In the first seven meetings, Level 2 of the Hakomi Professional Skills Training offers an in-depth understanding of Character Theory, a somatic map of our core responses to the basic life themes of safety and being, support, intimacy and authenticity, freedom, worth and belonging. Students will learn to work with the Sensitivity Cycle, Hakomi’s dynamic diagnostic map, as a means to tailor interventions to the particular needs of their clients. The last three weekends of the series focus on integrating the Hakomi maps and skills presented in Levels 1 and 2. Practice sessions with supervision and feedback from staff are integral to this part of the training.

Designed for those individuals who have completed a Level One training in Hakomi Experiential Psychotherapy, Level Two focuses on the map of character theory and practice. Character refers to early learning and adaptation processes. As children, we imprint experiences that shape our neural development in ways that result in an enduring set of beliefs and perceptions. These beliefs, or implicit models, unconsciously organize our behavior resulting in automatic and habitual strategies for living that are both adaptive and limiting.

This series explores the etiology of the five basic categories of character used in Hakomi and the developmental wounds associated with each. Participants will learn to make theory-driven hypotheses about the needs and core material of various clients by examining their clients’ physical, emotional and behavioral tendencies. Participants will also practice using the mindfulness-based techniques of Hakomi to bring these strategies into consciousness so they can be examined and transformed. Upon completing this training, participants will be able to use the character map to design more targeted and refined therapeutic interventions and will recognize when their own character habits may be shaping their interactions with clients in limiting ways.

Level Two of Hakomi Mindful Somatic Psychology continues to develop the skills and practices learned in Level One, introduces new theoretical maps to help refine participants’ application of the Hakomi method, and includes extensive advanced supervision. Satisfactory completion of Level One is the prerequisite for acceptance into Level Two. This level focuses on in-depth coverage of the Hakomi method’s conceptualization of character theory, an understanding of the organization of personality and character into patterns that reveal developmental and cultural wounding. Participants are guided in creating customized strategies to help attune to and access clients’ core material, offering reparative experiences to help heal developmental trauma/attachment wounds and cultural wounds.

Level Two also introduces a map called the “Sensitivity Cycle,” a way of identifying and working to understand and remedy where clients get stuck in life. This cycle has four stages: clarity, effective action, satisfaction, and relaxation, each of which correlates to one or more character strategies covered in this level.

Extensive practice and supervision help therapists attune and attend more precisely to each client’s developmental wounding and adaptive strategies. Countertransference is used to gather information about the character strategies of both client and therapist, and therapists develop a deeper understanding of their own inner organization and the process of using the self as an instrument for therapy.
Objectives:
In this training you will learn to:

- Recognize the somatic organization and governing beliefs related to each of the character strategies
- Engage effectively with the five basic categories of character strategies used in Hakomi Experiential Psychotherapy
- Implement effective clinical strategies for working with character in a psychotherapeutic context through demonstrations and experiential exercises
- Evaluate client-therapist interactions from the perspective of character development
- Work with sensitivity to the neurobiological context of human change processes, including character formation and change
- Use Hakomi’s dynamic diagnostic map, the Hakomi Sensitivity Cycle, to tailor your interventions with greater precision
- Employ mindful self-awareness to address counter-transference and therapist’s core issues that impact clinical effectiveness
- Review and deepen your skill in working with child states to bring about lasting transformation