



**HAKOMI**

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



**PERNILLA SIEBENFREUND**

CERTIFIED HAKOMI  
TEACHER

Pernilla Siebenfreund is a Certified Hakomi Therapist and Teacher with the Hakomi Institute Pacifica Team. She leads Hakomi workshops in Australia and teaches on Hakomi Professional Trainings in Sydney. She has over 15 years of experience in private practice in Brisbane, working with couples and individuals, as well as seven years experience working with children and parents in a Brisbane based agency.

She is the Brisbane organiser of Hakomi workshops and trainings and has been a meditation practitioner for over 20 years. As a psychotherapist and teacher, Pernilla has a particular interest in applying loving kindness and embodied mindfulness to cultivate compassion for self and others.

## Somatic Wisdom for Skillful Action

### An Introduction to Hakomi

**BRISBANE, SAT 18 – SUN 19 MAY 2019**

**A TWO-DAY WORKSHOP WITH PERNILLA SIEBENFREUND**

To deeply understand ourselves, others and the world around us, we need to reconnect with our bodies. Our body is constantly responding to internal and external events. Most responses are deeply ingrained habits that were formed from experiences a long time ago. Some of these habits are really helpful in supporting us in living a connected and fulfilling life. Other learnt responses are more limiting, and they make us contract, feel disconnected, disempowered and fearful.

Whether we want to savour the expansive habits, or create new choices for the limiting ones, we need to mindfully put our awareness in the felt sense of our experience which arises from the wisdom of the body.

To shift our attention from thinking to the felt sense is not always easy. Many of us avoid turning inwards as it sometimes comes with unpleasant sensations and feelings.

Hakomi is a method that fosters exquisite sensitivity to the body's indicators of both challenging and more enjoyable responses, and it is steeped in loving presence, a state that allows us, as human beings, to feel seen, heard and understood.

**IN THIS WORKSHOP YOU WILL:**

- Get a felt sense of Hakomi
- Learn some of the essential skills of Hakomi
- Understand applied mindfulness
- Connect with the wisdom of your body
- Experience loving presence
- Observe a live Hakomi session

This is an experiential workshop in which participants can expect to both explore the material personally and develop solid skills for facilitating healing with others. It also qualifies as a prerequisite for undertaking Hakomi professional training.

This workshop will provide 10 hours for CPD Programs.

This workshop is an ACA Recognised Professional Development event.

**CONTACT:**

**PERNILLA SIEBENFREUND**

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## HAKOMI WORKSHOP DETAILS

### DATES & TIMES

Sat 18 May 2019: 10:00am — 5:00pm  
Sun 19 May 2019: 10:00am — 4:30pm

### INVESTMENT

Super Early Bird (paid by 16 March 2019): \$295  
Early Bird (paid by 13 April 2019): \$349  
Full time student (paid by 13 April 2019): \$250  
Standard (paid after 13 April 2019) \$399  
No cancellations or refunds after 1 May 2019

### VENUE

Mercy Place, Macrae Rd at 371 Simpson Rd, Bardon  
For accommodation, please visit their [website](#).

Morning and afternoon tea provided

### ONLINE REGISTRATION:

To register, please click on the link below:  
<http://hakomi.com.au/somatic-wisdom-skillful-action/>

### INTERNET PAYMENT:

Account: Barbro Pernilla Siebenfreund  
Account No: 016 330 706 BSB: 944 300  
Reference: Your name and "Somatic"

### ENQUIRIES TO PERNILLA SIEBENFREUND:

[pernilla@hakomi.com.au](mailto:pernilla@hakomi.com.au) or Mobile: 0410 462 605

## 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 trainings, please contact:

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