



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



PERTH, FRI 25 – SUN 27 AUGUST 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 is a certified Hakomi therapist and teacher. He brings to this workshop a love of creativity, collaborative practice and fostering the conditions for transformative learning experiences. For over a decade he has worked as a facilitator, psychotherapist, family therapist & ecotherapist with children, teens and adults. Aladdin currently works for Easternhealth as a family violence counsellor and in health promotion in Men's Health and prevention of family violence. He maintains a small private practice in Melbourne and leads workshops throughout Australia. Wild nature, Zen practice, music and family enrich his life.

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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:

- Effective conditions for maintaining the therapeutic environment
- Who are we helping? Vicarious trauma, compassion fatigue & self-care
- Dynamic systems & boundaries
- Ground & groundlessness / Knowing & not-knowing
- Somatic inquiry & deep listening: Supporting the hidden conversations
- Co-regulating the nervous system through limbic resonance & breath
- Mindful embodied presence & curiosity as resource and skilful means
- Accessing and drawing on nature, creativity & play as integrative resourcing.
- Learning the R.A.I.N method for resourcing
- Neuroplasticity in action
- Nourishment & Integration

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

Date and Times

Friday 25 August, 2.00 pm — 6.00 pm

Saturday 26 August, 9.30 am — 5.00 pm

Sunday 27 August, 9.30 am — 3.00 pm

Investment

Early Bird if paid before 4 August 2017, \$425.00 (incl GST)

Full fee thereafter \$475.00 (incl GST)

No cancellations or refunds after 11 August 2017.

Venue

St Catherine's College, 2 Park Road, Crawley 6009, WA.

Registration

Please email the following information to Jonathan Kester:

Name

Occupation

Address

Mobile Number

Email Address

Payment Amount

Date of Payment

How did you hear about this workshop?

Cheque Payable to Jonathan Kester

Internet Payment

Account: Jonathan Kester

BSB: 036 087 **Account:** 673666

(Reference: Aladdin & your family name)

Enquiries and Application Form/Fee to:

Jonathan Kester: <jonakes@globaldial.com>

Or mobile: 0438 929 899