

HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY

WORKSHOP SERIES



IN AND OUT OF CHARACTER:

From Protection to Connection

TRAINER: Jules Morgaine, Hakomi Institute

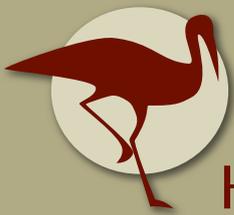
VENUE: Sophia, 225 Cross Road
Cumberland Park, Adelaide, SA

MODULE 1: Fri 25 — Mon 28 October 2019

MODULE 2: Wed 22 — Sun 26 January 2020

Character styles are formed early in life in response to our environment, around core human issues of contact, safety, need, dependency, separation, self-esteem, control, sexuality, competition and competence. These character styles create protective and supportive defences in our childhood, which later become unconscious and therefore outside our awareness. In adulthood, these patterns become limiting, making it difficult or impossible to fully achieve our potential in relationships, work, parenting and other aspects of our life.

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IN AND OUT OF CHARACTER:

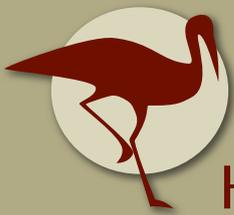
From Protection to Connection

Clients come to therapy wanting change in some way, to let go of certain feelings, thoughts and behaviours that do not work for them. They also come for something less easily articulated, but often expressed in this way “I want to find my real self” or “I want to know who I am”. What often gets in the way is “Character”.

There are typical patterns of behaviour, body and beliefs that have been described since Reich first talked of ‘character armour’. Character styles are patterns of thinking, feeling, behaviour, belief, relating patterns imprinted in the body and in the neurophysiology as much as in the psyche. Present day knowledge of character is drawn from developmental theory, object relations, bioenergetics, self-psychology and neurophysiology. In Hakomi psychotherapy a knowledge of character processes assists the therapist to be sensitive to individual clients, and provide effective therapy within the principles of Hakomi.

This series of 2 workshops, **module 1** four-days followed by **module 2** five-days, will help you understand human behaviour more deeply and compassionately. We will explore 8 different character patterns, both in relation to ourself and clients we work with. I will offer teaching on ways to work effectively with each character pattern in order to enable clients to more fully embrace the potential of their lives. We will also explore the way our own character patterns can limit our effectiveness as therapists and learn ways to move beyond this in the therapeutic relationship. The workshops are designed for therapists, those interested in learning more about their own character styles, but also for people working in corporate or education areas where an understanding of human behaviour is useful.

The workshop presenter, **Jules Morgaine**, is a certified Hakomi therapist and Hakomi Trainer with the Hakomi Institute South Pacific Team. She has over 30 years experience as a psychotherapist and currently works in private practice offering therapy and supervision. She leads Hakomi workshops in Australia and New Zealand and leads Hakomi Trainings in New Zealand and Perth.



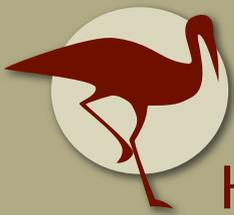
Workshops Explore

- The creation of character styles that protect us, but at the same time limit our potential, and prevent real connection with others.
- Character styles which consist of states of consciousness, behaviour patterns, emotional tendencies, core beliefs about the self and the world as well as typical body structures and postures.
- The influences that shape our typical defensive patterns.
- How to recognize character styles in ourselves and others.
- The ways in which character impacts on others, bringing forth responses that tend to reinforce the core beliefs.
- How to relate to others in a way that maximizes the chances of real connection, and reduces the likelihood of being caught in destructive relationship systems.
- The application of this knowledge to psychotherapy practice, and relevance for relating in a variety of settings.

This series explores the etiology of the five basic categories of character used in Hakomi and the developmental wounds associated with each. Participants will learn to make theory-driven hypotheses about the needs and core material of various clients by examining their clients' physical, emotional and behavioral tendencies. Participants will also practice using the mindfulness-based techniques of Hakomi to bring these strategies into consciousness so they can be examined and transformed. Upon completing this training, participants will be able to use the character map to design more targeted and refined therapeutic interventions and will recognize when their own character habits may be shaping their interactions with clients in limiting ways.

Format for the Two Workshops

Module 1:	4-Days	6 hours, daily:	25—28 October 2019
Module 2:	5-Days	6 hours, daily:	22—26 January, 2020



1. BRINGING THE LOST ONE HOME: FROM ABSENCE TO BEING

Looking at:	The absent person	The workaholic
	The intellectual	The perfectionist
	The expert	

Introduction to creation of character defences. Character styles covered – schizoid (withdrawn), phallic (industrious)

Addressing the lack of trust in relationship, sense of being wrong, feeling of inadequacy that underlie the need to withdraw, escape, overwork and over-achieve. Creating safety and contact to enable intimate relating.

2. ATTENDING TO NEED : FROM HEARTACHE TO CONTENTMENT

Looking at:	The helpless person	The dramatic one
	The attention seeker	The compulsive helper
	The desperate one	

Character styles covered – oral (dependent), hysteric (sensitive-emotional and attracting), compensated oral (self-reliant)

Addressing the longings and nourishment barrier, sense of hopelessness, feeling of hunger and deprivation that underlie the need to cling, seek attention, deny own needs and caretake others. Creating space to grieve what was lost, to experience the nourishment and attention that is available.

3. RISKING WHAT’S REAL : FROM CONTROL TO LETTING GO

Looking at:	The control freak	The deceiver and charmer
	The stubborn person	The blamer
	The passive aggressive one	The compliant person

Character styles covered – masochistic (burdened), psychopathic 1 (tough), psychopathic 2 (adaptive, deceptive, seductive)

Addressing the feeling of being trapped, sense of being criticised, feeling of shame, that underlie the need to dominate, resist, blame, lie, and over-adapt. Honouring and accepting vulnerability, making space for the direct, spontaneous expression of what is real, including love and anger and asking for what is needed.

A comprehensive book on character styles will be given out.

