



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, SAID 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:

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



MINDFUL SOMATIC PSYCHOTHERAPY

The Joy of Re-Connection

– Using the Organic Self as a Resource for Healing



ALICE SPRINGS, THU 18—SAT 20 OCT 2018

*A two and-a half-day workshop with
Jules Morgaine, Certified Hakomi Trainer*

The Joy of RE-CONNECTION – Using the Organic Self as a Resource for Healing



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.

hakomi.com.au

WITHIN US ALL THERE IS A NATURAL ORGANIC IMPULSE towards our wholeness and connectedness to self and life. This impulse supports the Organic Self, the most pure expression of our humanness, to lead us towards our own truth and unique experience of our being.

OUR DEVELOPMENTAL EXPERIENCES INEVITABLY CONTAIN many cumulative incidents of wounding within which our needs are not met sufficiently. In order to protect one's self from the pain of this the Self becomes fragmented into limiting parts that continue to unconsciously inform our sense of who we are and our expectations of life.

WHILE IT IS IMPORTANT TO UNDERSTAND THE SOURCE OF fragmentation, in locating and re-embodying our Organic Self, a powerful source of wisdom, we free the Organic impulse to create the energy that may lead us towards our wholeness. The process of healing becomes effortless and joyful.

IN THIS WORKSHOP, USING THE PRINCIPLES AND TECHNIQUES of Hakomi Mindful Somatic Psychotherapy, we will explore:

- Mindfulness as a means to reconnect with and embody the Organic Self
- Use of the body/somatic experience as a source of guidance for healing
- Ways to facilitate expression of the Organic impulse as a creative and intentional process
- Celebration of 'wholeness' as a natural state of being

THIS IS AN EXPERIENTIAL WORKSHOP IN WHICH PARTICIPANTS can expect to both explore the material personally and develop solid skills for facilitating healing with others.

Dates & Times

Thursday 18 October: 5.30pm — 8.30pm
Friday 19 October: 9.30am — 5.30pm
Saturday 20 October: 9.30pm — 4.00pm

Investment

Early Bird \$385 (until 21 September)
Full \$430

Venue

Honeymoon Gap, White Gums
4012 Bullen Road
Alice Springs, NT

Registration

Registration for this workshop is through TryBooking:

You can find the link via our website:
hakomi.com.au/workshops

Or directly through TryBooking:
www.trybooking.com/book/event?eid=408044

Enquiries:

Please contact Kate Mutsaers:

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