



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:

SYDNEY, Karen Baikie: karen@hakomi.com.au

PERTH, Jonathan Kester: jonakes@globaldial.com

NZ, Jules Morgaine: jmorgaine@xtra.co.nz



MINDFUL SOMATIC PSYCHOTHERAPY

Witnessing Hakomi: Mindful Somatic Psychotherapy in Action



ADELAIDE, SAT 27 – MON 29 OCTOBER 2018

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

Witnessing Hakomi: Mindful Somatic Psychotherapy in Action



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 MHS 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.

hakomi.com.au

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 WILL BE SUITABLE FOR THOSE WISHING TO deepen their understanding and skills in the Hakomi method and principles with live sessions facilitated by Jules as a catalyst for learning. It will also serve well as a lead in for those wanting to do the 9 day character training in Hakomi in 2019/20.

Date and Times

Saturday 27 October: 9.30am – 5.30pm
Sunday 28 October: 9.30am – 5.30pm
Monday 29 October: 9.30am – 3.30pm

Investment

Group of 3 or more paying together: \$465
Early Bird: \$485 (if paid by 16 September)
Full fee: \$525
No cancellations or refunds after October 13th 2018

CPD Hours

18 hours

Venue

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

Registration

Please email the following information to Karen Generowicz:

Name:	Address
	Email Address
	Mobile Number
Occupation:	
How did you hear about this workshop?	
Payment:	Amount and date of payment
<input type="checkbox"/> Cheque	Payable to Karen Generowicz
<input type="checkbox"/> Internet Payment	
Account:	Karen Generowicz
	BSB: 015-367
	Account: 5684 70582
	(Include name in reference)

Enquiries and Application Form/Fee to:

Karen Generowicz, 41 Princes Ave, Crafrers West, SA 5152
<karenrose@picknowl.com.au> • Mobile: 0435 110 660