



HAKOMI
MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



JULES MORGAINE

PBANZ, MNZAP, CHT, Dip OT

Jules is a registered psychotherapist, holds an Advanced Practice certificate with NZAP and is a Certified Hakomi therapist and Hakomi Trainer with the Hakomi Institute (USA) South Pacific Team. She has completed a post grad Diploma in Advanced Psychotherapy practice and Clinical Supervision and holds a Masters in Health Practice (Psychotherapy). She has over 25 years experience as a psychotherapist and currently works in private practice offering therapy and supervision.

Having come from a background of Mental Health Services as an Occupational Therapist she has subsequently trained in Psychotherapy including Hakomi Body-centred Psychology. She has worked extensively in sexual abuse trauma recovery and Domestic Violence Intervention Programmes. She leads Hakomi workshops in Australia and New Zealand and leads Hakomi Trainings in New Zealand and Perth.

Exploring Character Styles

PERTH: FRIDAY 4 — SUNDAY 6 OCTOBER, 2019

A THREE-DAY WORKSHOP WITH JULES MORGAINE

Early in our developmental history we created strategies to meet overwhelm and dys-regulation of experiences we were unable to tolerate and metabolise at the time. These strategies are wired into neural networks and largely beyond conscious awareness.

These adaptations create patterns that in Hakomi we call Character Strategies. They are formed around core developmental themes and create behavioural responses in the present that may limit our full enjoyment of life and determine our relationship patterns.

Through the application of Mindfulness and accessing Somatic experience we can come to understand the ways in which these implicitly held Character Strategies present in current time. Further we are able to support the development of alternative neural networks that allow for more expansive relational experiences both in ourselves and with others.

IN THIS WORKSHOP PARTICIPANTS WILL HAVE THE OPPORTUNITY TO:

- work with Mindfulness to explore personal Character Strategies
- explore the use of somatic experience as a means of accessing implicit organisation
- learn about the seven Character Strategies defined within Hakomi
- gain understanding of the developmental themes underlying each Character strategy
- develop tools for supporting new, more expansive, neural networks

This workshop is designed as an introduction to the full Character training that will be offered in Perth in 2020. It is suitable for both those who wish to understand and work with their own Character strategies and also practitioners who want to more deeply understand the clients they work with.

CONTACT:

Jonathan Kester

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hakomi.com.au

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Friday 4 and Saturday 5th Oct: 9.30am – 5.30pm
Sunday 6 October: 9.30am – 3.30pm

INVESTMENT

Earlybird \$595 (before 3 Sept), Full fee \$660 (GST incl)
No refunds after 20 September 2019
Lunches and morning and afternoon teas provided.
Please detail any special dietary requirements

VENUE

St Catherine's House of Hospitality
113 Tyler St, Tuart Hill 6060, Perth

REGISTRATION

To register, please click on the link below:
<http://hakomi.com.au/jules-character-workshop-perth-oct/>

INTERNET PAYMENT:

Account Name: Hakomi Pty Ltd
BSB: 036087
Account Number: 681420
Reference: "Chct" and your Surname

ENQUIRIES TO JONATHAN KESTER:

jonakes@globaldial.com

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.

or more information on Hakomi, please contact:
Jonathan Kester: jonakes@globaldial.com

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