



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.

Bringing Your Self into Relationship:

An interpersonal skills workshop

SYDNEY, SATURDAY 30 — SUNDAY 31 MAY 2020

A TWO-DAY WORKSHOP WITH DR. KAREN BAIKIE

Relationships can be the place of our greatest healing.

This can only happen if we are able to successfully navigate the challenge and pain that so often occurs when our deepest wounds are touched by another. But many people find themselves 'stuck' in their relationships, both intimate and non-intimate, repeating the same cycle of hurt, disappointment, anger and disconnection, with each new attempt to change their situation often leaving them feeling just the same as before. Mindfulness offers a unique opportunity for people to study the states that they get into in interactions with a partner, in a way that can open the door to deeper understanding of both self and other, and ultimately deeper connection.

IN THIS WORKSHOP, YOU WILL:

- Be introduced to concepts used in **Hakomi Mindful Somatic Psychotherapy** and **Hakomi Embodied and Aware Relationships Training (H.E.A.R.T.®)** for understanding relationships and interpersonal situations (including therapeutic relationships, intimate and non-intimate relationships) in a safe, supportive environment.
- Explore the use of mindfulness as a tool for deepening relationships
- Have the opportunity to study a specific relationship difficulty, with a partner, friend, parent, child, colleague, client or other.
- Learn practical tools for exploring relationship dynamics & new techniques for addressing difficult interpersonal situations.

The workshop will include talks, experiential exercises, discussion and personal reflection. Participants will come away with skills that can be readily applied directly following the workshop, both with clients and in their own relationships. This workshop is suitable for individuals and couples wishing to deepen their own personal relationships, as well as practitioners working therapeutically with both couples and individuals having relationship difficulties. It will also be of value to psychotherapists, counsellors, psychologists and other practitioners who are interested in learning more about Hakomi or H.E.A.R.T.®

CONTACT:

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HAKOMI WORKSHOP DETAILS

DATES & TIMES

Saturday 30 May 2020: 9:30am – 5:00pm
Sunday 31 May 2020: 9:30am – 5:00pm

INVESTMENT

Super Early Bird \$440 (paid by 1 Feb).
Early Bird \$495 (paid by 9 April).
Thereafter \$550.
Prices include GST.
No cancellations/refunds after 16 May.

VENUE

Crows Nest Centre, 2 Ernest Place, Crows Nest.

REGISTRATION

Please fill in registration form online:
<http://hakomi.com.au/application-form-bysr/>

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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