



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY

Sydney Hakomi Professional Training

The Hakomi Professional Training is now being offered over three levels. The next training will commence in Sydney in June 2019.

What is Hakomi Mindful Somatic Psychotherapy?

The name Hakomi means “How do you stand in relation to those many realms?”, and originates from the Hopi Indians. The contemporary meaning is “Who are you?” Hakomi is not only a refined method of psychotherapy and a specific set of techniques, but also provides a view of how to be in the role of the health care provider with compassion and a mindful, curious attitude towards our clients and ourselves. By recognizing and cultivating loving presence and compassion as an essential element of the method, the Hakomi practitioner reaches beyond the usual skill set of a therapist into “being” with the client.

Hakomi’s inspiration has influences from many traditions such as Buddhism and Taoism, and is part of a long somatic therapy lineage that recognizes the influences from Neo-Reichian therapy, the Feldenkreis Method, Bioenergetics, Gestalt, Focussing, NLP and Ericksonian Hypnosis, as well as recent influences of attachment theory, affective neuroscience and contemporary somatic thinking about trauma therapy. A major influence has been General Systems Theory, in which individuals are seen as self-organizing systems that spontaneously self-correct and contain within themselves their own blueprints for growing and becoming.

Hakomi is based on five Principles: Mindfulness, Non-violence, Unity, Organicity and Mind-body Holism. Hakomi is paradoxically powerful: it is gentle and nonviolent, yet yields dramatic results rapidly. In many ways, its subtle power flows from the congruence of its methods and techniques with the underlying principles and assumptions that guide it.

Mindfulness is a powerful tool for helping people study the organization of their experience. It is an exploratory, relaxed and alert, witnessing (though non-hypnotic), state of consciousness, which allows us to move beyond our normal, habitual thoughts and actions to the often richly non-verbal intuitions of our deeper states. The process also supports the mobilization of our essential or core self, which has a presence, centeredness, compassion, and wisdom that transcends the limitations of our historical experience.

Non-violence is a principle that promotes safe, non-forceful, cooperative exploration through honoring the signs and signals of our organic processes, especially those that manifest as “resistance.” In contrast to confronting or overpowering such “defenses,” the Hakomi methodology respects and literally supports such occurrences, which then allows them to be befriended for the wisdom they contain, and willingly yielded when appropriate.

The principle of **Body-Mind Integration** affirms that mind and body jointly manifest and reflect the beliefs we hold about ourselves and the world, which in turn organize how we creatively experience and express ourselves in life. Hakomi has many ways of exploring the mind-body connection to help bring awareness to this somatic material, and the core beliefs and experiences that generate it.

The **Unity** principle assumes that, as people, we are living, organic systems that are integral wholes, composed of parts, which also participate in larger systems. The interdependency of all levels of the system, including the physical/metabolic, intrapsychic, interpersonal, family, cultural, and spiritual are recognized and worked with in Hakomi Psychotherapy.

The **Organicity** principle assumes that when all the parts are communicating within the whole, the system is self-directing and self-correcting, and has an inner wisdom of its own. In Hakomi, we support our clients' organic unfolding toward wholeness, and trust that this is the direction that their system will naturally seek. Rather than imposing their own agenda, the therapist works cooperatively with the client's system.

The Hakomi Method is taught under the auspices of the Hakomi Institute International, a non-profit educational organization based in Boulder, Colorado and dedicated to promote the teaching and evolution of the work. Hakomi has been taught internationally for over 25 years. Today, Hakomi Trainings and workshops are presented throughout the world, including North America, Canada, Europe, Japan, China, Israel, Latin America, Australia and New Zealand.

The Hakomi Method has been appropriate and effective in various kinds of professional applications such as: psychotherapy and counselling work, families, as well as business and coaching settings and pastoral counselling. Hakomi has been used with other mindfulness-based healing modalities such as movement therapy and body work. As a method, it can be suitable for crisis work when used in tandem with standard crisis interventions of the profession. Hakomi finds its fullest potential in the process of personal and transpersonal growth.

Purpose and Goals of Hakomi Training

Each Hakomi Training teaches the entire curriculum of the Hakomi Method, as outlined by the Educational Board of the Institute. The goals of the training are:

1. A deep understanding of the principles of the Hakomi Method and the ability to work with them.
2. An understanding of the organization of personality and character, and the ability to use this understanding discriminatingly.
3. An understanding of the various maps of the therapeutic process and the ability to use those maps and Hakomi techniques precisely and appropriately.
4. An understanding of one's own personality as an instrument for therapy.

The Hakomi method is founded in the recognition that the state of mind of the therapist is an essential and powerful ingredient in any healing relationship. To be effective, the Hakomi practitioner cultivates the capacity to be in a state of consciousness that Ron Kurtz called 'Loving Presence'. This state of calm, spacious, compassionate wakefulness provides the foundation for the healing encounter.

At the heart of learning Hakomi is a process of self-inquiry and growing awakening that mindfulness practice fosters. We go to great lengths to create a safe and respectful learning environment to support this process. The outcome for our students - a greater capacity to be present, kind and self-aware.

Level 1: Hakomi Fundamental Relationship Skills

Two modules of five days each, plus three 90-minute webinars (66.5 hours training).

Purpose

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.

Participants

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.

Dates

Module 1: Wednesday 26th – Sunday 30th June 2019

Three 90-minute Webinars: Fri 30th Aug @ 9am, Fri 27th Sept @ 9am, Fri 1st Nov @ 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**, Hakomi Trainer, Sydney
- **Pernilla Siebenfreund**, Hakomi Teacher, Brisbane
- **Manuela Mischke Reeds**, Senior Hakomi Trainer, San Francisco (Webinars)
- Hakomi Graduate Assistants

Curriculum

Module 1: Meeting the Other: Skills for Respectful and Mindful Relationship

- **Hakomi View: Theory and Principles**
 - Hakomi principles: Overview and applications
 - Assisted self-study, learning to facilitate the innate process
 - Mindfulness as self-study
 - Basic neuroscience of mindfulness in the therapeutic process
 - Therapist self-awareness and tracking skills
- **Group Building: Setting the right frame for learning and group cohesion**
 - Building group coherence
 - Inclusion, culture and diversity awareness
 - Mindful speech and conduct, ethics of being in a learning container

- Understanding the Mindful Dyadic Relationship
 - Cultivating loving presence in relationship
 - Healing relationship principles
 - Tracking tools to read the cues of the body
- Grounded and Ready to Facilitate: Developing skills to guide
 - Somatic resourcing for self-regulation
 - Mindful techniques for emotional self-regulation
 - Contacting the present moment
 - Applied mindfulness
 - Experiential mindset-growth mindset

Module 2: Follow the Leader: Skills for Facilitating Growth

- Self-Practices for Self-Regulation: The grounded therapist and guide
 - Accessing emotions and sensations
 - Mindfulness practices
- Deepening into Relationship: Theory and praxis of deepening the process
 - How attachment works in relationships
 - Relationship systems and styles
 - Cultivating the healing relationship
 - Attunement skills and practice
- Facilitate the Process: Learning how to navigate subtle processes
 - Accessing techniques
 - Safety and resourcing
 - Bite-sizing the process
 - Differentiating categories of experience
 - Managing states of consciousness in the client
 - Managing deep emotional processes towards resourcing
 - Making meaning
 - Integration and completion techniques

Each module will include didactic teaching, experiential exercises, live demos by trainers, video clips, group discussion and reflection.

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 Organizer.

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 will be opening in January 2019. To register your interest and be notified, contact the Organizer at sydney_training_info@hakomi.com.au

Level 2: Hakomi Professional Skills Training

Four modules of six days each, plus three 90-minute webinars (154.5 hours training).

Purpose

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).

Participants

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.

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

Three 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 Hakomi Trainer, San Francisco
- **Karen Baikie**, Hakomi Trainer, Sydney
- **Pernilla Siebenfreund**, Hakomi Teacher, Brisbane
- **Deb Algar**, Hakomi Teacher-in-Training, Sydney
- Additional Guest Trainers/Teachers
- Hakomi Graduate Assistants

Curriculum

Module 1

- Hakomi View: Clinical Lens
 - Map of Hakomi sessions, how the method works
 - Overview of method and application of the principles in practice
 - Purpose and limitations of Hakomi work
- Therapist Seat: Developing the mindful therapist
 - Resourcing the therapist, working with triggers
 - Identifying inner obstacles
 - Common countertransference themes
- Core Techniques of the Hakomi Method
 - Contacting
 - Tracking
 - The use of Applied Mindfulness
 - Accessing 4 step
 - Accessing routes & commands
- Experimental Attitude
 - Gathering evidence
 - Setting up experiments
 - Taking over internal parts & voices
 - Probes
 - Mindfulness and experiments

Module 2

- In -Depth Processing Techniques
 - Following & Leading techniques
 - Deepening the process with safety
 - Identifying themes & listening for core material
 - Experience-Meaning interface
 - Processing at the Core experience of the client
- Managing Process States
 - Identifying Strong Emotions vs. Trauma themes
 - Riding the Rapid techniques, how to work with strong emotions
 - Affect theory
 - Trauma containment techniques
 - Trauma resourcing
 - Identification of inner child states
 - Working with child states

Module 3

- Internal Parts of the Client
 - Parts work, identifying inner parts
 - The intelligence of resistance, working at the barrier awareness
 - Yielding techniques to reach the core beliefs and towards transformation
- How to Use Safe Touch from a Hakomi perspective
 - Safe and ethical touch guidelines and practices
 - Ethics of touch
 - Healthy boundaries
 - Taking Over - Physical experiments
 - Developmental needs and touch
 - The importance and limits of child states and touch
 - Understanding the complexity of Trauma and Touch

- Therapist Blind Spots
 - Mindfulness pitfalls, when mindfulness is not helpful
 - Strong emotions that can get stuck
 - Trauma Transference/Countertransference
 - The fears of the therapist
- Physicalizing Techniques
 - Body experiments
 - Body reading
 - How to assign homework that includes somatic awareness
- The Transformation Stage of Hakomi
 - The missing experience technique
 - Magical stranger
 - Contextualizing the transformation stage

Module 4

- Therapeutic Systems
 - Recognizing systems and how to transform them
 - JOOTS (Jumping Out Of The System) technique
 - Maps of developmental stages, developmental wounds and its responding systems
- Therapist Internal Systems
 - Losing the therapist seat and how to recover
 - Critical countertransference issues
 - Attachment issues from the therapist seat
 - Character system themes
 - Developing your own therapist style
 - Recognizing projections
- Integration Phase
 - Ending styles that get triggered
 - Stitching technique, making meaning
 - Housekeeping - attuning to unresolved relationship themes
 - Identifying milestones and celebrating accomplishments
 - Next steps for the client - making an termination plan
 - Homework assignments and completions
- Completion Phase
 - How to complete well in therapy
 - Developing individual ending rituals
 - Barriers to completion

Each module will include didactic teaching, experiential exercises, live demos by trainers, video clips, supervised practice, group discussion and reflection.

Prerequisite

Completion of Level 1 Hakomi Fundamental Relationship Skills.

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.

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

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 (115.5 hours training).

Purpose

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).

Participants

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.

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.

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 Hakomi Trainer, San Francisco
- **Karen Baikie**, Hakomi Trainer, Sydney
- **Pernilla Siebenfreund**, Hakomi Teacher, Brisbane
- **Deb Algar**, Hakomi Teacher-in-Training, Sydney
- Additional Guest Trainers/Teachers
- Hakomi Graduate Assistants

Curriculum

Module 1 - Advanced Hakomi Skills

- Clinical Mindset of the Hakomi therapist
- Sensitivity Cycle- advanced maps
- Advanced Contact- refined attunement of relationship building
- Advanced Tracking
- Advanced Experiments
- Ethics - practical
- Character Part 1
 - Child development and needs
 - Character 1: Safety stage
- Supervision (40-50%)

Module 2 - Strategy and Maps

- Therapist Self-Care and Burn-out techniques
- Advanced Systems (client/therapist and inner systems of obstacles and beliefs)
- Strategic Thinking, Themes and Interventions
- Ranges of clients, special populations, naive clients
- Diversity Issues / Advanced Topics
- Character Part 2
 - Character 2: Needs stage
 - Character 3: Freedom stage
- Supervision (40-50%)

Module 3 - Integrating Maps and Personal Hakomi Development

- Long Term Therapy Issues
- Working with Internal Derailers (both client and therapist's)
- Developing your own style, how to integrate Hakomi and your style
- Character Part 3
 - Character 4: Vulnerability stage
 - Character 5: Worth stage
- Integration of Long Term Therapy
- Completion
 - Rituals and practices
 - Ending well
- Developing a practice, business strategies, certification process
- Cultivating a community of support and referrals
- Supervision (40-50%)

Each module will include about 40-50% supervision of live or recorded work in small group settings with teacher/trainer, as well as didactic teaching of advanced topics, experiential exercises, video clips, supervised practice, group discussion and reflection.

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.

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.

Further information will be available soon at www.hakomi.com.au
To register your interest, contact the Organizer at sydney_training_info@hakomi.com.au