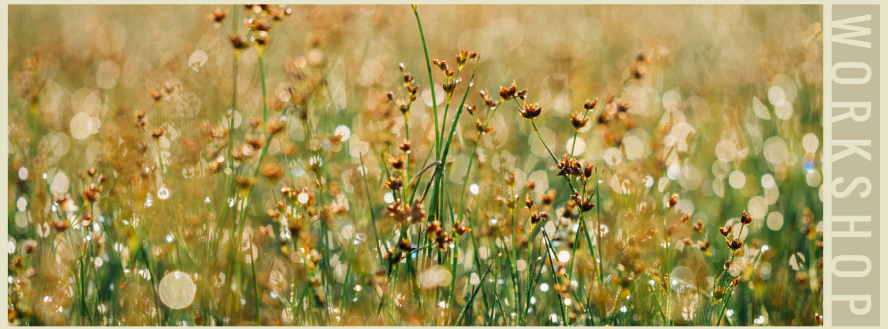




HAKOMI
MINDFUL SOMATIC PSYCHOTHERAPY



PERNILLA SIEBENFREUND
CERTIFIED HAKOMI
THERAPIST & TRAINER

Pernilla Siebenfreund is a Certified Hakomi Therapist and Trainer with the Hakomi Institute Pacifica Team. She leads Hakomi workshops in Australia and teaches on Hakomi Professional Trainings in Sydney. She has over 18 years of experience in private practice in Brisbane, working with couples and individuals, as well as seven years experience working with children and parents in a Brisbane based agency. Pernilla is also a Somatic Experiencing Practitioner.

She is the Brisbane organiser of Hakomi workshops and trainings and has been a meditation practitioner for over 25 years.

As a psychotherapist and teacher, Pernilla has a particular interest in applying loving kindness and embodied mindfulness to cultivate compassion for self and others.

Non-violence & Inclusivity: An Online Introduction to Hakomi

ONLINE, SATURDAY 11 DECEMBER 2021

A HALF-DAY WORKSHOP WITH PERNILLA SIEBENFREUND

Understanding how defensive we all are when we are anticipating different feelings of vulnerability, as well as appreciating that the healing process is about inclusivity and becoming whole, in Hakomi we cultivate non-violence and embrace unity as part of creating the healing environment.

Non-violence and unity are two of the five underlying principles of Hakomi and in this workshop you will get a taste of how these two principles enhance the process of creating safety and gaining the co-operation of the unconscious.

IN THIS WORKSHOP YOU WILL:

- Be introduced to how the Hakomi principles of Non-violence and Unity play a critical role in the process of healing
- Explore categories of experience in mindfulness
- Learn how to meet difficult parts of yourself with kindness
- Discover how curiosity with compassion can deepen the appreciation of defences
- Experience how inclusivity expands consciousness

The workshop will consist of brief talks, discussions, and experiential exercises in break-out groups with an emphasis of understanding yourself for the benefit of others, and it offers you the opportunity to get a taste of Hakomi Mindful Somatic Psychotherapy.

It is suitable for those working therapeutically with clients and those wishing to deepen their own self-understanding. It will be of value to psychotherapists, counsellors, psychologists, and other practitioners who are interested in learning more about Hakomi or are considering enrolling in the Hakomi Professional Training.

CONTACT:

PERNILLA SIEBENFREUND

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HAKOMI WORKSHOP DETAILS

DATES & TIMES

Saturday 11 Dec: 9:00am – 12:00pm AEST (QLD)

INVESTMENT

Early Bird & Full time students

(paid by 29 November 2021): \$77

Standard (paid after 29 November 2021): \$110

Enrolled and accepted into 2022 Level 1 Training: \$33

All fees include GST

No cancellations or refunds after 7 December 2021

VENUE

Online via Zoom. Participants will receive a Zoom link a few days before the workshop.

ONLINE REGISTRATION:

To register, please click on the link below:

<https://hakomi.com.au/inclusivity-online/>

INTERNET PAYMENT:

Account: Barbro Pernilla Siebenfreund

Account No: 016 330 706 BSB: 944 600

Reference: Your name and “Somatic”

ENQUIRIES TO PERNILLA SIEBENFREUND:

pernilla@hakomi.com.au or Mobile: 0410 462 605

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 • PERTH Jules Morgaine: jmorgaine@xtra.co.nz

hakomi.com.au