



**HAKOMI**

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



### ALADDIN JONES

Certified Hakomi Therapist and Trainer, M.ed CHT ACA reg. AABAT reg. • Clinical Supervision • Ecotherapy • Couple & Family Therapy

Aladdin is a certified Hakomi (Mindful Somatic) Therapist & Teacher. He has a private practice in psychotherapy, counselling and clinical supervision in Melbourne and Warburton. He teaches on the Hakomi Psychotherapy professional training in Australia (Perth, Melbourne) & New Zealand. Over the past 20 years he has worked as a psychotherapist, family therapist, group facilitator, birth educator for dads, and in community prevention of family violence. Aladdin has a 20 + year interest and practice in Zen and mindfulness, and was recently invited to be a Sensei (apprentice teacher in Zen) is a musician of world music, has a love of gardening and time in wild places and is a father to two young adults with long term partner, Tess.

For more info and contact See: [aladdinjones.com](http://aladdinjones.com) or email directly at: [aladdin@hakomi.com.au](mailto:aladdin@hakomi.com.au)

## Alive to the Body's Intelligence:

Hakomi: Mindful Somatic Psychotherapy  
– An Experiential Introduction

**MELBOURNE, FRIDAY 28 MARCH 2025**

**A ONE-DAY WORKSHOP WITH ALADDIN JONES**

Mindfulness, Loving Presence and working with Somatic information are core features of Hakomi Mindful Somatic Psychotherapy. Hakomi has been at the forefront of therapies effectively integrating mindfulness and somatics in a systemic, relational way for over 40 years. During this one day workshop these interweaving themes are experientially explored.

- Turning towards the Body – working with the body's intelligence
- Adopting an experiential approach
- Listening beneath story: what's in the field of experience?
- Embedding mindfulness in your work
- Tracking and Contacting in the present moment
- Creating the conditions for an experimental & curious attitude
- Integrating emergent insights
- Balancing Being and Doing
- Co-regulating through Somatic Resourcing

### *Professional Development Points. 6.5*

Who is this for?

This workshop is for anyone in the helping and healing professions or interest including psychotherapists, counsellors, psychologists, social workers, OT's, teachers, care workers, medical staff, art therapists, group-work facilitators, body-workers, as well as being invaluable for organisational development consultants and facilitators, teachers and frontline staff. You are welcome, whether you are experienced or new to the practice of Hakomi Mindful Somatic Psychotherapy approach.

Benefits.

- This workshop provides an introduction to a Hakomi way of working – including mindfulness and somatic integration
- This workshop provides advanced skill building in therapeutic contexts as well as communication and relationship dynamics

**CONTACT:**

**ALADDIN JONES**

**EMAIL:**

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[hakomi.com.au](http://hakomi.com.au)

## HAKOMI WORKSHOP DETAILS

### **DATES & TIMES**

Fri 28 March 2025: 10.00am - 6.00pm

### **INVESTMENT**

Early Bird (paid by 10 March 2025): \$250

Standard (paid after 10 March 2025): \$325

Student / Scholarship: \$150

### **VENUE**

The Living Centre

16 Trinity Place, East Melbourne

### **BOOKING & REGISTRATION:**

For online booking and registration please click [here](#).

### **BANK DETAILS:**

Via registration link.

### **ENQUIRIES TO ALADDIN JONES:**

[wellbeingtrainings@gmail.com](mailto:wellbeingtrainings@gmail.com)

## 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](mailto:karen@hakomi.com.au)  
**MELBOURNE** Aladdin Jones: [wellbeingtrainings@gmail.com](mailto:wellbeingtrainings@gmail.com) • **PERTH** Jules Morgaine: [jmorgaine@xtra.co.nz](mailto:jmorgaine@xtra.co.nz)

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