



## SYDNEY 2017 HAKOMI PROFESSIONAL TRAINING INFORMATION

Next Intake Commencing June 2017

Lead Trainer: Manuela Mischke-Reeds

This training teaches **The Hakomi Method**, the leading mindfulness-centred, somatic psychotherapy in Australia. By combining mindfulness, fundamental principles and a precise methodology, Hakomi creates an extraordinarily effective path towards emotional and psychological transformation.

### Training Format

The **Hakomi Professional Training** in Sydney is offered in two components:

- A two-year training in the **Foundations of Hakomi**
- A further optional one-year training that we call the **Advanced Phase**.

The **Foundations of Hakomi** is offered over a two-year period, in six modules, of seven days each (i.e. three modules per year). The *Foundations of Hakomi* will be of value to practicing therapists, psychologists, counsellors, social workers and other allied health care professionals, as well as bodyworkers. This training is also relevant to those working in coaching and change management.

The **Advanced Phase** provides an additional one-year training, open to graduates of the *Foundations of Hakomi* who wish to deepen their understanding of the work and refine their clinical skills. It is offered in three modules, of six days each, and requires that students have access to clients while undertaking the training.

After completing the Hakomi training, students may choose to pursue **Hakomi Certification**, a competency-based, individually-assessed level of mastery.

### What To Do If You're Interested In This Training

If you'd like to join the next Sydney **Hakomi Professional Training**, we'd invite you, as soon as possible, to submit a formal application. Please email us to request an application form <[sydney\\_training\\_applications@hakomi.com.au](mailto:sydney_training_applications@hakomi.com.au)>. If your application is successful, you'll be invited in due course, to secure your place with a holding deposit and to complete an Enrolment Agreement.

A prerequisite for application to the training is that you have completed at least one, and preferably, two Hakomi workshops. If you still need to satisfy this requirement, further workshops will be offered. See workshop calendar for details at [www.hakomi.com.au](http://www.hakomi.com.au).



### Teaching Staff

The training will be under the over-all direction of Certified Hakomi Trainer, **Manuela Mischke-Reeds**. The training team includes Certified Hakomi Trainers **John Perrin** and **Karen Baikie**, Certified Hakomi Teacher **Pernilla Siebenfreund** and Teacher-in-Training, **Deb Algar**. The training will also be supported by a team of Hakomi graduates who will assist as Tutors.

### Venue

#### Sancta Sophia College, Sydney

The Training will be held at Sancta Sophia College in Camperdown in Sydney. Some accommodation is available on-site for students travelling from out of town.

Accommodation inquiries should be addressed directly to <conference@sancta.edu.au>.

### Investment for two-year FOUNDATIONS OF HAKOMI Training

#### EARLY BIRD (Applications received by Friday 5 May 2017)

- Early Bird Standard Plan - Total **\$ 14,750**  
Payable in two installments of ⇨ \$ 7,375
- Early Bird Alternative Plan (includes admin fee) - Total **\$ 15,050**  
Payable in six installments of ⇨ \$ 2,510

#### FULL FEE

- Standard Plan - Total **\$ 15,500**  
Payable in two installments of ⇨ \$ 7,750
- Alternative Plan (includes admin fee) - Total **\$ 15,800**  
Payable in six installments of ⇨ \$ 2,635

#### NB:

- » Training Fees do not attract GST
- » Investment for one-year Advanced Phase training will be announced at a later date, but will be in-line with these figures (pro-rata)
- » You will be asked to pay a holding deposit on acceptance to the training.

### Dates

See **Sydney 2017 Professional Training Brochure** for dates.