



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



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 Brisbane, please contact:
Pernilla Siebenfreund <pernilla@hakomi.com.au>
hakomi.com.au*



The Art of Allowing

– Turning Towards, in Mindfulness



BRISBANE, SAT 25 — SUN 26 NOV 2017

*A two-day workshop with Pernilla Siebenfreund
Certified Hakomi Therapist & Teacher*



PERNILLA SIEBENFREUND
CERTIFIED HAKOMI THERAPIST & TEACHER

Pernilla Siebenfreund is a Certified Hakomi Therapist and Teacher with the Hakomi Institute Pacifica Team. She leads Hakomi workshops in Australia and teaches on Hakomi Professional Trainings in Sydney. She has over 15 years of experience in private practice in Brisbane, working with couples and individuals, as well as seven years experience working with children and parents in a Brisbane based agency. She is the Brisbane organiser of Hakomi workshops and trainings and has been a meditation practitioner for over 20 years. As a psychotherapist and teacher, Pernilla has a particular interest in applying loving kindness and embodied mindfulness to cultivate compassion for self and others.

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“The basic work of health professionals in general, and of psychotherapists in particular, is to become full human beings and to inspire full human-beingness in other people who feel starved about their lives.” Chögyam Trungpa

TO BECOME FULL HUMAN BEINGS, AND INSPIRE IT IN OTHERS, starts with turning towards what already is here, and allowing it to be just as it is. This simple task is one of the most challenging and difficult aspects of personal growth, spiritual practice and psychotherapy.

BEING WITH OUR OWN EXPERIENCES, AND THOSE OF another’s, in a healing and meaningful way, requires deep compassion, kind curiosity and infinite patience. It also requires enough internal resources and resiliency to hold and digest those experiences.

THE HAKOMI METHOD FOSTERS THE CAPACITY TO SLOW DOWN and meet these many aspects of human experience. By its gentle, and loving approach, of allowing and turning towards the present moment, the innate, and deep organic healing impulse can be detected and supported.

IN THIS WORKSHOP YOU WILL:

- Learn skills to turn towards present moment experience for your self and others
- Explore different channels of human experience
- Expand your capacity to be with the present moment
- Learn how to connect with loving presence
- Discover how your body talks to you
- Observe a live Hakomi session

THIS WORKSHOP WILL INCLUDE TALKS, EXPERIENTIAL EXERCISES, discussions and reflections. It’s suitable for those working therapeutically with clients, and those wishing to deepen their own self-understanding and learn more about Hakomi.



Date and Times

Saturday 25 November: 10 am — 5:30pm
Sunday 26 November: 10 am — 4:30pm

Investment

Super Early Bird - \$295 (paid by 23 September 2017)
Early Bird - \$349 (paid by 28 October 2017), thereafter \$395
Full time student - \$225 (paid by 28 October 2017)
No cancellations or refunds after 11 November 2017

Venue

Mercy Place, Macrae Rd at 371 Simpson Rd, Bardon
Accommodation available at: www.mercyplace.org.au

Registration

Please email the following information to Pernilla:

Name	Occupation
Address	Mobile Number
Email Address	
Payment Amount	
Date of Payment	
<input type="checkbox"/> Cheque	Payable to Pernilla Siebenfreund
<input type="checkbox"/> Internet Payment	
Account:	Barbro Pernilla Siebenfreund
Account No:	016 330 706 BSB: 944 300
	<i>Including your name in reference field</i>

Enquiries:

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PLEASE MAKE CHEQUES PAYABLE TO PERNILLA SIEBENFREUND