



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:

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PERTH, Jonathan Kester: jonakes@globaldial.com
NZ, Jules Morgaine: jmorgaine@xtra.co.nz*



“The Challenge of Connection” or Why isn't this Working?



ADELAIDE, FRI 27 – SUN 29 OCTOBER 2017

*A three-day workshop with
Jules Morgaine, Certified Hakomi Trainer*

“The Challenge of Connection” — or Why isn't this Working?



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 MHS 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

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OUR EARLY EXPERIENCES OF CONNECTION — OR LACK OF connection, form a blueprint for future relating. Despite our best efforts we often find ourselves continuing to operate out of these patterns.

CLIENTS BRING TO US THEIR IDENTIFIED PROBLEMS AND, significantly, their own patterns of relationship. Our intention as therapists is to provide a context in which it is possible for our clients to heal/change and become more empowered in their lives. However when we attempt to address the problem without understanding the underlying relational pattern change is often slow and at times frustrating for both client and therapist.

SECONDLY, WE BRING OUR OWN RELATIONSHIP BLUE-PRINT TO the therapeutic process. It is in fully understanding these patterns in both our clients and ourselves that we are most able to be effective in our interventions.

IN THIS WORKSHOP BASED IN MINDFULNESS AND HAKOMI principles and techniques there will be opportunity through a variety of teaching, experiential exercises and discussion to:

- Explore various generic relationship blue-prints
- Gain skills in recognizing these patterns in clients/others
- Gain a deeper understanding of our own patterns of relating
- Recognise ways in which we do not fully connect
- Experiment with ways to extend beyond limiting patterns

WHILE THIS WORKSHOP WILL BE LARGELY AIMED TOWARDS those working therapeutically with others it will also be useful for those who wish to apply the material to intimate relationships, parenting and other helping/teaching roles.

Date and Times

Friday 27 October:	9.30 am – 5.30pm
Saturday 28 October:	9.30 am – 5.30pm
Sunday 29 October:	9.30 am – 4.30 pm

Investment

Group of 3 or more paying together \$460
Early bird \$485 (if paid by September 1st 2017). Full fee \$525
No cancellations or refunds after 4 October 2017.

Venue

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

Registration

Please email the following information to Karen:

Name
Address
Occupation
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, Crafers West, SA 5152
<karenrose@picknowl.com.au> • Mobile: 0435 110 660

PLEASE MAKE CHEQUES PAYABLE TO KAREN GENEROWICZ