



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 Jonathan Kester:
jonakes@globaldial.com
or visit our website at: hakomi.com.au*



MINDFUL SOMATIC PSYCHOTHERAPY

Attending to Vicarious Trauma & PTSD: A Mindful Somatic Approach for Human Services Personnel



PERTH, SAT 14 – SUN 15 JULY 2018

*A two--day workshop with
Aladdin Jones, Certified Hakomi Teacher*



ALADDIN JONES

Aladdin is a certified Hakomi therapist and teacher. He brings to this workshop a love of creativity, collaborative practice and fostering the conditions for transformative learning experiences. For over a decade he has worked as a facilitator, psychotherapist, family therapist & ecotherapist with children, teens and adults. Aladdin currently works for Easternhealth as a family violence counsellor and in health promotion in Men's Health and prevention of family violence. He maintains a small private practice in Melbourne and leads workshops throughout Australia. Wild nature, Zen practice, music and family enrich his life.

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This workshop will be invaluable for: psychologists, therapists, social workers, teachers, police, lawyers, doctors & nurses and others working in the helping professions.

STRESS AND VICARIOUS TRAUMA CAN BUILD SILENTLY AND erode our capacity to access our deepest inner resources. In a safe and experiential environment, this workshop will provide skills and tools:

- to strengthen ways of resourcing and choices in moments of stress and vicarious trauma
- to understand the dynamics which create vicarious trauma and PTSD
- as a healthy platform for self care and self awareness
- to increase our capacity to stay in relationship with those involved
- to develop mindful, heartfelt curiosity about what is triggered by situations, narratives and systems
- to recognise, track and respond to body /somatic signals in yourself and in another (dual awareness)
- to increase awareness of inter-personal boundary styles, dynamics and systems.
- to develop your capacity for embodied mindfulness, and how to be grounded in the face of stress and trauma
- to deepen your capacity for listening beneath the narrative.

SPECIFIC AREAS COVERED IN THIS TRAINING ARE:

- Attending to Vicarious Trauma & PTSD
- Trauma Resilience
- Mindful Heartful Presence
- Resourcing
- Somatic Mapping and Inquiry.
- Boundaries
- System Dynamics & Co-regulation
- Centering amidst Chaos
- Integration & Restoration
- Neuroplasticity in Action



Date and Times

Saturday 14 July: 9.00am – 5.30pm
Sunday 15 July: 9.00am - 3.30pm

Professional Development

13 CPD Hours

Investment

\$445 Early Bird (paid by 22 June). \$495 Thereafter.
No cancellations or refunds after 7 July
Includes lunches and morning and afternoon teas.

Venue

Harvard Room, Trinity on Hampden
230 Hampden Road, Crawley, 6009

Parking:

There are ample free parking bays in the courtyard to the right of the entrance on Hampden Road.

Enquiries and Registration

Contact Jonathan Kester on: 0438 929 899
Or email him at: jonakes@globaldial.com

For registrations, please email the following information:

Name	Address
Email	Mobile Number
Occupation	
Payment Amount	Date of Payment
How did you hear about this workshop?	

- Cheque** Payable to Jonathan Kester
- EFT:** **Account Name:** Jonathan Kester
BSB: 036 087 **Account:** 673666
(Reference: Aladdin & your surname)