



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



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 Supervision Fishbowl: Hakomi Graduate Workshop

PERTH, WED 22 - THURS 23 NOVEMBER, 2023

A TWO-DAY WORKSHOP WITH JULES MORGAINE

This workshop is open to all graduates of Hakomi Professional Skills trainings. It provides an opportunity to further develop Hakomi practice skills within a group environment with the support of Hakomi Trainer, Jules Morgaine.

It will comprise group supervision whereby each participant will receive at least one individual supervision within group. Please note participants will be expected to either bring recorded work for supervision or undertake a live session for supervision within the workshop.

There will also be focused advanced teaching followed up with a practice exercise each morning.

CONTACT:

Philip Gatt

EMAIL:

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hakomi.com.au

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Day 1 Wed 22 November 2023: 10.00am - 5.30pm

Day 2 Thurs 23 November 2023: 10.00am - 5.30pm

INVESTMENT

Early bird Fee: \$500 (by 22 October)

Full Fee: \$550 thereafter

VENUE

St Catherine's House of Hospitality

113 Tyler Street

Tuart Hill WA 6060

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 "Supervision"

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