



HAKOMI
MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



Jaci Hull
CHT, LMFT

Jaci Hull is a Senior Faculty member for the Hakomi Institute, has been Lead Trainer in the Calgary, Alberta Canada Hakomi Training since 1996 and Co-leads the Brazil Matrix-Hakomi Trainings. She is also a guest trainer in several other Hakomi Trainings throughout the US. Jaci was trained by Ron Kurtz, the founder of the Hakomi Method, and spent many years absorbing his teachings and his spirit of the work.

She is a licensed Marriage and Family Therapist and has trained extensively in a combination of traditional and contemporary approaches.

In private practice in Boulder, Colorado for over 35 years, she works with individuals, couples and occasionally with families.

Creative Taking Over:

Advanced Techniques for Somatic Therapy

SYDNEY, FRI 2 – SUN 4 APRIL, 2027

A THREE-DAY WORKSHOP WITH JACI HULL

Many people experience tension, stuckness or resistance that persists despite attempts through either bodywork or therapy. This workshop will explore in depth the Hakomi technique known as Taking Over, a powerful tool to help process through stuck places to more meaning and movement. Because emotional content resides in our physiology, we can work with body tensions, impulses and movements, and use touch, in the form of support or resistance, to help the unwinding and resolution of emotional and physical stuckness. In Hakomi, Taking Over is used in individual processing between therapist and client to access the deeper emotional content underlying tension and stuckness. It can also be very powerful to use the group to co-create safety and support, enabling even deeper processing at habitual barriers.

This 3-day workshop incorporates mindfulness, lectures, demonstration sessions and experiential practice. We will explore both 1-1 Taking Over techniques and Small Group Supported Full Body Taking Over Exercises, created by Hakomi Founder Ron Kurtz. These include Assisted Struggling, Assisted Collapsing, Assisted Industriousness, Assisted Stretching, and Assisted Leaping.

This workshop is designed primarily for Hakomi Graduates and current students. Other health professionals with a background in Somatic Therapy including the use of touch are also welcome. It will support a deepening of your understanding and experience of the Hakomi skills of Taking Over.

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hakomi.com.au

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Fri 2 April and **Sat 3 April:** 9:30am – 5:30pm

Sun 4 April: 9:30am – 4:00pm

INVESTMENT

Super Early Bird - \$990 (\$900 + GST),

paid by 1 Dec 2026

Early Bird - \$1100 (\$1000 + GST), paid by 15 Jan 2027

Standard - \$1210 (\$1100 + GST)

Individualised payment plans available on request.

No cancellations or refunds after 12th March 2027.

The workshop will provide 17 hours for Continuing Professional Development programs.

VENUE

Crows Nest Centre, 2 Ernest Place, Crows Nest

Morning and afternoon tea provided

REGISTRATION:

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

ENQUIRIES:

For enquiries, contact Karen Baikie:

Email: sydney_training_info@hakomi.com.au

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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
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