



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



JUDY ROBINSON

Clinical Psychologist
and Psychotherapist

Judy Robinson is a Clinical Psychologist with over 20 years of local (Gold Coast/Northern Rivers), national, and international experience providing counselling, psychotherapy, and supervision in private practice. She is a Certified Hakomi Teacher with the Hakomi Institute Pacifica Team, teaching in Brisbane and Sydney.

Judy has a particular interest in how a whole-of-person approach supports both practitioner and client by weaving and integrating their natural resourcefulness. A mindfulness meditation practitioner and facilitator for 16 years, Judy and her family live on Bundjalung Country.

A Place to Anchor: Cultivating Connected Presence

KINGSCLIFF, SATURDAY 1 AUGUST 2026

A ONE-DAY WORKSHOP WITH JUDY ROBINSON

Presence becomes anchored through regulated contact with life — in the body, within ourselves, and between us. When we are resourced in this way, both our work and our lives can flourish.

In a world of speed and constant demand, it is easy to drift from ourselves. This day offers a space to pause, reconnect, and explore what becomes possible when awareness, connection, and a regulated nervous system come together.

When we listen inwardly with curiosity and kindness, we feel more at home in ourselves — and we become a presence in which others can safely explore their own experience.

This one-day workshop introduces the foundations of heart-centred presence through mutual mindfulness, and offers a gentle introduction to Hakomi.

What You'll Gain

- Understanding how presence supports safety, connection, and insight
- Introduction to Hakomi principles
- Experiential learning through mindfulness and relational exercises
- Skills to deepen listening, awareness, and authentic connection

Who Should Attend

- Therapists, counsellors, and helping professionals
- Coaches, educators, and group facilitators
- People with experience in mindfulness and personal development

What to Expect

- Guided mindfulness practices
- Simple partner exercises (mutual mindfulness)
- Brief demonstrations and reflection
- Gently paced, experiential learning environment

A Note

This is an experiential learning workshop, not a therapy group. Participants are asked to take responsibility for their own wellbeing.

CONTACT:

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hakomi.com.au

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Sat 1 August 2026: 10:00am - 5:00pm

INVESTMENT

Early Bird (paid by 30 May 2026): \$300

Full Fee (thereafter): \$379

Students and Concession: \$250

Scholarships available

All fees include GST.

No refunds after 20 July 2026

PDP: 6 hrs

VENUE

Kingscliff Community Hall

Kingscliff, NSW

REGISTRATION:

To register, click [here](#).

ENQUIRIES:

For enquiries contact Judy Robinson:

jrobinsonpsychology@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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