



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



JULES MORGAINE

PBANZ, APANZ, CHT,
MHP

Jules Morgaine 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 Melbourne.

Jules is passionate about teaching and mentoring students and graduates in Hakomi practice.

Experiencing Hakomi:

A Fishbowl and Experiential Workshop

PERTH, THURS 23 - SAT 25 JULY 2026

A THREE-DAY WORKSHOP WITH JULES MORGAINE

A “Fishbowl” workshop is a particularly effective way to experience a method of psychotherapy. Through seeing the ‘work in action’ not only does it offer an opportunity to watch a skilled practitioner work and be inspired by this, it also gives an immediate felt sense of how a method brings about therapeutic change. In combining teaching, observation, discussion and experiential learning exercises, a deep understanding is integrated for the participant.

Four participants will have the opportunity to experience the work from the perspective of the client with an experienced Hakomi therapist and trainer. All participants will have opportunity to both facilitate and experience the work in dyadic exercises.

This workshop has much to offer if:

- you are curious about Hakomi as a method of depth psychotherapy and would like to experience this work both from the perspective of seeing how it is used in live sessions and to practice some of the skills/techniques of this method through participatory exercises.
- you have experienced Hakomi either through a workshop or as a client and would like to learn more about this method.
- you are considering training in this method and want to feel certain about whether it is ‘right’ for you. (NB. this workshop meets pre-requisite requirement for undertaking Hakomi Comprehensive Skills training)
- you have trained in this method and want to deepen your understanding of the work through observing live sessions and taking part in discussion of these while also having opportunity to practice the core skills.
- you work as a health professional and would like to be inspired by observing live sessions and learn some more skills that you can integrate into your work

CONTACT:

Miranda Miller

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hakomi.com.au

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Thurs 23 July 2026: 10:00am - 6:00pm

Fri 24 July 2026: 10:00am - 6:00pm

Sat 25 July 2026: 10:00am - 4:00pm

INVESTMENT

Super Early Bird (paid by 4 June 2026): \$750

Early Bird (paid by 25 June 2026): \$800

Full Fee (thereafter): \$850

VENUE

St. Catherine's House of Hospitality

113 Tyler St, Tuart Hill WA 6060

REGISTRATION:

To register, click [HERE](#).

ENQUIRIES:

For enquiries, please contact Miranda Miller:

miranda.miller159@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
MELBOURNE Aladdin Jones: wellbeingtrainings@gmail.com • PERTH Jules Morgaine: jmorgaine@xtra.co.nz

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