, special attention is paid to each therapist's personal character and style to help them fine tune their own creative, individual approach. Emphasis is on increasing fluency, refining skills, developing artistry, and studying advanced character strategy. Hakomi is an excellent base for any therapeutic modality and students are supported in finding their own style and creativity in the unique application of the work.

Prerequisites:

Two Hakomi introductory workshops (or consent of the faculty).

Hours:

Friday 2:00 – 6:00 online and recorded (pre-module reading materials will be assigned)

Saturday 9:30 - 5:00 in-person (lunch 12:30 – 2:00)

Sunday 9:00 – 1:00 in-person

Dates:

*Training weekends will normally fall on the first weekend of each month, with the exception of September and January. There will be a break in July and August.

First Year Dates (Blocks 1 -10):

Block #1	September 13-15, 2024
Block #2	October 4-6, 2024
Block #3	November 1-3, 2024
Block #4	December 6-8, 2024
Block #5	January 10-12, 2025
Block #6	February 1-3, 2025
Block #7	March 1-3, 2025
Block #8	April 4-6, 2025
Block #9	May 2-4, 2025
Block #10	June 6-8, 2025

Second Year Dates (Blocks 11-18): TBD

Note: Completion of the 1st year of training does not guarantee acceptance to 2nd year.

Tuition:

Standard Tuition: \$475 per block (plus 5% GST, \$498.75 monthly for 18 months) **If full payment is received one month prior to the start of the training, there is a 5% discount (\$8,528.63, including 5% GST)*

Reduced Tuition: 20% off for BIPOC, students, and those working full-time for non-profit agencies: \$380 per block (plus 5% GST, \$399 monthly for 18 months) **If full payment is received one month prior to the start of the training, there is a 5% discount (\$6,822.90, including 5% GST)*

Deposit: a \$500 deposit is required at the time of acceptance into the program. Your deposit will be applied to your total tuition cost.

Please make cheques payable to **Hakomi Institute of Edmonton**.
E-transfer payment also available to Hakomi.Edmonton@gmail.com

Faculty

Pamela Thompson (Lead Trainer) is a Registered Psychologist and Certified Hakomi Trainer & Therapist. Pamela has been in private practice for over 23 years, has been an instructor at the graduate level for those entering the field of psychology, and has provided years of supervision to both practicum students and provisional psychologists. Pamela is a trainer for the Hakomi Institute, the realization of a long time goal, and has many years of experience working with the Hakomi methods across a variety of populations.

Magi Cooper (Trainer) is a certified Hakomi Trainer & Therapist in private practice. Since her first workshop with Jon Eisman in 1992, Magi has been committed to the spiritual principles and practices of Hakomi. She has brought compassion, mindfulness and loving presence to her nearly 20 years of counseling with marginalized populations. Magi lives, works, and kayaks on Vancouver Island.

Dennis Brown (Teacher) is a Registered PhD Psychologist in private practice with more than 25 years of counselling experience. He was an Adjunct Assistant Professor at the University of Alberta for many years. He is also a Certified Hakomi Teacher and a Certified Hakomi Therapist with more than 10 years' experience. He has provided a variety of services to individuals, couples, and families during these years, ranging from one-session, one-person consultations to multiple sessions with two or more people involving consultation, coaching, and therapy. Dennis is particularly interested in helping people during those often-unwanted times of change and life transition that we all too often encounter.

Susann von Meijenfeldt (Teacher) RSW, CPCC, is a registered Social Worker and certified Hakomi Therapist. She has 20 years of experience in the counseling field, in non-profit agencies, and in private practice. She offers individual and couple sessions as well as mentoring and consulting/supervision. She also facilitates workshops in Germany and Europe. Susann has trained extensively in holistic, heart- and body-oriented approaches, amongst which Recreation of Self, HeartMath, Contemplative approaches, Co-active Coaching, Somatic Experiencing.

Hakomi Institute of Edmonton
Application for Admission

Date of Application: _____

Name: _____ Date of Birth _____

Phone (home/cell): _____

Phone (work): _____

Address: _____

Email Address _____

In emergency, please notify: _____ Phone _____

Relationship: _____

Employment: please check all that apply

_____ Student _____ Teacher _____ Student Counselor

_____ Health Educator _____ Psychologist _____ Social Worker

_____ Other: _____

Applicant Questionnaire: This application can in written or video response.

1. Give us a brief commentary on your experience in Hakomi related workshops and let us know what draws you to study further.
2. What is your vision or goal for applying what you learn in this training? How does it fit into your career and life goals?
3. Describe your experience working one-on-one with clients. Include the kind of practice, nature of your work, type of clientele, and the degree of success and satisfaction you feel you receive from your work.
4. Training in the Hakomi Method often results in significant personal growth as well as professional development, and students are expected to engage in and support this evolution. Tell us about your experiences in psychotherapy, bodywork or other therapeutic modalities, and how you will support yourself through the changes that may occur during this training. Include both factual details such as dates and personal impact.
5. Students are expected to practice with non-student clients outside of class. Please let us know how you will find practice clients with which to work. (Disclosure forms will be offered in the training.)
6. Using at least one-half side of a page, describe what kind of person you are.
7. A significant element of the Training will be the creation of a group dynamic that supports a vibrant learning environment. We expect students to interact as adults, to be able to regulate strong feelings and to find collaborative ways to solve interpersonal conflicts. Tell us about your experiences and style as a group member, how you resolve interpersonal conflicts, where you may need help with this and how you see yourself adding to the richness and preservation of the group. Include topics like leadership, extroversion/introversion, how you prefer others to be, difficulties you typically experience, etc.
8. Please indicate if you currently are or have ever been investigated by any regulatory body.
9. Please indicate if you currently are or have ever been under discipline actions of any regulatory body.
10. Are you presently on any medications that may affect your participation in the training?
11. Is there anything else you would like to tell us that you feel would help us to know you better.

**Please submit a copy of your updated CV or resume
and a \$25 non-refundable application fee
along with your completed application.**

Thank-you.

For further information, please contact:

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Hakomi Trainer
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Or Catherine Brooks, M.F.A.
Hakomi Organizer
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