



# BRISBANE 2024 - LEVEL 1

## HAKOMI PROFESSIONAL TRAINING INFORMATION

### NEXT INTAKE COMMENCING IN BRISBANE IN APRIL 2024.

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 Australian Hakomi Professional Training is being offered over three levels. Brisbane only offers Level 1 at this stage. Students are invited to join Level 2 & 3 in Sydney. For more info about level 2 & 3 visit: [www.hakomi.com.au/overview](http://www.hakomi.com.au/overview)

## LEVEL 1: HAKOMI FUNDAMENTAL RELATIONSHIP SKILLS

### FOUR MODULES OF 3 DAYS EACH, PLUS THREE 2-HOUR 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 and view
- 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:      Friday 19th April – Sunday 21st April 2024**

**MODULE 2:      Friday 31st May – Sunday 2nd June 2024**

**MODULE 3:      Friday 19th July – Sunday 21st July 2024**

**MODULE 4:      Friday 23rd August – Sunday 25th August 2024**

Modules 1- 4 are in-person at the venue. In addition, there will be 3 x 2-hour Zoom Webinars in between the modules. Webinars will be live on Zoom but also recorded for those unable to attend. Dates will be confirmed before the training commences.

Each training day runs from 9:30am – 5:30pm, with lunch break 1:00 – 2:30pm. The last day of each module finishes at 5:00pm to allow extra time for travelling home. Please book travel arrangements to ensure that you can stay until 5:00pm so that we can complete the module as a full group.



### VENUE

Lavalla Centre, 58 Fernberg Rd, Paddington, QLD 4064.

### TRAINING STAFF

- **Pernilla Siebenfreund**, Certified Hakomi Trainer, Brisbane
- **Karen Baikie**, Certified Hakomi Trainer, Sydney
- **Deb Algar**, Certified Hakomi Teacher, Sydney
- **Judy Robinson**, Teacher in Training, Brisbane
- Hakomi Graduate Assistants

Please note that not all Trainers and/or Teachers will be present at each module. Further details of which teaching staff will run each module will be given as the training level approaches

### INVESTMENT

The cost of Level 1 training includes 12 days of face-to-face training plus 6 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)**

Deposit of \$550 to secure your place with balance of payment by Monday 19th Feb 2024

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

Deposit of \$550 to secure your place with balance of payment by Monday 11th March 2024

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

Option 1: Deposit of \$550 to secure your place followed by two instalments of \$1,980 each, payable by 11th March and 24th June 2024.

Option 2: Deposit of \$550 to secure your place followed by five monthly instalments of \$792 each, payable by 4th March, 1st April, 6th May, 3rd June and 1st July 2024.

Limited scholarships are available.



### **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 organiser by email: [pernilla@hakomi.com.au](mailto:pernilla@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.

### **LEVEL 2**

Students are invited to join the Level 2 training in Sydney commencing Nov 2024.

For more info visit [www.hakomi.com.au/info](http://www.hakomi.com.au/info)