



HAKOMI PROFESSIONAL SKILLS TRAINING — TRAINING INFORMATION

PERTH: MARCH 2019 — OCTOBER 2020

The Hakomi Professional Skills training is offered in three levels across 18 months.

LEVEL ONE: HAKOMI FUNDAMENTAL RELATIONSHIP SKILLS **2 x 6-Day Modules (76 hours training)**

Purpose: To train Psychotherapists and allied health professionals in the fundamental building blocks of the Hakomi method. Emphasis is on the development of self and connection to others. Hakomi tools can be applied to therapy, business settings, coaching and other healing modalities.

Target Group: Psychotherapists, Counsellors, Doctors, Social Workers, Massage Therapists, Occupational Therapists, Yoga Teachers, Coaches, Chiropractors, Physiotherapists, Cranio-Sacral Therapists, Teachers, Psychologists,

Module 1: Meeting the Other: Skills for Respectful Relationship

- Mindfulness, Hakomi Principles, Relationship Skills,
- Attachment theory
- Loving Presence
- Contact statements and tracking skills
- Accessing organic self/impulse towards potential
- Mindfulness techniques for emotional self-regulation

Module 2: Follow the Leader: Skills for Facilitating Growth

- Mindfulness as technique
- Use of Body/somatic intelligence and supporting organicity
- Somatic resourcing for Trauma
- Following and Leading
- Experimental attitude
- Ethical practice and Cultural Diversity

Dates: Module 1: 04 - 09 March 2019
Module 2: 06 -11 May 2019

Investment: \$3,150 (+GST) Early bird if paid by 31.01.19
\$3,600 (+GST) Full fee
\$1,850 (+GST) in two instalments (14.02.19 & 14.04.19)



LEVEL TWO: HAKOMI PROFESSIONAL SKILLS TRAINING

4 x 6-Day Modules (144 hours training)

Purpose: To teach the methodology, techniques and theoretical frameworks of the curriculum of the Hakomi Institute (USA).

Pre-requisite: Level One: Hakomi Fundamental Relationship Skills.

DATES:

Module 1:	15 – 20 July 2019
Module 2:	16 – 21 September 2019
Module 3:	02 – 07 December 2019
Module 4:	16 – 21 March 2020

INVESTMENT: \$7,200 (+GST).
Initial Payment \$1,800 (+GST) paid by 15.06.19
Followed by 6 monthly instalments of \$900 (+GST)

LEVEL THREE: HAKOMI ADVANCED CLINICAL SKILLS

3 x 6-Day Modules (117 hours training)

Purpose: To teach Advanced Skills of Hakomi Mindful Somatic Psychology in application to Clinical Practice.

Each module will consist of 50% advanced teaching and 50% supervision of practice.

To prepare students for Certification as Hakomi Therapist with Hakomi Institute (USA).

Pre-requisite: Level One: Hakomi Fundamental Relationship Skills.
Level Two: Hakomi Professional Skills Training
OR:
Completion of Hakomi Professional Skills Training as offered in the past.



Dates: (Proposed) Module 1: 01 – 06 June 2020
Module 2: 03 – 08 August 2020
Module 3: 05 – 10 October 2020

Investment: \$5,400 (+GST).
Initial Payment \$950 (+GST) by 01.05.20
Followed by 5 monthly instalments of \$900 (+GST)

Upon Completion of Level Three students will graduate with Hakomi Institute (USA). Certification as a Hakomi Therapist, (competency based assessment) may also be undertaken at any time following completion.

Further information will be available soon at www.hakomi.com.au