



# HAKOMI PROFESSIONAL SKILLS TRAINING

## TRAINING INFORMATION

MELBOURNE: COMMENCING 29TH OCTOBER 2023

### **LEVEL ONE: HAKOMI FUNDAMENTAL RELATIONSHIP SKILLS** **2 x 6-Day Modules (76 hours training)**

**Pre-requisite: Attendance at a Hakomi Workshop.**

Level One may be undertaken as a stand-alone training for those who wish to learn skills for working somatically and using mindfulness as a basis for therapeutic work.

**Purpose:** To train Psychotherapists and allied health professionals in the fundamental building blocks of the Hakomi method. Emphasis is on the development of self and connection to others. Hakomi tools can be applied to therapy, business settings, coaching and other healing modalities.

**Target Group:** Psychotherapists, Psychologists, Counsellors, Doctors, Social Workers, Massage Therapists, Occupational Therapists, Yoga Teachers, Coaches, Chiropractors, Physiotherapists, Cranio-Sacral Therapists, Teachers, psychiatrists.

**Module 1: Meeting the Other: Skills for Respectful Relationship**

- Mindfulness, Hakomi Principles, Relationship Skills,
- Attachment theory
- Loving Presence
- Contact statements and tracking skills
- Accessing organic self/impulse towards potential
- Mindfulness techniques for emotional self-regulation



### **Module 2: Follow the Leader: Skills for Facilitating Growth**

- Mindfulness as technique
- Use of Body/somatic intelligence and supporting organicity
- Somatic resourcing for Trauma
- Following and Leading
- Experimental attitude
- Ethical practice and Cultural Diversity

**Dates:**                   **Module 1:**                   29 October - 3 November 2023  
**Module 2:**                   22 - 27 January 2024

**Investment:**           **Earlybird:**                   \$3600 + GST (\$3960) if paid by 25 August 2023  
**Full fee:**                   \$4000 + GST (\$4400), paid by 1 October 2023  
**Installments:**           \$2100 + GST (\$2310) by 1 October 2023  
                                      \$2100 + GST (\$2310) by 15 December 2023

Upon acceptance into training a deposit of \$500 is required to secure a place.

## **LEVEL TWO: HAKOMI PROFESSIONAL SKILLS TRAINING 4 x 6-Day Modules (144 hours training)**

**Purpose:**                   To teach the methodology, techniques and theoretical frameworks of the curriculum of the Hakomi Institute (USA).

**Pre-requisite:**           Level One: Hakomi Fundamental Relationship Skills.

**Dates:**                   **Module 1:**                   25 February – 2 March 2024  
**Module 2:**                   5 – 11 May 2024  
**Module 3:**                   14 – 19 July 2024  
**Module 4:**                   15 -21 September 2024

**Investment:**           \$7200.00 + GST (\$7920.00)  
**Initial payment:**       \$3300 (GST inc)  
**Followed by 6 x monthly instalments:** \$770 (GST inc) beginning 20 March 2023



## **LEVEL THREE: HAKOMI ADVANCED CLINICAL SKILLS**

### **3 x 6-Day Modules (117 hours training)**

- Purpose:** To teach Advanced Skills of Hakomi Mindful Somatic Psychology in application to Clinical Practice.
- Each module will consist of 50% advanced teaching and 50% supervision of practice.
- To prepare students for Certification as Hakomi Therapist with Hakomi Institute (USA).
- Pre-requisite:** Level One: Hakomi Fundamental Relationship Skills.  
Level Two: Hakomi Professional Skills Training  
OR:  
Completion of Hakomi Professional Skills Training as offered in the past.
- Dates:** To be announced..  
Expected to begin early 2025.
- Investment:** To be confirmed.  
This will be confirmed based on number of participants wishing to undertake this final level and readiness of students to do so.  
Fees are anticipated to be similar per module as in level 2.

Upon Completion of Level Three students will graduate with Hakomi Institute (USA). Certification as a Hakomi Therapist, (competency based assessment) may also be undertaken at any time following completion.

To apply online, please click on the link [here](#).