



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



PERNILLA SIEBENFREUND

CERTIFIED HAKOMI
THERAPIST & TRAINER

Pernilla Siebenfreund is a Certified Hakomi Therapist and Trainer with the Hakomi Institute Pacifica Team. She leads Hakomi workshops in Australia and teaches on Hakomi Professional Trainings in Sydney. She has over 16 years of experience in private practice in Brisbane, working with couples and individuals, as well as seven years experience working with children and parents in a Brisbane based agency.

Pernilla is also trained in Somatic Experiencing.

She is the Brisbane organiser of Hakomi workshops and trainings and has been a meditation practitioner for over 20 years.

As a psychotherapist and teacher, Pernilla has a particular interest in applying loving kindness and embodied mindfulness to cultivate compassion for self and others.

Deep Listening in Loving Presence

An Introduction to Hakomi

BRISBANE, SATURDAY 16 MAY 2020

A ONE-DAY WORKSHOP WITH PERNILLA SIEBENFREUND

Clients often present with issues that stem from neurobiological patterns that developed in the very beginning of their lives. During this time, the learning happens in the relational interchange - right brain to right brain - between the child and their care giver. It happens without conscious awareness and the learning is stored in implicit memory where it can't be accessed through rational processes.

In order to create an environment where these deeply held emotional and social habits can be transformed and integrated, the therapist needs to cultivate the capacity to attune to the client in a right brain to right brain resonance. This is a practice of deep listening in mindfulness with loving presence, and forms the essence of the healing relationship.

In this workshop you will learn the fundamentals of how to cultivate this healing relationship, to become an instrument for therapeutic change and emotional regulation.

IN THIS WORKSHOP YOU WILL ALSO:

- Learn about the five underpinning principles of Hakomi
- Experience and practice loving presence
- Understand how mindfulness is applied in Hakomi
- Learn and practice the fundamental skills of the healing relationship
- Observe a live Hakomi session

This workshop offers an opportunity to get a taste of Hakomi Mindfulness-Centred Psychotherapy. It consists of talks, experiential exercises, discussion and personal reflections. It also qualifies as a prerequisite for undertaking Hakomi professional training.

CPD

This workshop will provide 6 hours for Continuing Professional Development Programs.

CONTACT:

PERNILLA SIEBENFREUND

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HAKOMI WORKSHOP DETAILS

DATES & TIMES

Sat 16 May 2020: 9:30am — 5:30pm

INVESTMENT

Super Early Bird (paid by 13th March 2020): \$249

Early Bird (paid by 15th April 2020): \$295

Standard (paid after 15th April 2020): \$349

Full time students: \$225

No cancellations or refunds after 1 May 2019

Morning tea, lunch, and afternoon tea provided

VENUE

Mercy Place, Macrae Rd at 371 Simpson Rd, Bardon

ONLINE REGISTRATION:

To register, please click on the link below:

<http://hakomi.com.au/application-form-deep-listening/>

INTERNET PAYMENT:

Account: Barbro Pernilla Siebenfreund

Account No: 016 330 706 BSB: 944 600

Reference: Your name and "Somatic"

ENQUIRIES TO PERNILLA SIEBENFREUND:

pernilla@hakomi.com.au or Mobile: 0410 462 605

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 trainings, please contact:

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hakomi.com.au