



HAKOMI EXPERIENTIAL 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](http://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 activities in  
Melbourne please contact: Aladdin Jones  
M: 0490 123 199 OR < [aladdin@hakomi.com.au](mailto:aladdin@hakomi.com.au) >  
[hakomi.com.au](http://hakomi.com.au)*



## Working with TRAUMA in the Body



**MELBOURNE, FRI 8 — SUN 10 SEPT 2017**

*A three-day workshop with Jules Morgaine  
Certified Hakomi Teacher*

# Working with TRAUMA in the Body



**JULES MORGAINÉ**

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 MHSc 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.

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*A three-day workshop with Jules Morgaine*

TRAUMA IS DEFINED AS AN EXPERIENCE IN WHICH ONE IS overwhelmed by a situation one perceives to be life-threatening and which leaves one feeling helpless and out of control. The effects of unresolved trauma can be life-limiting at best, debilitating and destructive at worst. This kind of experience does not always fit with the socially defined concept of trauma. Many life experiences create this same sense within the individual even when there is not an identifiable external situation.

DISCONNECTION FROM THE BODY IS A COMMON RESPONSE TO trauma. As traumatic memory is stored in the physiology it is necessary to re-establish a connection to the body in order for the healing process to be effective. Mindfulness as used in Hakomi Body-Centred Somatic Psychology enables one to develop body awareness in order to renegotiate and heal trauma.

#### IN THIS WORKSHOP WE WILL EXPLORE:

- Models of traumatisation
- Long term effects of trauma
- What is required at different stages of the trauma recovery process
- Skills for developing self-capacities
- Use of Mindfulness for trauma treatment
- Ways to decrease traumatic activation in the body
- Skills for working with sensations/felt sense
- Somatic sequencing techniques

THIS WORKSHOP IS DESIGNED TO SUPPORT THOSE working with clients presenting with trauma, both developmental and perpetrated by other. It should be noted that while there will be resourcing techniques taught it will not provide space for processing of trauma within participants.

#### Times

Friday 8 September: 9.00am — 4.30pm  
Saturday 9 September: 9.00am — 4.30pm  
Sunday 10 September: 9.00pm — 3.30pm

#### Investment

\$425 Early Bird - finishes 31 July 2017  
\$495 Full Fee. Scholarships on request.

#### Venue

Australian Shiatsu College, MELBOURNE  
103 Evans Street, Brunswick Victoria 3056  
For more information, visit their website:  
[www.australianshiatsucollege.com.au](http://www.australianshiatsucollege.com.au)

#### Application Form

Please email the following information to Aladdin Jones:

Your Details:	Name	Address
	Home Number	Work Number
	Mobile Number	Email Address
	Occupation	

Bookings and Payment via TryBooking:

<https://www.trybooking.com/QKJQ>  
or  
<https://www.trybooking.com/288226>

#### Organiser:

Contact: Aladdin Jones: 0490 123 199  
Email: [aladdin@hakomi.com.au](mailto:aladdin@hakomi.com.au)

**PLEASE MAKE CHEQUES PAYABLE TO ALADDIN JONES**