



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 activities
in Brisbane, please contact:
Pernilla Siebenfreund <pernilla@hakomi.com.au>
hakomi.com.au*



MINDFUL SOMATIC PSYCHOTHERAPY

Mindfulness Meets Eros:

Helping clients navigate
sexuality through
mindfulness & connection



BRISBANE, FRI 1 — SUN 3 FEB, 2019

*A three-day workshop for therapists
With Maci Daye, Hakomi Trainer &
Passion & Presence Founder*

Mindfulness Meets Eros:



MACI DAYE
LPC, ED.S, CHT

Maci is a Certified Hakomi Trainer, Licensed Professional Counselor and Certified Sex Therapist who divides her time between Europe and the United States.

Maci has graduate degrees in Education and Counseling from Harvard and Georgia State Universities, and completed the Intermediate Level of the Somatic Experiencing trauma training.

Maci began her Hakomi training in the mid-1980s and has been on the Hakomi Faculty since 2001. She is also the creator of Passion and Presence®, and leads couple's retreats and professional training courses on Mindful Sexuality.

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THERE IS SO MUCH SHAME, SECRECY, AND MISINFORMATION surrounding sexuality that many therapists are reluctant to address sexual issues in therapy. However, individuals or couples who pin their hopes on having a rewarding, passionate and connected erotic life need help when problems arise in this area. This workshop introduces practitioners to Passion and Presence®, a mindful approach to both sex and sex therapy. It incorporates the spirit and many of the experiential and somatic techniques of Hakomi Mindful Somatic Psychotherapy.

OUR EARLY IMPRINTS ABOUT SEX, WORTH, NEEDS, LOVE, freedom, and power play out vividly on the erotic stage. For this reason, intimate relationships are both incredibly challenging and also potentially healing and transformational. Passion and Presence reorients sex from reliance on external models to intrinsic cues and pleasure, regardless of an individual's or couple's "functionality." Mindfulness is used to cultivate a state of novelty and to explore barriers to intimacy and self-expression.

ALONG WITH PREDICTABLE STAGES, DIFFERENCES IN preferences, over-familiarity, and specific "trances," we will explore the "hidden factors" that often lead to impasses and sexual avoidance, particularly in long-term relationships. While Passion and Presence helps couples learn how to become an "erotic team," individual clients can also be supported in exploring their emotional patterns around intimacy and sex.

THROUGH A COMBINATION OF LECTURE, CASE EXAMPLE, AND experiential activities, participants will learn how to help clients:

- Cultivate fluid pathways to arousal
- Embrace fluctuations in desire
- Use erotic triggers to heal and grow
- Become a cooperative "Erotic Team."

CPD: THIS WORKSHOP WILL PROVIDE 16 HOURS OF FOR Continuing Professional Development Programs.



Dates & Times

Friday 1 Feb 2019:	10.00am — 6.00pm
Saturday 2 Feb 2019:	10.00am — 6.00pm
Sunday 3 Feb 2019:	10.00am — 4.30pm

Investment

Super Early Bird (paid by 24 November 2018): \$595
Early Bird (paid by 5 Jan 2019): \$695
Standard (paid after 5 Jan 2019) \$749

No cancellations or refunds after 18 January 2019
Morning and afternoon tea provided

Venue

Mercy Place, Macrae Rd at 371 Simpson Rd, Bardon
Accommodation available at:
www.mercyplace.org.au

Registration

For **REGISTRATIONS**, please visit the Hakomi website:
hakomi.com.au/mac-daye-brisbane/

- Cheque** Payable to Pernilla Siebenfreund
- Internet Payment**
 - Account: Barbro Pernilla Siebenfreund
 - Account No: 016 330 706 BSB: 944 300
 - Reference: Your name and "Maci"

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