



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



Miranda Miller

OCCUPATIONAL THERAPIST
CERTIFIED HAKOMI
THERAPIST & TEACHER

Miranda Miller has worked as a Mental Health Occupational Therapist (OT) in public and private mental health settings for over 25 years and as a Hakomi Practitioner and Teacher for the last ten years. Miranda works from a shared belief of OT and Hakomi that each individual is a mind, body, spirit with the innate capacity to heal, grow and flourish. Miranda is passionate about re-igniting a belief in our unique inner wisdom and our ability to return to a place of kindness and compassion towards ourselves.

She lives in Denmark-rural Western Australia where she offers Hakomi psychotherapy to individuals and couples as well as clinical supervision.

A Taste Of Hakomi:

Mindful Somatic Psychotherapy

DENMARK, WA: THURS 22 - FRI 23 OCTOBER, 2026

A ONE-AND-A-HALF-DAY WORKSHOP WITH MIRANDA MILLER

Hakomi as a method of psychotherapy is based in Mindfulness – the capacity to bring active, curious attention to our experience in the present moment. Mindfulness allows us to connect through our somatic/felt sense to memories of early experiences which have shaped our view of the world and what we can/ do expect. It is in a deep understanding of the beliefs formed and decisions made in response to our early life that real change without constant effort is able to occur.

This one and a half day workshop will introduce:

- The Principles of Hakomi - Mindfulness, Organicity, Unity, Holism and Non-Violence
- The use of mindfulness for self-study
- Ways to use somatic/body experience to understand patterns more deeply in relationships and life
- Ways to re-connect to our own truth and potential for wholeness
- Demonstration of Hakomi will be included

This workshop is experiential in nature and is suited to both those who are curious and simply wish to experience the Hakomi method alongside those who work in a variety of clinical and therapeutic roles. It meets pre-requisite for Hakomi Comprehensive Skills Training beginning in November 2026.

CONTACT:

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HAKOMI WORKSHOP DETAILS

DATES & TIMES

Day 1 Thurs 22 October 2026: 12.00pm – 5.00pm

Day 2 Fri 23 October 2026: 10.00am – 5.00pm

INVESTMENT

Early bird Fee: \$395 (by 9 October 2026)

Full Fee: \$450 thereafter

VENUE

Lyra House

77 Inlet Drive

Denmark WA 6333

REGISTRATION:

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

ENQUIRIES:

For enquiries, contact Miranda Miller [here](#).

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 Jules Morgaine: jmorgaine@xtra.co.nz

hakomi.com.au