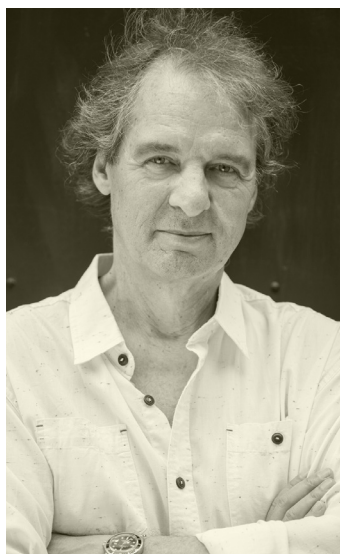




“Hakomi Live” – an Exploration of Mindful Somatic Psychotherapy



A 3-Day Workshop with
Hakomi Co-Founder,
Halko Weiss

PERTH

DATE: Monday 19 — Wednesday 21
February 2018

VENUE: University Western Australia, Perth



“Hakomi Live” – an Exploration of Mindful Somatic Psychotherapy

The Hakomi Method has pioneered the pervasive use of mindfulness in psychotherapy. It focuses on the body as an expression of implicit memory (the unconscious), where we store what was learned about life early on and how we learned it.

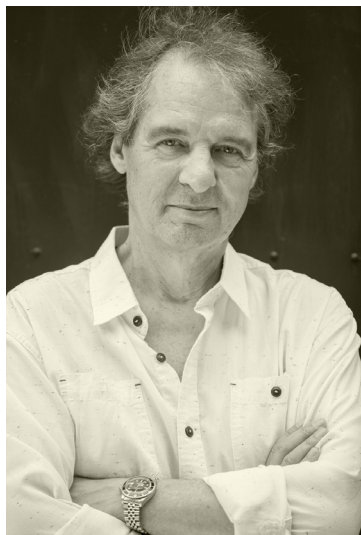
Mindfulness guides us to gently explore those deepest levels inside, understand and accept ourselves. Transformational processes happen from our own impulses to grow rather than from being coaxed along by the therapist.

This three-day workshop offers an opportunity to observe one of the founders of the Hakomi Institute working with participants who wish to receive such sessions. After some debrief, teaching and feedback there will be experiential group exercises to practice some of the core skills and to experience Hakomi from the inside.

You will learn

- several basic Hakomi skills, like, the use of mindfulness to explore the psyche,
- to understand how such a therapeutic process evolves from a mindful state and from relating to the body,
- to understand how a Hakomi Therapist reflects and micro-manages the process as well as the therapeutic relationship,
- and you have a chance to experience the Hakomi Method yourself.

This workshop is designed for both those with previous experience of Hakomi and those interested in learning more about this method and/or considering applying for the Hakomi Professional Skills training due to begin in Perth in June 2018.



HALKO WEISS, PhD

Halko is a licensed Clinical Psychologist and Lecturer on mindfulness, couples therapy and body-centered psychotherapy for the Bavarian Licencing Board for Psychotherapists, ZIST Academy for Professional Psychotherapy, University of Marburg, and University Hospital in Tuebingen, Germany.

Halko is a co-founder of the Hakomi Institute in Boulder, Colorado, and the Hakomi Institutes of Europe, Australia and New Zealand, and has been instrumental in developing the Hakomi Method and its curricula used worldwide.

Halko has authored 20 scientific publications and six books, including co-editing the recently published *Hakomi Mindfulness-Centred Somatic Psychotherapy*, and has led hundreds of workshops and training courses in Europe, USA, Canada and Australia.

Halko established a successful coaching training program in Germany and became the market leader in Emotional Intelligence trainings for executives, and also developed two comprehensive programs on couples therapy and interpersonal skills taught in Australia, Germany, France, and Spain.



“Hakomi Live” - with Halko Weiss

Dates and Times:

Monday 19th — Wednesday 21st February 2018

Monday 10.00am – 6.00pm

Tuesday 10.00am – 6.00pm

Wednesday 10.00am – 4.30pm

Investment:

\$595.00 Early Bird (Incl GST), if paid before Wednesday 31st January

\$655.00 (Incl GST) thereafter

- Lunch and Morning and Afternoon Teas provided.
- Reserved Parking is also available for \$15.00 per day. Please indicate if you require parking and add \$15.00 for each day required.
- No cancellations or refunds after Wednesday 7th February

Venue:

Formal Dining Room, University Club

University of Western Australia, Hackett Drive Crawley 6009

Registration:

Please email the following information to Jonathan:

Name	Occupation
Address	Mobile No
Email Address	How did you hear about the workshop
Payment Date	Payment Amount

Cheque Payable to Jonathan Kester

Internet Payment BSB: 036 087

Account: 673666

Account Name: Jonathan Kester

Reference: Halko & your family name

Enquiries:

Jonathan Kester: Mobile: 0438 929 899

Email: jonakes@globaldial.com