



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.

Loving Presence:

An Experiential Introduction to Hakomi

BRISBANE, SATURDAY 2 MARCH 2024

A ONE-DAY WORKSHOP WITH PERNILLA SIEBENFREUND

Love is the basis of healthy human relationships and is as necessary to us as air and food, but why is loving presence a fundamental aspect of Hakomi mindful somatic psychotherapy?

Firstly, being of service to others starts with us. Being with suffering on an ongoing basis can take a toll on our wellbeing. So, practicing loving presence, which in its purest form is a state of being in which we find ourselves being spiritually nourished simply by being with another person, can support us in sustaining a healthy body and mind.

Secondly, loving presence is one of the key elements to sustain somatic coherence, a critical component in coregulating people in distress.

Thirdly, we become more sensitive to subtle energies and experiences in ourselves and the person in front of us when we embody loving presence. This sensitivity enhances our empathy and capacity to connect with deeply held implicit memories in the other.

Lastly, a cornerstone of Hakomi is that the client is assisted in exploring their inner world in mindfulness, a vulnerable and open state of mind. For this process to feel safe and supportive, it is crucial that the therapist embodies loving presence.

So, not only is loving presence pleasant, healthy and rewarding in and of itself, in Hakomi we believe it is the best state to be in when offering emotional support.

In this workshop we will practice loving presence. You will also:

- Be introduced to the principles of Hakomi
- Experience how mindfulness is applied in Hakomi
- Discover the wisdom of the body
- Witness a live Hakomi session

This experiential workshop is suitable for anyone who is interested in getting a taste of Hakomi.

CONTACT:

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HAKOMI WORKSHOP DETAILS

DATES & TIMES

Sat 2 March 2024: 9:30am — 5:30pm

INVESTMENT

Early Bird (paid by 12 February 2024): \$275

Full Fee (thereafter): \$349

Students: \$200

All fees include GST.

No cancellation refunds after 23 February 2024

Your registration will fund the planting of a tree by [ReForest Now](#)

PDP: 6 hrs

VENUE

Lavalla Centre - Room 4, top floor

58 Fernberg Road, Paddington, QLD 4064

ONLINE REGISTRATION:

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

ENQUIRIES TO PERNILLA SIEBENFREUND:

For enquiries contact Pernilla Siebenfreund:

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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