



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



DEB ALGAR

CHT, Dip.Hol.Couns,
PACFA Reg., MBSR teacher

**Deb is a Certified Hakomi
Therapist and Teacher with the
Hakomi Institute Pacifica Team.**

**She leads Hakomi workshops
in Australia and teaches on the
Hakomi Professional Trainings
in Sydney and Perth.**

**She has been in private
practice as a psychotherapist
since 2004 working with
individuals and couples and
also provides supervision.
She has been a meditation
practitioner for many years
and teaches Mindfulness Based
Stress Reduction courses in
Sydney.**

**Deb is passionate about
sharing the possibilities for
self-discovery, connectedness,
freedom and compassion
for self and others, that
mindfulness and Hakomi offer.**

**FOR MORE DETAILS,
PLEASE CONTACT:**

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Listening to the Body with Mindfulness

An Introduction to Hakomi

SYDNEY, SAT 1 — SUN 2 JUNE, 2019

A 2-DAY WORKSHOP WITH DEB ALGAR

One of the most powerful ways to bring what is unconscious into conscious awareness is to pay attention to what is happening in the body in the present moment.

In Hakomi, the body is seen as a “map of the psyche” — a door that can be opened to reveal all our unconscious patterns and beliefs and how they impact the way we live and relate to ourselves and others.

Mindfulness is the means by which we become present and tune into the body. Listening to and exploring the body’s intelligence with curiosity and openness offers deeper insight, clarity and self-awareness than is available through just talking.

The guiding principles of Hakomi provide a framework to explore this with kindness, respect and safety.

IN THIS EXPERIENTIAL WORKSHOP YOU WILL:

- Be introduced to the practices and underlying principles of Hakomi Somatic Mindful Psychotherapy in a safe supportive environment
- Explore mindfulness as both an attitude and a tool to study your own experience and work therapeutically with others.
- Learn how the body reveals psychological information
- Experience exploring the intelligence of the body.
- Learn skills to be more present with yourself and others

The workshop will include talks, experiential exercises, discussion and personal reflection — offering skills that are immediately applicable.

It is suitable for both those working therapeutically with others and those wishing to deepen their own self-understanding. It will be of value to psychotherapists, counsellors, psychologists and other practitioners who are interested in learning more about Hakomi and qualifies as a pre-requisite for the Hakomi Professional Training.

CPD HOURS: This workshop is an ACA Recognised Professional Development event and will provide 11 CPD hours

hakomi.com.au

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Saturday 1 June 2019: 9.30am — 5.00pm

Sunday 2 June 2019: 9.30am — 4.00pm

INVESTMENT

Super Early Bird \$295 (paid by 8 April).

Early Bird \$349 (paid by 3 May), thereafter \$399.

Full-time students \$265 (paid by 3 May, ID required).

GST incl. No cancellations or refunds after 17 May.

VENUE

The Crows Nest Centre

2 Ernest Place, Crows Nest NSW 2065

REGISTRATION

To register, please click on the link below:

<http://hakomi.com.au/deb-algar-june-registration/>

INTERNET PAYMENT:

Once online registration is complete, please pay:

Account Name: Deb Algar

BSB: 923100

Account Number: 63366144

Include your name + Hakomi in the reference field

ENQUIRIES TO DEB ALGAR:

deb@holisticcounselling.com.au

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 activities in Sydney, please contact: Karen Baikie
email: karen@hakomi.com.au

hakomi.com.au