BRISBANE 2026 - LEVEL 1

HAKOMI COMPREHENSIVE TRAINING INFORMATION

NEXT INTAKE COMMENCING IN BRISBANE IN APRIL 2026.

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 Comprehensive Training is being offered over three levels.

LEVEL 1: HAKOMI FUNDAMENTAL RELATIONSHIP SKILLS

THREE MODULES OF 1 x 4 DAYS AND 2 x 3 DAYS, PLUS TWO 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: **Thursday 16th April – Sunday 19th April 2026**

MODULE 2: **Friday 29th May – Sunday 31st May 2026**

MODULE 3: **Friday 10th July – Sunday 12th July 2026**

Modules 1, 2 & 3 are in-person at the venue. In addition, there will be 2 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 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
- **Deb Algar**, Certified Hakomi Teacher, Sydney
- **Judy Robinson**, Certified Hakomi Teacher, Brisbane
- International Guest Senior Hakomi Trainers (webinars)
- 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

Level 1 consists of three modules of 1 x 4 days and 2 x 3 days, plus 2 x 2-hour webinars. The cost of Level 1 training includes 10 days of in-person training plus 4 hours of webinar training, individual participant support, and course materials.

The following payment options are available:

1. Early Bird Payment	**$4,400 ($4,000 plus GST)**
1a. Deposit to secure your place	$550 ($500 plus GST)
Balance of Early Bird Payment by 16th Feb 2026	$3,850 ($3,500 plus GST)
2. Standard Payment:	**$4,950 ($4,500 plus GST)**
2a. Deposit to secure your place	$550 ($500 plus GST)
Balance of Standard Payment by 9th March 2026	$4,400 (4,000 plus GST)
3. Standard Instalment Payments	**$5,170 ($4,700 plus GST**
Option A: Deposit plus two instalments	
3a. Deposit to secure your place	$550 ($500 plus GST)
1st instalment by 9th March 2026	$2,310 ($2,100 plus GST)
2nd instalment by 25th May 2026	$2,310 ($2,100 plus GST)
Option B: Deposit plus five monthly instalments	
3B. Deposit to secure your place	$550 ($500 plus GST)
1st instalment by 16th Feb 2026	$924 ($840 plus GST)
2nd instalment on 23rd March 2026	$924 ($840 plus GST)
3rd instalment on 13th April 2026	$924 ($840 plus GST)

4th instalment on 11th May2026	$924 ($840 plus GST)
5th instalment on 15th June 2026	$924 ($840 plus GST)

4. Individualised Instalment Payments **$5,390 ($4,900 plus GST)**

Individualised instalment plan as negotiated with the Organiser.

Direct Deposit: Barbro Pernilla Siebenfreund, BSB 944 600, Account 016330706

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

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: HAKOMI PROFESSIONAL SKILLS TRAINING (SUBJECT TO NUMBERS)

SIX MODULES OF FOUR 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

PRELIMINARY DATES

MODULE 1: **Thursday 13th August – Sunday 16th August 2026**

MODULE 2: **Thursday 24th September – Sunday 27th September 2026**

MODULE 3: **Thursday 5th November – Sunday 8th November 2026**

MODULE 4: **Thursday 18th February – Sunday 21st February 2027**

MODULE 5: **Thursday 8th April – Sunday 11th April 2027**

MODULE 6: **Thursday 13th May – Sunday 16th May 2027**

Modules 1 to 6 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 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, Room 4, 58 Fernberg Rd, Paddington, QLD 4064

TRAINING STAFF

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- **Karen Baikie**, Certified Hakomi Trainer, Sydney
- **Deb Algar**, Certified Hakomi Teacher, Sydney
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- 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 **$9,900 ($9,000 plus GST)**
Deposit of $550 to secure your place with balance of payment by Friday 19th June 2026

Standard Payment: **$10,450 ($9,500 plus GST)**
Deposit of $550 to secure your place with balance of payment by Friday 24th July 2026

Standard Instalment Payments **$10,670 ($9,700 plus GST)**

Option 1: Deposit of $550 to secure your place followed by four instalments of $2,530 ($2,300 plus GST) each, payable by 24th July 2026, 21st September 2026, 8th February 2027, and 26th April 2027.

Option 2: Deposit of $550 to secure your place followed by ten monthly instalments of $1,012 ($920 plus GST) each, payable by direct debit on 24th July 2026, 21st August 2026, 18th September 2026, 10th October 2026, 13th November 2026, 18th December 2026, 12th February 2027, 12th March 2027, 9th April 2027, and 7th May 2027

Individualised Instalment Payments: **$10,890 ($9,900 plus GST)**
Individualised instalment plan as negotiated 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 (SUBJECT TO NUMBERS)

THREE MODULES OF SIX DAYS EACH.

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

TBA 2027

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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 Comprehensive Training, we'd invite you, as soon as possible, to submit a formal application. Please email us to request an application form here. If your application is successful, you'll be invited to secure your place with a holding deposit and to complete an Enrolment Agreement.