



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:
Karen Baikie, Hakomi Trainer & Sydney Organiser:
karen@hakomi.com.au***



MINDFUL SOMATIC PSYCHOTHERAPY

Listening to the Body with Mindfulness: An Introduction to Hakomi



SYDNEY, SAT 17 – SUN 18 NOVEMBER 2018

*A two-day workshop with
Deb Algar, Certified Hakomi Therapist*

Listening to the Body with Mindfulness: An Introduction to Hakomi



DEB ALGAR

CHT, Dip.Hol.Couns,
PACFA Reg.Clinical,
MBSR teacher.

Deb is a Certified Hakomi Therapist and a Teacher in Training with Hakomi Australia, currently teaching on the Sydney Hakomi Professional Training.

She holds a Diploma in Holistic Counselling and has been in private practice as a psychotherapist for over 14 years, working with individuals and couples. She also teaches Mindfulness Based Stress Reduction courses to the general public in Sydney.

Deb is passionate about sharing the possibilities for self-discovery, connectedness and freedom that Hakomi and mindfulness offer.

hakomi.com.au

One of the most powerful ways to bring what is unconscious into conscious awareness is to pay attention to what is happening in the body in the present moment.

In Hakomi, the body is seen as a “map of the psyche” — a door that can be opened to reveal all our unconscious patterns and beliefs and how they impact the way we live and relate to ourselves and others.

Mindfulness is the means by which we become present and tune into the body. Listening to and exploring the body’s intelligence with curiosity and openness offers deeper insight, clarity and self-awareness than is available through just talking.

The guiding principles of Hakomi provide a framework to explore this with kindness, respect and safety.

In this Experiential Workshop you will:

- Be introduced to the practices and underlying principles of Hakomi Somatic Mindful Psychotherapy in a safe supportive environment
- Explore mindfulness as both an attitude and a tool to study your own experience and work therapeutically with others.
- Learn how the body reveals psychological information
- Experience exploring the intelligence of the body.
- Learn skills to be more present with yourself and others

The workshop will include talks, experiential exercises, discussion and personal reflection - offering skills that are immediately applicable.

It is suitable for both those working therapeutically with others and those wishing to deepen their own self-understanding.

It will be of value to psychotherapists, counsellors, psychologists and other practitioners who are interested in learning more about Hakomi and qualifies as a pre-requisite for the Hakomi Professional Training.

Date and Times

Saturday 17 November: 9.30am – 5.00pm

Sunday 18 November: 9.30am – 4.00pm

Investment

Super Early Bird \$285 (paid by 21 September).

Early Bird \$335 (paid by 19 October), thereafter \$390.

Full-time students \$255 (with proof of full-time student status and paid by 19 October).

Prices incl. GST. No cancellations or refunds after 2 Nov.

Venue

The Horden Warehouse

Suite 207 / 59 Great Buckingham Street

Redfern, Sydney

Registration

Registrations are now processed online. Please visit:

hakomi.com.au/deb-algar-registration

Payment

After registering online, please send payment via

Cheque Payable to Deb Algar

Internet Payment

Account: Deb Algar

BSB: 923100

Account Number: 63366144

(Include your name in reference)

For More Information Please Contact:

Deb Algar

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