



HAKOMI COMPREHENSIVE SKILLS TRAINING

TRAINING INFORMATION

PERTH: COMMENCING SEPTEMBER 2026

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, Counsellors, Doctors, Social Workers, Massage Therapists, Occupational Therapists, Yoga Teachers, Coaches, Chiropractors, Physiotherapists, Cranio-Sacral Therapists, Teachers, Psychologists,

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:** 21 – 26 September 2026
Module 2: 23 – 28 November 2026

Investment: **Early Bird:** \$4000 + GST (\$4400) by 1 August 2026
Full: \$4500 + GST (\$4950) by 1 September 2026
Instalments:
1. \$2500 +GST (\$2750) by 1 September 2026
2. \$2500 + GST (\$2750) by 1 November 2026

LEVEL TWO: HAKOMI COMPREHENSIVE 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:** 1- 6 March 2027
Module 2: 7 – 12 June 2027
Module 3: 6 -11 September 2027
Module 4: 22 -27 November 2027

Investment: \$8000.00 + GST (\$8800.00)
First payment: \$3000.00 +GST (\$3300) by 1.2.27
Followed by 6 x monthly instalments: \$750.00 + GST (\$825.00) beginning 20.4.27 and final payment \$ 500.00 +GST (\$550.00) on 20.10.27



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: **Dates to be confirmed following completion of level two.**

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](#).