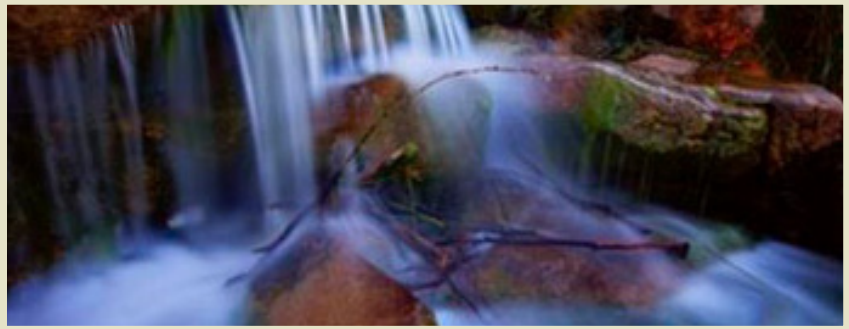




HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



ALADDIN JONES

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

Aladdin is a certified Hakomi (Mindful Somatic) Therapist & Hakomi Senior Teacher. He has a private practice in psychotherapy, ecotherapy, couples therapy and clinical supervision in Melbourne & Yarra Valley. He teaches on the Hakomi Psychotherapy professional training in Melbourne and Perth. Over the past 20 years he has worked as a psychotherapist, family therapist, group facilitator, antenatal educator, and in community prevention of family violence. Aladdin has a 25 year interest and practice in Zen and mindfulness, and was appointed as a Zen Sensei. He 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 his long term partner, Tess.

For more info and contact See:
aladdinjones.com or email
directly at:
aladdinjones@gmail.com

Finding Flow and Stillness:

At the edges of practice with Hakomi Mindful Somatic Psychotherapy

ADELAIDE, SATURDAY 19 - SUNDAY 20 SEPTEMBER 2026

A TWO-DAY WORKSHOP WITH ALADDIN JONES

This 2-day workshop focuses on how to create the conditions for more flow in therapeutic practice while also being able to locate stillness and equanimity. The following aspects are experientially explored.

- Keeping Mindful Awareness at the Centre of your practice: whether with strong emotions or quieter moments
- Adopting an Experiential and Collaborative approach
- Re-learning to Trust in Somatic Awareness and Information (yours/clients)
- Increasing capacity for Tracking: Somatic, Story and in What's in the Field
- Finding your Edges (personally and professionally) and working with those
- Increasing your Confidence in balancing Following and Leading
- Practice of being with Not-knowing and keeping your Equanimity
- Movement and Somatic Resourcing
- Working from the Hakomi principles: Unity, Organicity, Holism, Mindfulness, Non-violence

Professional Development Points. 12

Who is this for?

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

Benefits

- This workshop provides both an introduction to a Hakomi way of working – including mindfulness and somatic integration, and for those who have experienced Hakomi previously
- This workshop provides advanced skill building in therapeutic contexts as well as communication and relationship dynamics
- The learning style has a weighting towards the experiential with opportunity to practice and integrate skills throughout the workshop.
- One Demo session will allow for a fishbowl experience to see Hakomi in action

CONTACT:

TESSA PRIEST

EMAIL:

wellbeingtrainings@gmail.com

hakomi.com.au

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Saturday 19 Sep 2026: 9.30am - 4.00pm

Sunday 20 Sep 2026: 9.30am - 4.00pm

INVESTMENT

Early Bird (paid by 24 August 2026): \$425

Standard: \$495

Student / Low Income: \$275 (limited space)

VENUE

The beautiful Sophia Centre: 225 Cross Road,
Cumberland Park, SA 5041 - [see more](#)

BOOKING & REGISTRATION:

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

BANK DETAILS:

Via registration.

ENQUIRIES TO TESSA PRIEST:

Email: 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: sydney_training_info@hakomi.com.au
MELBOURNE Aladdin Jones: wellbeingtrainings@gmail.com • PERTH Jules Morgaine: jmorgaine@xtra.co.nz

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