



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

NZ, Jules Morgaine: jmorgaine@xtra.co.nz



MINDFUL SOMATIC PSYCHOTHERAPY

Bringing the Child Home: Integrating Child States of Consciousness



ADELAIDE, FRI 14 – SUN 16 JULY 2017

*A two-and-a-half-day workshop
with Jules Morgaine Certified Hakomi Trainer*

Bringing the Child Home: Integrating Child States of Consciousness



JULES MORGAINE

PBANZ, MNZAP, CHT, Dip OT

Jules is a registered psychotherapist, holds an Advanced Practice certificate with NZAP and is a Certified Hakomi therapist and Hakomi Trainer with the Hakomi Institute (USA) South Pacific Team. She has completed a post grad Diploma in Advanced Psychotherapy practice and Clinical Supervision. She will complete MHSsc in 2016. She has over 25 years experience as a psychotherapist and currently works in private practice offering therapy and supervision.

Having come from a background of Mental Health Services as an Occupational Therapist she has subsequently trained in Psychotherapy including Hakomi Mindful Somatic Psychotherapy. She has worked extensively in sexual abuse trauma recovery and Domestic Violence Intervention Programmes. She leads Hakomi workshops in Australia and New Zealand and leads Hakomi Trainings in New Zealand and Perth.

hakomi.com.au

ADELAIDE, FRI 14 – SUN 16 JULY 2016

A two-and-a-half-day workshop with Jules Morgaine

*The new brain science of memory reconsolidation centres on the surprising discovery of the brain's ability to delete a specific, unwanted emotional learning, including core, non-conscious beliefs and schemas, at the level of the physical, neural synapses that encode it in emotional memory. **Ecker***

HAKOMI FOUNDER RON KURTZ CALLED THE CHILD THE mapmaker. The beliefs about self, other and the world, adopted long ago when we were little and vulnerable, continue to influence us as adults, not always in ways that work for us now.

THROUGH THE USE OF MINDFULNESS, CURIOSITY, PLAYFULNESS, gentleness and compassion, the Hakomi method of psychotherapy allows us to reach and be with the child consciousness that still lives in the bodymind. In the open space created, within the Hakomi principles of nonviolence and organicity, the decisions and impressions we made as a child can be re-examined and a new story created that better suits who we truly are. Feelings and impulses that were not possible then can be released. We can bring a child aspect that is frozen in an old time and place home to meet the adult that we have become, or want to become.

THIS TWO-AND-A-HALF DAY WORKSHOP WILL OFFER AN opportunity to experience the Hakomi method of psychotherapy. It is an experiential workshop in which we will be using mindfulness-based practice and techniques of Hakomi to work with core organising beliefs held within child state of consciousness. It will be suitable for both those working therapeutically with others and those wishing to deepen their own self understanding. It also meets pre-requisite for undertaking Hakomi professional training.

Date and Times

Friday 14 July, 6.30 pm — 9.30 pm

Saturday 15 July, 9.30 am — 5.30 pm

Sunday 16 July, 9.30 am — 4.30 pm

Investment

\$350 Each for a group of 3 or more enrolling together

\$375 Early Bird by 2 June 2017

\$415 Thereafter

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

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