



SYDNEY 2019

HAKOMI PROFESSIONAL TRAINING INFORMATION

NEXT INTAKE COMMENCING IN SYDNEY IN JUNE 2019.

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 is now being offered over three levels.

LEVEL 1: HAKOMI FUNDAMENTAL RELATIONSHIP SKILLS

TWO MODULES OF FIVE DAYS EACH, PLUS THREE 90-MINUTE WEBINARS.

The aim of Level 1 Fundamentals is to train psychotherapists and allied health professionals in the fundamental building blocks of the Hakomi Mindful Somatic Psychotherapy method. Emphasis is on the development of the self in connection. Hakomi tools can be applied to therapy, allied health, business settings, coaching, education, and other healing modalities.

Level 1 is a prerequisite to undertaking Level 2 training in Hakomi Professional Skills. However, it is also open to those who wish to learn some of the fundamentals of Hakomi to apply in their current work, but who may not wish to continue on to Level 2, or are unsure about whether they want to pursue further training in Hakomi. As such, it can be taken as a stand-alone training in therapeutic relationship skills.

Level 1 Fundamentals is open to Psychologists, Psychotherapists, Counsellors, Social Workers, Doctors, Bodyworkers, Massage Therapists, Occupational Therapists, Yoga Teachers, Coaches, Human Resource Managers, Chiropractors, Physiotherapists, Cranial-Sacral Therapists, Teachers and other related professions.



CURRICULUM

- Setting the frame for learning and group cohesion
- Skills for respectful and mindful relationship
- The Hakomi principles and overview of the Hakomi method
- Mindfulness as self-study
- Relevant neuroscience of mindfulness in the therapeutic process
- Therapist self-awareness and precise tracking skills
- Cultivating loving presence in dyadic relationship
- Principles of a Hakomi healing relationship
- Somatic resourcing for self-regulation in dyadic exchange
- Mindful practices for emotional self-regulation
- Self-practices for cultivating a grounded therapist seat
- Tracking tools to read the subtle cues of the body
- Skills for contacting the present moment
- Understanding how attachment styles impact relationships
- Attunement skills for cultivating a healing relationship
- Deepening the process by accessing emotions and sensations
- Skills to facilitate and navigate subtle processes in therapy
- Facilitating safety and managing deep emotional processes towards resourcing
- Differentiating categories of human experience
- Managing states of consciousness in the client
- Meaning making, integration and completion techniques

DATES

MODULE 1: **Wednesday 26th – Sunday 30th June 2019**

3 x 90-minute Webinars: Fri 30th Aug at 9am,
Fri 27th Sept at 9am,
Fri 1st Nov at 10am

MODULE 2: **Wednesday 4th – Sunday 8th December 2019**

VENUE

Johnson Hall, The Crows Nest Centre, 2 Ernest Place, Crows Nest, 2065



TRAINING STAFF

- **Karen Baikie**, Certified Hakomi Trainer, Sydney
- **Pernilla Siebenfreund**, Certified Hakomi Teacher, Brisbane
- **Manuela Mischke Reeds**, Senior Certified Hakomi Trainer, San Francisco (Webinars)
- Hakomi Graduate Assistants

INVESTMENT

The cost of Level 1 training includes 10 days of face-to-face training plus 4.5 hours of webinar training, individual participant support, and training manual. Healthy and nourishing morning and afternoon teas will be provided, with gluten-free options.

The following payment options are available:

Early Bird Payment **\$3,960 (\$3,600 plus GST)**

Full course payment by Friday 12th April 2019

Standard Payment: **\$4,400 (\$4,000 plus GST)**

Full course payment by Friday 21st June 2019

Standard Instalment Payments **\$4,510 (\$4,100 plus GST)**

Option 1: Two instalments of \$2,255 each, payable by 21st June and 29th November 2019.

Option 2: Five monthly instalments of \$902 each, payable by direct debit on 20th June, 20th July, 20th Aug, 20th Sept and 20th Oct 2019.

Individualized instalment plans may be possible by negotiation with the Organiser.

PREREQUISITE

Attendance at one Hakomi workshop, or equivalent experience and background, as determined on application.

COMMITMENT

It is expected that Level 1 students commit to the whole of Level 1 training when signing up, unforeseen personal circumstances notwithstanding.

APPLICATIONS

Applications for Level 1 are now open. To register your interest and request an application form, contact the Organizer at sydney_training_applications@hakomi.com.au



LEVEL 2: HAKOMI PROFESSIONAL SKILLS TRAINING

FOUR MODULES OF SIX DAYS EACH, PLUS THREE 90-MINUTE WEBINARS.

The aim of Level 2 Professional Skills is to train psychotherapists and allied health professionals in the principles, theoretical framework, methods and techniques of Hakomi Mindful Somatic Psychotherapy, as set out in the curriculum of the Hakomi Institute (USA).

Level 2 is open to Psychologists, Psychotherapists, Counsellors, Doctors, Social Workers, Massage Therapists, Occupational Therapists, Yoga Teachers, Coaches, Chiropractors, Physiotherapists, Cranial-Sacral Therapists, Teachers and other related professions, who wish to learn and incorporate the Hakomi method as a way of working therapeutically.

CURRICULUM

- The Hakomi view of therapy
- Map of Hakomi sessions
- Developing the mindful therapist seat
- Core techniques of the Hakomi Method (Contacting, Tracking and Accessing)
- Developing an experimental attitude (Taking Over, Probes and Little Experiments in Mindfulness)
- Balancing following vs. leading towards core experience
- Identifying themes and listening for core material
- Exploring how experience and meaning intersect
- Processing at the core experience of the client
- Working with strong emotions vs. trauma themes
- Trauma containment and resourcing techniques
- Identifying and working with inner child states
- Working with resistance and barriers
- Identifying and working with internal parts
- Ethics and use of safe touch from a Hakomi perspective
- Physicalising and body experiments
- Transformation and missing experience in Hakomi
- Recognising therapeutic systems and how to transform them
- Developmental wounds and their corresponding systems
- Therapist countertransference, character patterns and blind spots
- Developing your own therapist style
- Integration phase and making meaning
- Completing well and ending rituals



DATES

- Module 1:** Saturday 29th February – Thursday 5th March 2020
Module 2: Saturday 20th June – Thursday 25th June 2020
Module 3: Saturday 24th October – Thursday 29th October 2020
Module 4: Saturday 27th February – Thursday 4th March 2021
3 x 90-minute Webinars: One between each module (dates to be confirmed)

VENUE

Johnson Hall, The Crows Nest Centre, 2 Ernest Place, Crows Nest, 2065

TRAINING STAFF

- **Manuela Mischke Reeds**, Senior Certified Hakomi Trainer, San Francisco
- **Karen Baikie**, Certified Hakomi Trainer, Sydney
- **Pernilla Siebenfreund**, Certified Hakomi Teacher, Brisbane
- **Deb Algar**, Certified Hakomi Teacher, Sydney
- Additional Guest Trainers/Teachers
- Hakomi Graduate Assistants

INVESTMENT

The cost of Level 2 training includes 24 days of face-to-face training plus 4.5 hours of webinar training, individual participant support, and training manual. Healthy and nourishing morning and afternoon teas will be provided, with gluten-free options.

The following payment options are available:

Early Bird Payment **\$8,800 (\$8,000 plus GST)**

Full course payment by Friday 20th December 2019

Standard Payment **\$9,240 (\$8,400 plus GST)**

Full course payment by Friday 28th February 2020

Standard Instalment Payments **\$9,460 (\$8,600 plus GST)**

Option 1: Four instalments of \$2,365 each, payable by 24th February, 15th June, 19th October 2020 and 22nd February 2021.

Option 2: Ten monthly instalments of \$946 each, payable by direct debit on 20th Feb, 20th March, 20th April, 20th May, 20th June, 20th July, 20th Sept, 20th Oct, 20th Nov and 20th Dec 2020.

Individualised instalment plans may be possible by negotiation with the Organiser.



PREREQUISITE

Completion of Level 1 Hakomi Fundamental Relationship Skills.

COMMITMENT

It is expected that Level 2 students commit to the whole of Level 2 training when signing up, unforeseen personal circumstances notwithstanding.

LEVEL 3: HAKOMI ADVANCED CLINICAL SKILLS

THREE MODULES OF SIX DAYS EACH, PLUS TWO 90-MINUTE WEBINARS.

The aim of Level 3 Advanced is to train psychotherapists and allied health professionals in advanced skills of Hakomi Mindful Somatic Psychotherapy, with a focus on application to clinical practice, and to support students in working towards Certification as Hakomi Therapists with the Hakomi Institute (USA).

Level 3 is open to those wishing to pursue Hakomi Mindful Somatic Psychotherapy as a primary therapeutic modality to use in their work. This phase is necessary in order to be eligible towards certification of the Hakomi method.

CURRICULUM

- Small group supervision, with live or pre-recorded sessions (40-50%)
- Hakomi Character Maps in detail (how each character develops, how it shows up and how to work with it)
- Advanced contact and micro-tracking techniques
- Advanced accessing skills
- Identifying themes and strategic thinking
- Recognising and working with therapeutic systems
- Strategies to overcome therapeutic obstacles
- Transference and countertransference
- Therapist self-care
- Working with the range of clients, from naive to complex
- Long-term therapy issues
- Personal visioning for therapist's career
- Integration and completion processes.



DATES

Three 6-day modules, to be confirmed, commencing mid-2021

Level 3 consists of approximately 50% advanced teaching and 50% small group supervision/ supervised practice.

VENUE

To be confirmed, in Crows Nest.

TRAINING STAFF

- **Manuela Mischke Reeds**, Senior Certified Hakomi Trainer, San Francisco
- **Karen Baikie**, Certified Hakomi Trainer, Sydney
- **Pernilla Siebenfreund**, Certified Hakomi Teacher, Brisbane
- **Deb Algar**, Certified Hakomi Teacher, Sydney
- Additional Guest Trainers/Teachers
- Hakomi Graduate Assistants

INVESTMENT

The cost of Level 3 training will be in line with the Level 2 training, pro-rata for the number of days of training.

PREREQUISITE

Completion of Level 1 Hakomi Fundamental Relationship Skills and Level 2 Hakomi Professional Skills Training, or completion of prior Hakomi Foundations Training or Hakomi Comprehensive Training in the past.

COMMITMENT

It is expected that Level 3 students commit to the whole of Level 3 training when signing up, unforeseen personal circumstances notwithstanding.

CERTIFICATION

On completion of Level 3, students become Hakomi Graduates with the Hakomi Institute (USA). Working towards certification, to become a Certified Hakomi Therapist (CHT), which is a competency-based assessment, may be undertaken at any time following completion of Level 3.



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>. If your application is successful, you'll be invited to secure your place with a holding deposit and to complete an Enrolment Agreement.

A prerequisite for application to Level 1 Fundamentals is that you have completed at least one Hakomi workshop. If you still need to satisfy this requirement, see the website for details of workshops on offer at www.hakomi.com.au