

HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY

HAKOMI WORKSHOP

Expanded States of Awareness & Hakomi:

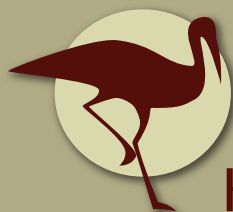
Cultivating Innate Somatic Intelligence



PRESENTER: Manuela Mischke-Reeds, MA, MFT
VENUE: Balam Balam Place, Naarm/Melbourne
DATES: Fri 27 - Sun 29 November 2026

CONTACT: Tessa Priest
EMAIL: wellbeingtrainings@gmail.com

hakomi.com.au



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MINDFUL SOMATIC PSYCHOTHERAPY

WORKSHOP INFO

An Advanced Trauma Workshop for Mental Health Professionals

How do we help clients move beyond symptom management toward deeper embodied integration? How do we strengthen our own therapeutic presence while working with trauma, attachment wounds, and expanded states of awareness?

This advanced three-day clinical workshop invites experienced mental health professionals into an immersive exploration of an integrative, body-oriented approach that brings together the Hakomi Method, Continuum, embodied mindfulness, contemporary trauma science, and work with expanded states of awareness.

Participants will learn practical Hakomi-informed somatic interventions for developmental trauma, attachment adaptations, dissociation, and expanded states. Through mindfulness, present-moment tracking, somatic inquiry, movement, nervous system regulation, and experiential practice, clinicians will build greater confidence in facilitating embodied integration while maintaining ethical, trauma-sensitive practice.

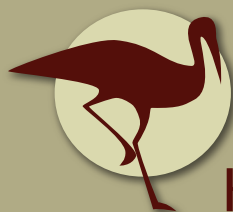
A central foundation of this training is the Therapist's Seat — the clinician's own regulated, embodied presence as the primary instrument through which healing unfolds. Before any intervention can be effective, the therapist's nervous system must be organised enough to remain present, flexible, and responsive within the intensity of trauma work and expanded states. This workshop is designed to cultivate that capacity directly.

From this embodied foundation, participants learn precise somatic interventions that support nervous system regulation, deepen interoceptive awareness, work skilfully with protective adaptations, and facilitate integration of traumatic experience — practiced within a relational, mindfulness-based framework emphasising moment-to-moment tracking over protocol-driven technique.

The workshop also develops the therapist's ability to recognize and trust the client's innate somatic intelligence — the self-organising processes that move toward regulation and integration when the right conditions are present — and to recognise one's own protective adaptations as they arise in the therapeutic relationship.

We'll explore how trauma organises perception, movement, identity, and relationship around protective adaptation, and how mindful somatic work can restore flexibility, resilience, and embodied connection — situated within a systemic understanding of how family, cultural, and institutional contexts shape those adaptations. Participants experience this work from the inside out through teaching, live demonstrations, supervised practice, and extended Continuum movement sessions..

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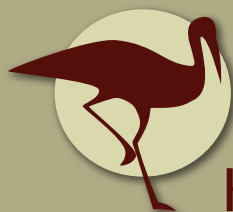
Clinical skills you will develop

- Occupying the Therapist's Seat under clinical intensity
- The Backbody Practice for tracking client process without losing your own ground
- Reading the body's implicit organisation — micromovement, breath, gesture, neurogenic patterns
- Mindful somatic inquiry to access implicit memory and embodied meaning
- Grounding, orienting, titration, pendulation, breath, movement, and contact for regulation
- Working with the Somatic Centers of Awareness (head, heart, gut)
- Becoming a Regulated Witness with dissociation and expanded states
- Working somatically with expanded states — assessing readiness, tracking process, facilitating integration within clear ethical and scope-of-practice boundaries
- Reading protective adaptations through a systemic lens
- Recognising Embodied Vicarious Growth as a source of professional resilience

Why this focus matters

Growing evidence supports what body-oriented clinicians have long observed: meaningful trauma recovery requires engaging the body alongside the mind. As psychedelic-assisted therapy expands in clinical practice, therapists' capacity for embodied regulation becomes essential — complex presentations carry real risk during expanded states, which may reactivate dissociated material. This workshop pairs skill-building with clear discussion of ethics, scope of competence, and appropriate referral.

"We respectfully acknowledge the Traditional Owners of Naarm, the Wurundjeri Woi Wurrung and Bunurong peoples of the Kulin Nation, and pay deep respect to Elders past, present, and emerging."



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Manuela Mischke-Reeds



Manuela Mischke-Reeds, MA, MFT, is a somatic trauma psychotherapist, author, international teacher of somatic psychology, and senior Hakomi trainer. She is the founder of Embodwise, an international learning community offering professional training in trauma therapy, somatic psychology, and the Hakomi Method, and a co-founder of the Hakomi Institute of California.

She is the developer of the Innate Somatic Intelligence Trauma Therapy Approach (ISITTA), an integrative somatic psychotherapy framework that supports trauma recovery through nervous system regulation, embodied awareness, movement-based integration, and relational therapeutic processes.

With over 25 years of clinical experience, Manuela has taught professional training programs internationally across North America, Europe, Asia, and Australia. In the field of psychedelic therapy, she offers specialized somatic approaches, including somatic therapy techniques, movement-based integration, and ethical touch practices, to support psychedelic-assisted psychotherapy with a trauma-informed and relational lens.

She is the author of several books, including Embodied Psychedelic Therapy (W. W. Norton), Somatic Psychotherapy Toolbox (PESI), Trauma-Sensitive Movement (PESI), and 8 Keys to Practicing Mindfulness (W. W. Norton).

Workshop Date and Times

Friday 27 November 2026: 10:00am - 6:00pm
Saturday 28 November 2026: 10:00am - 6:00pm
Sunday 29 November 2026: 10:00am - 4:30pm

Venue

Balam Balam Place -Room 401
15 Phoenix St (formerly 33 Saxon St)
Brunswick, VIC 3056

Room 401
4th Floor - Access by lift, wheelchair accessible

Catering

Morning and afternoon tea provided – Gluten free and vegan options as requested

Lunches

Bring your own
Eateries and shops close by on Sydney Road, Brunswick
In venue café
All facilities for basic kitchen provided in workshop room

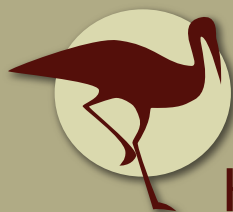
Check Out More Details

info@balambalamplace.com.au

Merri-bek council facility proudly managed by 'These are the projects we do together'

Daily Schedule

Arrive 9:45am for a 10:00am start
Lunch break: 1 hour
Morning and afternoon tea: 30 minutes each
Finish 6:00pm daily, except 4:30pm on the final day (Sunday)



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Investment

Early bird: \$1,230 (\$1,118.18 plus GST) by 30 Sep 2026

Standard: \$1,440 (\$1,309.09 plus GST) by 30 Oct 2026

Full Professional: \$1,550 (\$1,409.09 plus GST) by 30 Oct 2026 - pay-it-forward incl.

Indigenous Scholarships:

Two full fee-waiver scholarships are available for Aboriginal and Torres Strait Islander participants wishing to attend this Hakomi workshop. These two scholarships cover the full cost of registration. To apply, please contact organiser Tessa Priest by email at:

wellbeingtrainings@gmail.com

Cancellation Policy

Before 30 September:

\$90 cancellation admin fee, remainder refunded

Before 30 October:

\$390 cancellation admin fee, remainder refunded

Within 7 days of, or during, the training:

No refund

PD hours

Hakomi Professional Development Program:

3 days – total 17 hours

Registration Form

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

Enquiries

Tessa Priest

Email: wellbeingtrainings@gmail.com