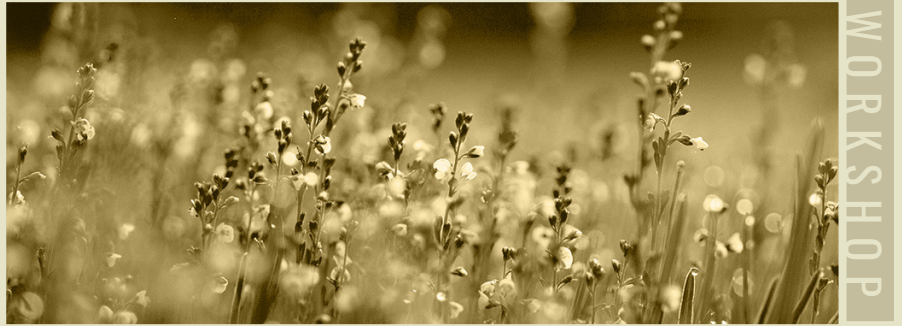




HAKOMI
MINDFUL SOMATIC PSYCHOTHERAPY



Jules Morgaine
CERTIFIED HAKOMI
THERAPIST & TRAINER

Jules Morgaine, MHP, PBANZ, MNZAP, CHT, is a registered psychotherapist, holds a Master of Health Practice (Psychotherapy and Supervision), Advanced Practising Certificate with NZAP and is a Certified Hakomi Therapist and Senior Hakomi Trainer with the Hakomi Institute (USA).

She has been in private practice since 1992 and currently offers psychotherapy and clinical supervision. She leads Hakomi trainings in Aotearoa/NZ, Perth and Brisbane.

Jules is passionate about teaching and mentoring students and graduates in Hakomi practice.

Hakomi In Action:

A Fishbowl and Experiential workshop

PERTH, FRI 24 - SUN 26 NOVEMBER, 2023

A THREE-DAY WORKSHOP WITH JULES MORGAINE

"Written into the body, into the cells, the muscles, the neural circuitry, are our stories, our longings and our limitations, along with our habitual patterns and protective behaviours"

[Jules Morgaine]

Hakomi Mindful Somatic Psychotherapy has been a pioneer in both mindfulness and somatics and in experiential psychotherapy for over 40 years. Over time, it has expanded to incorporate latest developments in attachment theory, neuro-science theory and trauma informed somatic approaches.

The Principles of Hakomi - Mindfulness, Unity, Organicity, Holism and Non-violence provide a strong container for client-determined healing processes. Experiential and effective methodology alongside a focus on curiosity and compassion support assisted self-discovery of, and potential to change, deeply held implicit core beliefs. The quality of the therapeutic relationship and provision of missing experiences creates development of new and more life-affirming core beliefs and changed neural pathways.

This three-day workshop will offer an opportunity to observe the Hakomi method of psychotherapy in action. It will be a combination of teaching, experiential learning and there will be an opportunity each day to observe a live Hakomi session with a workshop participant followed by a debrief.

What you can expect:

- To experientially learn skills that you can immediately integrate into current psychotherapy practice and/or personal growth.
- To gain an understanding of the overall Hakomi process in terms of accessing and studying core organization of experience as a tool to therapeutic change and transformation of core belief systems
- Opportunity to deepen own self awareness and explore the impact of core organization within current life situation.
- Opportunity for micro-skill development and practice through structured exercises based on Hakomi Principles and methodology.

CONTACT:

Philip Gatt

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hakomi.com.au

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Day 1 Friday 24 November 2023: 10.00am - 5.30pm
Day 2 Saturday 25 November 2023: 9.30am - 5.30pm
Day 3 Sunday 26 November 2023: 9.30am - 3.30pm

INVESTMENT

Super early bird Fee \$695 (by 01 October)
Early bird Fee: \$745 (by 22 October)
Full Fee: \$795 thereafter

VENUE

St Catherine's House of Hospitality
113 Tyler Street
Tuart Hill WA 6060

ONLINE REGISTRATION:

To register, please click [here](#).

INTERNET PAYMENT:

Account: Philip Stuart Gatt
Bank: Bendigo Bank
BSB: 633 000
Account No.: 192 823 367
Reference: Your name and "HIA"

ENQUIRIES TO PHILIP GATT:

phil.gatt.1@outlook.com or Mobile: 0416 100 108

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 Jules Morgaine: jmorgaine@xtra.co.nz

hakomi.com.au