



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 activities in Perth,
please contact: Jonathan Kester 0438 929 899
OR <jonakes@globaldial.com>*

hakomi.com.au



Hakomi in Action: An Experiential and Fishbowl Workshop



PERTH, FRI 13 – SUN 15 APRIL 2018

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

Hakomi in Action: An Experiential and Fishbowl Workshop



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 holds a MHSc in Advanced Psychotherapy Practice and Clinical Supervision and has over 25 years experience as a psychotherapist. She 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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HAKOMI AS A METHOD OF PSYCHOTHERAPEUTIC EXPLORATION is based in Mindfulness as a means of accessing and studying the core organisation of experience within the individual. Much of this information is encoded in the body: sensations, impulses, tension, trauma responses. It is in a deep understanding of the beliefs formed and decisions made in response that enable real change without constant effort to occur.

THIS THREE DAY WORKSHOP WILL OFFER AN OPPORTUNITY TO observe the Hakomi method of psychotherapy in action.

WHAT YOU CAN EXPECT:

- To experientially learn skills that you can immediately integrate into current psychotherapy practice including:
- Mindfulness for self study
- Use of contact as opposed to questioning to deepen exploration process
- Skills of tracking information on edge of awareness
- Skills to use this information to deepen process
- Use of body-centred information in psychotherapy
- Opportunity to deepen own self awareness and explore the impact of own core organization on therapeutic style
- Opportunity to observe Hakomi Body-integrated psychotherapy in action through observation of full sessions followed by debrief, teaching and feedback
- Opportunity for micro-skill development and practice through structured exercises based on Hakomi Principles and method

THIS WORKSHOP IS SUITABLE FOR THOSE APPLYING, OR considering applying, to undertake the two year Hakomi Professional Training beginning June 2018 and who wish to meet the pre-requisites, understand Hakomi Psychotherapy more fully, and to make personal contact with some of the teaching staff. Others who wish to experience Hakomi are most welcome.

Date and Times

Friday April 13, 10.00 am — 6.00 pm
Saturday April 14, 10.00 am — 6.00 pm
Sunday April 15, 10.00 am — 3.00 pm

Investment

Early Bird \$520.00 until March 23rd. \$570.00 thereafter.
Prices include GST. No cancellation refunds after April 1st.

Venue

Function Room 4, Murray House
Heathcote Cultural Precinct
58/60 Dun Craig Rd, Applecross WA 6153

Registration

Please email the following information to Jonathan:

Name	Address
Mobile Number	Email Address
Occupation	Special dietary requirements
Payment Amount	Date of Payment
<input type="checkbox"/> Cheque	Payable to Jonathan Kester
<input type="checkbox"/> Internet Payment	
Account:	Jonathan Kester
BSB:	036 087
Account:	673666
Reference:	Fishbowl and surname

CPD hours:

18 hours

Enquiries to Jonathan Kester:

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