



HAKOMI
MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



Halko Weiss

Ph.D.

Halko is a licensed Clinical Psychologist, Senior Hakomi Trainer, and Lecturer on mindfulness, couples' therapy and body-centered psychotherapy. Halko is a co-founder of the Hakomi Institute in Boulder, Colorado, as well as the Hakomi Institutes of Europe, Australia and New Zealand, and has been instrumental in developing the Hakomi Method and its curricula used worldwide. Halko has authored 20 scientific publications and ten books, including co-editing Hakomi Mindfulness-Centred Somatic Psychotherapy. He has led hundreds of workshops and training courses in Europe, USA, Canada, NZ and Australia. Halko helped establish a company offering in-depth coaching training programs that became the market leader in Emotional Intelligence trainings for executives in Germany. He also developed two comprehensive programs on couples' therapy and interpersonal skills taught in Australia, Germany and Spain.

Hakomi In The Fishbowl:

Experience Live Sessions

SYDNEY, SUN 18 - MON 19 FEBRUARY, 2024

A TWO-DAY WORKSHOP WITH HALKO WEISS, PH.D.

This masterclass style workshop gives participants the opportunity to directly experience the power and subtlety of the Hakomi Mindful Somatic Psychotherapy approach by observing a master Hakomi therapist provide live sessions. Halko will offer three to four live sessions each day, with each session followed by discussion and debrief of the therapy process. You may simply observe or choose to opt in for a live session.

During this workshop, you can expect to directly observe skills that you can immediately integrate into current psychotherapy practice, including:

- Using mindfulness to go beyond talk therapy
- Contacting rather than questioning to deepen the exploration process
- Tracking information on the edge of awareness and using this information to deepen the therapeutic process
- Conducting little experiments in mindfulness to open into core material
- Including the body as a tool to enter into formative experiences
- Techniques for processing core material and providing missing experiences

Observing live sessions gives an understanding and felt sense of the overall Hakomi process as a method for therapeutic change and transformation of core belief systems.

This workshop will be of value to therapists, counsellors and other health care practitioners who are interested in learning more about Hakomi Mindful Somatic Psychotherapy or who are considering further training in the method, as well as individuals interested in experiencing the Hakomi approach. It will also be invaluable for current Hakomi students and graduates to refine their skills and deepen their learning.

CONTACT:

Karen Baike

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hakomi.com.au

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Day 1 Sunday 18 February 2024: 9:30am – 5.30pm

Day 2 Monday 19 February 2024: 9:30am – 5.30pm

This is a 2 day workshop, however it is possible to attend for only 1 day if that is preferred.

INVESTMENT

1 DAY: Early Bird (by 10 Dec 2023): \$395,
\$455 Thereafter

2 DAYS: Early Bird (by 10 Dec 2023) \$625,
\$695 Thereafter

All prices include GST. No cancellations or refunds after 4th February 2024

Each workshop day will provide 5 hours for Continuing Professional Development programs.

VENUE

Crows Nest Centre, 2 Ernest Place, Crows Nest
Morning and afternoon tea provided

REGISTRATION:

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

ENQUIRIES:

Contact **Karen Baike**

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Phone: **(02) 9436 0919**

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 Karen Baike: karen@hakomi.com.au

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