



**HAKOMI**

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



### ALADDIN JONES

**Certified Hakomi Therapist  
and Trainer**

M.ed CHT ACA reg. AABAT reg.  
Hakomi • Psychotherapy • Clinical  
Supervision • Ecotherapy • Couple  
& Family Therapy

Aladdin is a certified Mindful  
Somatic Hakomi Therapist &  
Teacher (Perth, Melbourne  
and NZ) with practices in  
Melbourne (Clifton Hill area),  
Warburton (Yarra Valley) Nature-  
based Ecotherapy & Online.

Aladdin has been practicing  
psychotherapy for over 15  
years with a 20 year interest  
& practice of Zen mindfulness.

He holds postgraduate  
qualifications in Buddhist  
Psychotherapy, Ecopsychology  
& Family/Systemic Therapy  
and has completed clinical  
supervision training. He is a  
father of 2 teenage children  
with a long term partner  
and delights in world music,  
gardening, cycling, meditation  
& dance. For more info and  
contact See: [aladdinjones.com](http://aladdinjones.com)  
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[aladdin@hakomi.com.au](mailto:aladdin@hakomi.com.au)

## Wisdom of the Bodymind: Attending and Befriending

**MELBOURNE, SATURDAY 19 — SUNDAY 20 JUNE 2021**

**A TWO-DAY WORKSHOP WITH ALADDIN JONES**

Increasingly, there is recognition that something is missing if we do not include a somatic body-based connection in therapy. The body is a powerful storehouse of unconscious wisdom. Through attending and befriending and specifically the practices of presencing, tracking and contacting, we are able to increase mindful awareness within therapeutic systems. These approaches and skills allow for emergent possibilities for those we are supporting, more freedom, and a felt-sense of integration and connectedness. This collaborative approach offers a more direct dialogue with the 'hidden conversations' and information inherent within our own bodies. The Hakomi approach supports a deepening of practice and provides immediately accessible therapeutic skills that are practical, creative, experiential, embodied and compassionate. Hakomi has been at the forefront of integrating somatic and mindfulness in therapy for over 30 years. This 2-day workshop offers the opportunity to experience the Hakomi Mindful Somatic method of psychotherapy.

### THE LEARNING:

- Recognising the body as a connected, emergent & living system
- Increasing capacity for being at home in the body: attending & befriending
- Listening beneath story: what's in the field of sensory experience
- Tracking and Contacting in the present moment
- The power of present moment mindful body-awareness
- Increasing your awareness of transference & countertransference
- Supporting an experimental & curious attitude
- How to have conversations with the 'story-teller'
- Recognising the relationship between the body and beliefs, attitudes and character
- Interrupting habitual ways of being and supporting new neural pathways
- Integrating emergent knowledge
- Co-regulating through somatic resourcing & the larger body of nature

### CPD

This workshop will provide 10 hours for Continuing Professional Development Programs

**CONTACT:** **ALADDIN JONES**

**EMAIL:** [aladdin@hakomi.com.au](mailto:aladdin@hakomi.com.au)

**[hakomi.com.au](http://hakomi.com.au)**

## HAKOMI WORKSHOP DETAILS

### **DATES & TIMES**

Sat 19 & Sun 20 June 2021: 9.30am - 4.30pm

### **INVESTMENT**

Early Bird (paid by 14 May 2021): \$395

Standard (paid after 15th April 2020): \$480

Reduced (student / low income): \$240

Morning tea, lunch, and afternoon tea included (VEG)

### **CANCELLATIONS:**

50% refund if received in writing before 1 June.

No refunds after 1 June, unless due to COVID.

### **VENUE**

The Living Centre

16 Trinity Place

East Melbourne

Victoria, 3002

### **BOOKING & REGISTRATION:**

For online booking and registration please click [here](#).

### **ENQUIRIES TO ALADDIN JONES:**

[aladdin@hakomi.com.au](mailto:aladdin@hakomi.com.au)

## HAKOMI PROFESSIONAL TRAINING INFORMATION

Hakomi Mindful Somatic Psychotherapy is a gentle, respectful method that allows you to access deep, core material, opening the possibility for awareness and transformation.

Composed of memories, images, beliefs, neural patterns, and deeply held emotional dispositions, this material creates and maintains our images of self and of our culturally acquired world. It shapes the styles, habits, behaviours, perceptions, physical postures and attitudes which define us as individuals.

Some of this core material supports our being who we wish to be, while some of it, learned in response to difficult situations, continues to limit us. Hakomi allows the client to distinguish between the two, and to modify willingly any material which restricts his or her wholeness.

In therapy, we first work to build a relationship which maximises safety and the cooperation of the unconscious. With that relationship, we help the client focus on and study how he or she organises experience.

To do this, we establish and use mindfulness, a distinct state of consciousness characterised by a surrender to and acceptance of the happenings of the moment, a gentle sustained focus of attention inward, a heightened sensitivity and the ability to observe and name the contents of consciousness.

In psychotherapy, says Hakomi founder Ron Kurtz, nothing is as useful as mindfulness.

Hakomi Professional Trainings are offered regularly. The aim of the training is to turn out high quality, caring therapists who are as dedicated to fully knowing their own process as they are to the understanding of others.

Each Hakomi training teaches the entire curriculum of the Hakomi Method as outlined by the Hakomi Institute.

### **GOALS OF THE TRAINING ARE FOURFOLD.**

- First, a deep understanding of the principles of the Hakomi Method and the ability to work with them.
- Second, an understanding of the organisation of personality and character and the ability to use this understanding with discrimination.
- Third, an understanding of the various maps of the therapeutic process and the ability to use these maps and Hakomi techniques precisely and appropriately.
- Fourth, an understanding of one's own personality as an instrument for therapy.

The methods of Hakomi are appropriate and effective in all kinds of therapeutic situations, such as relationships, family, movement and body work, but find their full potential in the process of growth, both personal and transpersonal.

For more information on Hakomi trainings, please contact:

SYDNEY Karen Baikie: [karen@hakomi.com.au](mailto:karen@hakomi.com.au) • PERTH Jules Morgaine: [jmorgaine@xtra.co.nz](mailto:jmorgaine@xtra.co.nz)

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