



HAKOMI MINDFUL SOMATIC PSYCHOTHERAPY IS A GENTLE, respectful method that allows you to access deep, core material, opening the possibility for awareness and transformation.

COMPOSED OF MEMORIES, IMAGES, BELIEFS, NEURAL patterns, and deeply held emotional dispositions, this material creates and maintains our images of self and of our culturally acquired world. It shapes the styles, habits, behaviours, perceptions, physical postures and attitudes which define us as individuals.

SOME OF THIS CORE MATERIAL SUPPORTS OUR BEING WHO we wish to be, while some of it, learned in response to difficult situations, continues to limit us. Hakomi allows the client to distinguish between the two, and to modify willingly any material which restricts his or her wholeness.

IN THERAPY, WE FIRST WORK TO BUILD A RELATIONSHIP which maximises safety and the cooperation of the unconscious. With that relationship, we help the client focus on and study how he or she organises experience.

TO DO THIS, WE ESTABLISH AND USE MINDFULNESS, a distinct state of consciousness characterised by a surrender to and acceptance of the happenings of the moment, a gentle sustained focus of attention inward, a heightened sensitivity and the ability to observe and name the contents of consciousness.

IN PSYCHOTHERAPY, SAYS HAKOMI FOUNDER RON KURTZ, nothing is as useful as mindfulness.

hakomi.com.au



HAKOMI PROFESSIONAL TRAININGS ARE OFFERED REGULARLY. The aim of the training is to turn out high quality, caring therapists who are as dedicated to fully knowing their own process as they are to the understanding of others.

EACH HAKOMI TRAINING TEACHES THE ENTIRE CURRICULUM OF the Hakomi Method as outlined by the Hakomi Institute.

GOALS OF THE TRAINING ARE FOURFOLD.

FIRST, A DEEP UNDERSTANDING OF THE PRINCIPLES of the Hakomi Method and the ability to work with them.

SECOND, AN UNDERSTANDING OF THE ORGANISATION OF personality and character and the ability to use this understanding with discrimination.

THIRD, AN UNDERSTANDING OF THE VARIOUS MAPS OF the therapeutic process and the ability to use these maps and Hakomi techniques precisely and appropriately.

FOURTH, AN UNDERSTANDING OF ONE'S OWN PERSONALITY AS an instrument for therapy.

THE METHODS OF HAKOMI ARE APPROPRIATE AND EFFECTIVE in all kinds of therapeutic situations, such as relationships, family, movement and body work, but find their full potential in the process of growth, both personal and transpersonal.

For more information on Hakomi, please contact:

SYDNEY, John Perrin: john@hakomi.com.au

PERTH, Jonathan Kester: jonakes@globaldial.com



MINDFUL SOMATIC PSYCHOTHERAPY

Finding Ground: A Hakomi Approach to Resourcing in Times of Stress and Trauma



ADELAIDE, FRI 26 – SUN 28 MAY 2017

*A two-and-a-half-day workshop
with Aladdin Jones Certified Hakomi Teacher*

Finding Ground: A Hakomi Approach to Resourcing in Times of Stress and Trauma



ALADDIN JONES

Aladdin Jones is a certified Hakomi therapist and Hakomi teacher and offers Hakomi workshops throughout Australia. Aladdin has a psychotherapy private practice in the Melbourne region and currently contracts for Eastern Health facilitating men's programs, as a counselor and community educator on male family violence. He lives in the Yarra Valley just out of Melbourne with his wife and two daughters.

"I'm passionate about a whole person approach to therapy, education and organizational development that is collaborative, self-responsible and mindful. I believe we get the most from learning that is experiential, creative and relational. I bring over fifteen years of facilitation, therapy and meditative experience and look forward to being together, co-creating a rich learning environment."

hakomi.com.au

ADELAIDE, FRI 26 – SUN 28 MAY 2017

A two-and-a-half-day workshop with Aladdin Jones

STRESS AND VICARIOUS TRAUMA CAN BUILD SILENTLY AND erode our capacity to access our deepest inner resources and respond with mindful, heartfelt curiosity.

THIS WORKSHOP WILL PROVIDE EFFECTIVE SKILLS AND TOOLS both for being with clients and as a healthy platform for self-care.

THE LEARNING STYLE IS A WHOLE PERSON APPROACH INVITING thinking, feeling and sensing while co-creating a safe and enjoyable learning environment.

THIS WORKSHOP WILL BE PRIMARILY EXPERIENTIAL, GIVING participants an opportunity to replenish themselves whilst generating immediately useful skills, resources and knowledge in areas including:

- Vicarious Trauma & Self-care
- Somatic / body based approach to resourcing
- Accessing our centre amidst chaos
- Mindful Embodied Presence as resource and skilful means
- "Limbic Resonance": Co-Regulating the nervous system
- The mind of Not-knowing and Knowing
- Creating and maintaining a therapeutic environment
- Neuroplasticity in action
- Learning the R.A.I.N method for resourcing
- Accessing and utilizing creativity and playfulness as a naturally integrative resource

THIS WILL BE INVALUABLE FOR THERAPISTS, TEACHERS, DOCTORS & nurses and others in the healing and helping professions.

Date and Times

Friday 26 May, 6.00 pm — 8.30 pm

Saturday 27 May, 9.00 am — 5.00 pm

Sunday 28 May, 9.00 am — 4.00 pm

Investment

Group of 3 or more paying together \$350 each

Early bird (if paid by 14 April 2017) \$375

Full fee \$405. No cancellations or refunds after 12 May 2017

Venue

Sophia (Conference Cnt), 225 Cross Rd, Cumberland Park SA

Registration

Please email the following information to Karen:

Name

Occupation

Address

Mobile Number

Email Address

Payment Amount

Date of Payment

How did you hear about this workshop?

Cheque Payable to Karen Generowicz

Internet Payment

Account: Karen Generowicz

BSB: 015-367 **Account:** 5684 70582

(Include your name in the reference field)

Enquiries and Application Form/Fee to:

Karen Generowicz, 41 Princes Ave, Crafrers West, SA 5152

<karenrose@picknowl.com.au> • Mobile: 0435 110 660