



**HAKOMI**

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



**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 20 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.

## Body-Mind Interplay:

An Experiential Introduction to Hakomi

**BRISBANE, SUNDAY 4 FEBRUARY 2024**

**A ONE-DAY WORKSHOP WITH PERNILLA SIEBENFREUND**

*“Staying in Contact with the Body Is Staying in Contact with a Deeper knowing”*

[Marilyn Morgan]

Inside our bodies resides a wealth of wisdom, formed by experiences throughout our lives, especially during our formative years, but also from other significant events.

Not all of these events are autobiographically remembered, so they can be difficult to access, unless we access them on a bodily level.

When the client is telling their story, the Hakomi therapist pays close attention to how the client’s body is expressing itself, and then supports the client in becoming mindfully aware of these bodily expressions.

Through the client’s mindful attention and immersion in their inner experiences, deeply held limiting core beliefs can be brought into the present moment to be processed and transformed.

For this process to be safe and expansive for the client, the Hakomi therapist embodies loving presence, as well as the five underlying principles of Hakomi.

**IN THIS ONE-DAY INTRODUCTORY WORKSHOP TO HAKOMI, YOU WILL:**

- Learn about the 5 principles of Hakomi
- Start to get a sense of how to track the body
- Experience how your body remembers
- Witness a demonstration of a live Hakomi session

This experiential workshop is suitable for anyone who is interested in getting a taste of Hakomi, and it meets the pre-requisite requirement for attending the Hakomi Level 1 training in Brisbane.

**CONTACT:**

**PERNILLA SIEBENFREUND**

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## HAKOMI WORKSHOP DETAILS

### **DATES & TIMES**

Sun 4 February 2024: 9:30am — 5:30pm

### **INVESTMENT**

Super Early Bird (paid by 15 Dec 2023): \$249

Early Bird (paid by 15 Jan 2024): \$295

Full Fee (thereafter): \$349

Students/concessions: \$200

All fees include GST.

No cancellation refunds after 26 January 2024

**PDP:** 6 hrs

### **VENUE**

BrisWest Centre, 132 Latrobe Terrace,  
Paddington, QLD 4064

### **ONLINE REGISTRATION:**

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

### **ENQUIRIES TO PERNILLA SIEBENFREUND:**

For enquiries contact Pernilla Siebenfreund:

[Pernilla@hakomi.com.au](mailto:Pernilla@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:

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