



**HAKOMI**  
MINDFUL SOMATIC PSYCHOTHERAPY



**KAREN BAIKIE**

PhD, MClInPsych, CHT.

Karen is a Certified Hakomi Therapist and consultant Clinical Psychologist with over 17 years experience in private practice in Sydney, working with individuals and couples, and providing clinical supervision. Karen is a Certified Hakomi Trainer with the Hakomi Pacifica Team, teaching on the Professional Hakomi Training and co-facilitating with Halko Weiss on the Hakomi Embodied and Aware Relationships Training (H.E.A.R.T) in Sydney, as well as running workshops on Hakomi and H.E.A.R.T. across Australia.

She holds a PhD in psychology on the use of expressive writing as a therapeutic tool for survivors of trauma and has worked extensively with adult survivors of childhood abuse. Karen's work integrates mindfulness-based approaches to attachment, trauma, health, parenting and relationship issues. She is passionate about assisting individuals, couples, parents and other therapists to support deepening awareness and connection with themselves and others.

## Bringing Your Self into Relationship:

An interpersonal skills workshop

**ADELAIDE, FRI 24 – SUN 26 MAY 2019**

**A TWO-AND-A-HALF-DAY WORKSHOP WITH DR. KAREN BAIKIE**

Relationships can be the place of our greatest healing. This can only happen if we are able to successfully navigate the challenge and pain that so often occurs when our deepest wounds are touched by another. But many people find themselves 'stuck' in their relationships, both intimate and non-intimate, repeating the same cycle of hurt, disappointment, anger and disconnection, with each new attempt to change their situation often leaving them feeling just the same as before. Mindfulness offers a unique opportunity for people to study the states that they get into in interactions with another, in a way that can open the door to deeper understanding of both self and other, and ultimately deeper connection.

**IN THIS WORKSHOP, YOU WILL:**

- Be introduced to concepts used in Hakomi Mindful Somatic Psychotherapy and Hakomi Embodied and Aware Relationships Training (H.E.A.R.T.®) for understanding relationships and interpersonal situations (including therapeutic relationships, intimate and non-intimate relationships) in a safe, supportive environment.
- Explore the use of mindfulness as a tool for deepening relationships
- Have the opportunity to study a specific relationship difficulty, with a partner, friend, parent, child, colleague, client or other.
- Learn practical tools for exploring relationship dynamics & new techniques for addressing difficult interpersonal situations.

The workshop will include talks, experiential exercises, discussion and personal reflection. Participants will come away with skills that can be readily applied directly following the workshop, both with clients and in their own relationships. Suitable for those working therapeutically with both couples and individuals having relationship difficulties, as well as for individuals and couples wishing to deepen their own personal relationships. It will be of value to psychotherapists, counsellors, psychologists and other practitioners who are interested in learning more about Hakomi or H.E.A.R.T.®

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**[hakomi.com.au](http://hakomi.com.au)**

## HAKOMI WORKSHOP DETAILS

### DATES & TIMES

Friday 24 May: 6.30pm – 9.00pm  
Saturday 25 May: 9.30am – 5.00pm  
Sunday 26 May: 9.30am – 4.00pm

### INVESTMENT

Group of 3 or more paying together \$380 Early bird \$400 (if paid by April 10th 2019). Full fee \$435  
No cancellations or refunds after 10th May 2019.

### VENUE

Sophia (Conference Centre),  
225 Cross Rd, Cumberland Park, SA

### REGISTRATION TO KAREN GENEROWICZ:

Please email name, address, email, mobile number, occupation, payment amount and date of payment.

### INTERNET PAYMENT:

**Name:** Karen Generowicz  
**BSB:** 015-367  
**Account:** 5684 70582  
*(Please include name in reference)*

### ENQUIRIES TO KAREN GENEROWICZ:

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Mobile: 0435 110 660

## HAKOMI PROFESSIONAL TRAINING INFORMATION

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 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:

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