



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

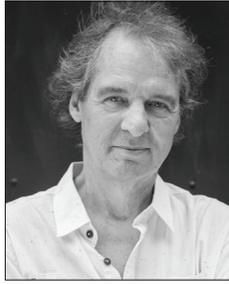
Hakomi in the Fishbowl:

Experience Live Sessions



SYDNEY, FRI 22 — SUN 24 FEBRUARY 2019

*A three-day workshop with Halko Weiss, PhD,
Co-Founder and Senior Trainer of the Hakomi
Institutes in the US, Germany,
New Zealand and Australia*



HALKO WEISS, PhD

Halko is a licensed Clinical Psychologist and international Lecturer on mindfulness, couples therapy, executive leadership skills and body-centered psychotherapy in Germany and Spain. He is a founding member of the Hakomi Institute in Boulder, Colorado, and has been instrumental in developing the Hakomi Method and its curricula used worldwide.

Halko has authored 8 books and over 20 scientific publications, including co-editing the recently published Hakomi Mindfulness-Centred Somatic Psychotherapy. He helped establish a successful coaching training and an Emotional Intelligence training for executives in Germany that became the market leader there. Halko has led hundreds of workshops and training courses throughout Europe, the US, Canada, New Zealand and Australia, and also developed two comprehensive programs on couples therapy and interpersonal skills taught in Australia, Germany and Spain.

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THIS MASTERCLASS STYLE WORKSHOP GIVES PARTICIPANTS the opportunity to directly experience the power and subtlety of the Hakomi Mindful Somatic Psychotherapy approach by observing a master Hakomi therapist provide live sessions. Halko will offer three to four live sessions each day, with each session followed by discussion and debrief of the therapy process. You may simply observe or choose to opt in for a live session.

HAKOMI IS A REFINED METHOD OF MINDFULNESS-BASED somatic psychotherapy with a specific set of techniques. It also provides a framework for how to be in the role of therapist with compassion as well as holding a mindful, curious attitude towards our clients and ourselves.

DURING THIS WORKSHOP, YOU CAN EXPECT TO DIRECTLY observe skills that you can immediately integrate into current psychotherapy practice, including:

- Using mindfulness to go beyond talk therapy
- Contacting rather than questioning to deepen the exploration process
- Tracking information on the edge of awareness and using this information to deepen the therapeutic process
- Conducting little experiments in mindfulness to open into core material
- Including the body as a tool to enter into formative experiences
- Techniques for processing core material and providing missing experiences

OBSERVING LIVE SESSIONS WILL GIVE YOU AN UNDERSTANDING and felt sense of the overall Hakomi process as a method for therapeutic change and transformation of core belief systems.

THIS WORKSHOP WILL BE OF VALUE TO THERAPISTS, counsellors and other health care practitioners who are interested in learning more about Hakomi Mindful Somatic Psychotherapy or who are considering further training in the method, as well as individuals interested in experiencing the Hakomi approach.



Date and Times

Friday 22 February to Sunday 24 February: 10am – 5.30pm

Investment

1 DAY: Early Bird (paid by 4 Jan) \$345, Thereafter, \$395

2 DAY: Early Bird (paid by 4 Jan) \$525, Thereafter, \$575

3 DAY: Early Bird (paid by 4 Jan) \$695, Thereafter, \$765

Please specify which day/s you will be attending.

Incl. GST. No cancellations or refunds after 15 Feb 2019.

Venue

Crows Nest Centre, 2 Ernest Place, Crows Nest.
Morning and afternoon tea provided

Registration

For **REGISTRATIONS**, please visit the Hakomi website:
hakomi.com.au/halko_feb_sydney_reg/

Internet Payment:

Please pay by electronic transfer to:

Account Name: Karen Baikie Hakomi Workshop

BSB: 082 212 Account: 195 354 238

Please Include your name in the reference field + Halko Syd

Enquiries to Karen Baikie:

Tel: 02) 9436 0919. Email: karen@hakomi.com.au

CPD - PROFESSIONAL DEVELOPMENT

Each workshop day will provide 5 hours for CPD programs and is an ACA Recognised Professional Development event.