



SYDNEY 2024

HAKOMI PROFESSIONAL TRAINING INFORMATION

NEXT INTAKE COMMENCING IN SYDNEY IN MAY 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 Hakomi Professional Training is now being offered over three levels.

LEVEL 1: HAKOMI FUNDAMENTAL RELATIONSHIP SKILLS

TWO MODULES OF FIVE 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: Wednesday 1st – Sunday 5th May 2024

MODULE 2: Wednesday 7th – Sunday 11th August 2024

Modules 1 and 2 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 – 6:00pm, with lunch break 12:30 – 2:00pm. 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

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

TRAINING STAFF

- **Karen Baikie**, Certified Hakomi Trainer, Sydney
- **Pernilla Siebenfreund**, Certified Hakomi Trainer, Brisbane
- **Deb Algar**, Certified Hakomi Teacher, Sydney
- International Guest Senior Hakomi Trainers (webinars)
- One or more Teachers-in-Training
- 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 10 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 Friday 1st Feb 2024

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

Deposit of \$550 to secure your place with balance of payment by Monday 29th April 2024

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

Option 1: Deposit of \$550 to secure your place followed by two installments of \$1,980 each, payable by 29th April and 6th August 2024.

Option 2: Deposit of \$550 to secure your place followed by five monthly instalments of \$792 each, payable by direct debit on 5th April, 5th May, 5th June, 5th July and 5th Aug 2024.

Individualised instalment plans may be possible by negotiation with the Organiser

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 Organizer at sydney_training_applications@hakomi.com.au



LEVEL 2: HAKOMI PROFESSIONAL SKILLS TRAINING

FOUR MODULES OF SIX DAYS EACH, PLUS THREE 2-HOUR 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, Prompts 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
- Integration phase and making meaning
- Completing well and ending rituals



DATES

Module 1:	Tuesday 19th November – Sunday 24th November 2024
Module 2:	Tuesday 4th March - Sunday 9th March 2025
Module 3:	Tuesday 13th May - Sunday 18th May 2025
Module 4:	Tuesday 12th Aug - Sunday 17th August 2025

Modules 1 to 4 are in-person at the venue. In addition, there will be 3 x 2-hour live Zoom Webinars, one between each module, which will be recorded (dates to be confirmed).

Each training day runs from 9:30am – 6:00pm, with lunch break 12:30-2:00pm. 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

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TRAINING STAFF

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- **Pernilla Siebenfreund**, Certified Hakomi Trainer, Brisbane
- **Deb Algar**, Certified Hakomi Teacher, Sydney
- International Guest Senior Hakomi Trainers (webinars)
- One or more Teachers-in-Training
- Hakomi Graduate Assistants

Each module will be led by two of the Trainer/Teacher staff, together with 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 2 training includes 24 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

\$8,800 (\$8,000 plus GST)

Deposit of \$550 to secure your place with balance of payment by Friday 6th Sept 2024

Standard Payment

\$9,240 (\$8,400 plus GST)

Deposit of \$550 to secure your place with balance of payment by Monday 18th Nov 2024

Standard Instalment Payments

\$9,460 (\$8,600 plus GST)

Option 1: Deposit of \$550 to secure your place with balance of payment by four instalments of \$2,227.50 each, payable by 18th November 2024, 3rd March 2025, 12th May 2025 and 11th August 2025.

Option 2: Deposit of \$550 to secure your place with balance of payment by ten monthly installments of \$891 each, payable by direct debit on 18th Nov, 18th Dec 2024, 18th Jan, 18th Feb, 18th Mar, 18th April, 18th May, 18th June, 18th July and 18th August 2025.

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

PREREQUISITE

Completion of Level 1 Hakomi Fundamental Relationship Skills, either this intake or a prior intake.

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 2-HOUR 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
- Developing your own therapist style
- Integration and completion processes.

DATES

Three 6-day modules, in November 2025, March 2026 and May/June 2026.

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

VENUE

To be confirmed, in Crows Nest.



TRAINING STAFF

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- **Deb Algar**, Certified Hakomi Teacher, Sydney
- International Guest Senior Hakomi Trainers (Webinars)
- One or more Teachers-in-Training
- 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, either this intake or a prior intake, 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.