



HAKOMI
MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



KAREN BAIKIE

CHT & Trainer

PhD, MCLinPsych, MAPS, FCCLP

A Consultant Clinical Psychologist and Certified Hakomi Therapist and with over 19 years experience working with individuals and couples, and providing supervision, in private practice in Sydney, Australia. Karen is the Director and Founder of Grow Mindfully: Centre for Psychology, Psychotherapy and Health, a group practice of therapists working with mindful, somatic, compassion-based and trauma-informed therapeutic approaches. Karen is a Certified Hakomi Trainer with the Hakomi Institute Pacifica Team, is Organiser for Hakomi in Sydney, and co-facilitator of the Hakomi Embodied and Aware Relationships Training (H.E.A.R.T.). She runs workshops on aspects of Hakomi and H.E.A.R.T. throughout Australia.

She is passionate about assisting individuals, couples and other therapists in using mindfulness-based approaches to support healing as well as deepening awareness and connection with themselves and others.

Presence and CONNECTION:

An introduction to Hakomi

SYDNEY, SATURDAY 21 MARCH 2020

A ONE-DAY INTRODUCTORY WORKSHOP WITH DR. KAREN BAIKIE

The most powerful quality we can bring to any relationship, including the therapeutic relationship, is our capacity to be fully present. From birth, humans are wired for connection. Being present and attuned is what creates a safe, empathic connection. Mindfulness is a key tool for developing our capacity to be present with ourselves and with others.

IN THIS WORKSHOP, YOU WILL:

- Be introduced to key methods and principles of Hakomi Mindful Somatic Psychotherapy, in a safe, supportive environment.
- Explore the use of mindfulness as both an attitude and a tool for use in self-study and therapeutic settings.
- Understand how attunement and limbic resonance can create a safe, empathic relationship.
- Learn and practice specific skills, including loving kindness, tracking and contact, that assist in creating a deeper connection with others, in both personal and therapeutic relationships.

The workshop will consist of a balance of talks, experiential exercises, discussion and personal reflection, with an emphasis on skills that can be readily applied directly following the workshop. This workshop offers the opportunity to get a taste of Hakomi Mindful Somatic Psychotherapy.

It is suitable for those working therapeutically with clients 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, are considering enrolling in the Hakomi Professional Training or are wanting to enroll in From Trauma To Dharma Level 2 but have no prior experience with Hakomi.

CONTACT:

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HAKOMI WORKSHOP DETAILS

DATES & TIMES

Saturday 21 March 2020: 9:00am – 5:00pm

INVESTMENT

Early Bird \$330 (paid by 16 Feb).

Thereafter \$385.

Prices include GST.

No cancellations or refunds after 7 March.

VENUE

Crows Nest Centre, 2 Ernest Place, Crows Nest.

REGISTRATION

Please fill in registration form online:

<http://hakomi.com.au/application-presence-connection/>

INTERNET PAYMENT:

Name: Karen Baikie Hakomi Workshop

BSB: 082 401

Account: 426426834

Please include your name in the reference field

ENQUIRIES TO KAREN BAIKIE:

karen@hakomi.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, please contact:

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