



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:

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MINDFUL SOMATIC PSYCHOTHERAPY

Experiential Psychotherapy with Couples:

A Comprehensive Course in
Mindfulness-Based Couples Therapy



SYDNEY, SAT 6 — TUE 9 APRIL 2019

*A four-day workshop with Rob Fisher, MFT,
Certified Hakomi Trainer*



ROB FISHER

MFT, CERTIFIED HAKOMI TRAINER

Rob Fisher is an adjunct professor at JFK University and the Co-Developer of the Certificate Program in Mindfulness and Compassion at CIIS in San Francisco.

A Hakomi Trainer who teaches internationally, he is the author of Experiential Psychotherapy with Couples, A Guide for the Creative Pragmatist.

He is a Co-Director of the Hakomi Institute of California, Director of the Hakomi Institute of China and Co-Founder of the Mindful Coaching Method.

He conducts workshops in mindful relationships, ecotherapy and the use of music to open the heart on several continents and is dedicated to creating spaces for people to fully embody themselves, connect with others, and with nature.

hakomi.com.au

THIS TRAINING WILL PROVIDE MAPS AND TOOLS FOR WORKING effectively with couples, that utilise mindfulness and experiential exercises. Covering both assessment and intervention, this training will teach you how to identify and change a couple's negative interactive cycles, as well as the underlying emotional wounds that cause them.

MINDFULNESS IS ONE OF THE MOST POWERFUL TOOLS IN couples counselling. It assists each partner to gently access and talk about deep levels of delicate material that underlie the repetitive patterns in which they become mired.

WORKING EXPERIENTIALLY AND SOMATICALLY ADDS SIGNIFICANT depth, impact and aliveness for therapist and client alike. Instead of simply talking about things, couples experience them directly and therefore gain deeper insight as well as tools for change.

IN THIS TRAINING YOU WILL LEARN:

- Specific experiential principles and techniques in couples therapy
- How to apply mindfulness with couples to uncover implicit beliefs that colour the relationship
- How to engage each partner's innate resources
- Recognising attachment issues that underlie more superficial problems
- How to join deeply and create safety and support with each partner in their immediate experiences
- Maps for assessing couples dynamics and systems, and each partner's contributions
- How to befriend and utilize individual defensive responses
- How to track somatic signals to access unconscious relational material
- How to design clinical experiments that go both to the heart of the issue, and the hearts of the partners
- How to create the emotional field needed to increase vulnerability and bring partners closer to each other



Date and Times

Saturday 6 April to Tuesday 9 April: 10:00am – 5:30pm

Investment

Super Early Bird (paid by 1 October): \$835

Early Bird (paid by 22 February): \$915

Standard (paid after 22 February): \$995

All prices include GST.

No cancellations or refunds after 29th March 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/rob-fisher-sydney-registration/

Internet Payment:

Please pay by electronic transfer or cheque:

Account Name: Karen Baikie Hakomi Workshop

BSB: 082 212 Account: 195 354 238

Please Include your name in the reference field + Rob Syd

Enquiries to Karen Baikie:

Level 1, 134 Willoughby Road, Crows Nest, NSW 2065.

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

CPD - PROFESSIONAL DEVELOPMENT

The 4-day workshop provides 22 hrs for CPD programs and is an ACA Recognised Professional Development event.