



H.E.A.R.T.

Hakomi Embodied and Aware Relationships Training:

A mindfulness-centred approach to interpersonal intelligence and seeing from the heart

An Interpersonal Training with Halko Weiss and Karen Baikie
Sydney, Australia, 2023-2024.

*For even as love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning.
Even as he ascends to your height and caresses your tenderest branches that quiver in the sun,
so shall he descend to your roots and shake them in their clinging to the earth.
- Kahlil Gibran, 'The Prophet'.*



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Hakomi Embodied and Aware Relationships Training:

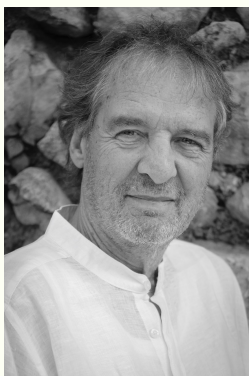
A mindfulness-centred approach to interpersonal intelligence and seeing from the heart

There is no place in the world where we are challenged as much to step out of our personal limitations and to grow than in relationships that are deeply meaningful to us. This is where we laugh, suffer, make war and reconcile, and it is also where we can find the highest forms of surrender, transcendence of character, and the most profound happiness. Yet, despite our longing for deeper connection and healing within our relationships, many people find themselves stuck in familiar patterns and lost as to how to overcome these difficulties. This can happen not only in our romantic relationships, but also in other important relationships, such as with friends, parents, children, co-workers, and neighbours.

The H.E.A.R.T. model provides a blueprint for navigating the challenges and opportunities that relationships of all kinds offer us, in ways that can open the door to deeper understanding of both self and other, and ultimately deeper connection. Even as an individual, we can make a significant contribution to having good relationships with the people around us. The training provides a safe, supportive environment in which participants can attend to the important questions about human relationships that many individuals and therapists have asked themselves over and over again.

The H.E.A.R.T. model is a mindfulness-centred approach to cultivating conscious relationships. It focuses on the human relationship in a way that allows both people to participate in the expansion of consciousness and in the healing that this can promote. H.E.A.R.T. is an integrative, unique, non-eclectic approach that fits well with postmodern thinking. It allows freedom to conceive and live one's own values and rules and emphasises personal responsibility and consciousness. The H.E.A.R.T. model arises from and is consistent with principles and methods of Hakomi Mindful Somatic Psychotherapy. Halko Weiss developed the training to fill the gap between the Hakomi model that focused on the client's internal process (the intrapersonal) and the complexity that arises when considering the processes between two people (the interpersonal), whether that be client and therapist or simply any two individuals. Therapists also learn how to help their clients (individuals and couples) with their relationships, learning how to see the relationship clearly even with only one person's perspective.

The Presenters



Halko Weiss, Ph.D.

Halko is a licensed Clinical Psychologist, lecturer on mindfulness, couples' therapy and body-centered psychotherapy for several hospitals and universities, and for a licensing training by the ZIST Academy for Professional Psychotherapy. Halko is a co-founder of the Hakomi Institute in Boulder, Colorado, as well as the Hakomi Institutes of Europe, Australia and New Zealand, and has been instrumental in developing the Hakomi Method and its curricula used worldwide. Halko has authored 20 scientific publications and ten books, including co-editing *Hakomi Mindfulness-Centred Somatic Psychotherapy*. He has led hundreds of workshops and training courses in Europe, USA, Canada, NZ and Australia. Halko helped establish a company offering in-depth coaching training programs that became the market leader in Emotional Intelligence trainings for executives in Germany. He also developed two comprehensive programs on couples' therapy and interpersonal skills taught in Australia, Germany and Spain.



Karen Baikie, Ph.D.

Dr Karen Baikie is a Clinical Psychologist, Certified Hakomi Therapist and Somatic Experiencing Practitioner with over 22 years experience working with individuals and couples, and providing supervision. She is Director/Founder of *Grow Mindfully: Centre for Psychology, Psychotherapy and Health*, a group private practice of therapists working with mindful, somatic, compassion-based and trauma-informed therapeutic approaches in Crows Nest. Karen is a Certified Hakomi Trainer with the Hakomi Institute Pacifica Team, leads the Hakomi Professional Training in Sydney and is Hakomi Organiser for Sydney. She holds a PhD in psychology on the use of expressive writing as a therapeutic tool for survivors of trauma. Karen is passionate about assisting individuals and therapists in using mindfulness to support healing and deepen awareness and connection with themselves and others.

Hakomi Mindful Somatic Psychotherapy

The H.E.A.R.T. approach is based on the spirit and methodology of Hakomi Mindful Somatic Psychotherapy, a gentle, respectful method that allows access to fundamental "core material", opening the possibility for awareness and transformation. Composed of memories, images, beliefs, neural patterns, and deeply held emotional dispositions, this core material creates and maintains our images of self and of our culturally acquired world. It shapes the styles, emotions, 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 invite experiences that support growth and transformation.

In Hakomi therapy, we first work to build a mindfulness-based relationship which maximises safety and the "cooperation of the unconscious". Within that relationship, we help the client focus on and study how he or she organises their experience in ways that normally happen outside awareness. 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.

Course Content

The training incorporates a blend of theory, interpersonal skills training, mindfulness-based experiential learning, discussion, reflection, group process and optional study groups. There will be a balance between didactic teaching, exercises in small and larger groups, group sharing, and individual reflection. In practical terms, participants may choose to use their relationships at home (romantic, personal or professional) or within the training group to explore their own personal relationship styles and to practice the skills taught in the training.

1 THE LARGE PICTURE: A GENERAL MODEL OF RELATIONSHIP

During the course of the training, we will study and explore methods and techniques that emanate from a model of healing in which relationship has a key role. Participants will acquire a comprehensive framework of knowledge, self-management and skills for developing more conscious and aware relationships.

THE FOUR FOUNDATIONS

The four foundations – Complexity, Communication, Truth, and Emergence – form the theoretical and philosophical background to our whole approach.

BATESON AND THE "PIZZA THEORY"

Gregory Bateson, Arthur Koestler, Ken Wilber and others have created a scientific paradigm that Hakomi calls 'Parts into Wholes'. It reflects how natural systems self-organise and applies to the whole of a relationship.

COMPLEX ADAPTIVE SYSTEMS (CAS)

CAS is an evolving scientific theory that explains basic aspects of living systems. We will consider the theory as a way of understanding the principles of relating.

CONTAINERS FOR ALL THINGS WHOLE

What are personal boundaries? How do they help? How can we relate to them?

HEALING AS HEALING OF RELATIONSHIP

All healing can be looked at as rearranging relationships between parts. Problems can change their meaning and impact by shifting the perspective.

CONTACT - OPENING A CHANNEL FOR MESSAGES

One of the basic Hakomi concepts and techniques is 'contact'. For healing of relationships, hidden parts need to be contacted and included into a comprehensive internal exchange.

THE INEVITABILITY OF THAT WHICH IS

When people are unhappy, they tend to want to change what IS. Such an approach does not work well. The first step is to find ways to deal with reality differently.

'RIGHT' & 'WRONG'

Difficult relationships are usually marred by a fight about who is right and who is wrong. This does not work well either. We will explore alternatives.

TO HEAL IS TO BECOME WHOLE

The General Model of Relationship suggests a course of integration of parts. In H.E.A.R.T. we focus on how to manage that integration.

THE RULE OF CONSCIOUSNESS

In difficult relationships, people tend to look for rules. But rules narrow our freedom and tend to hide issues. H.E.A.R.T. suggests a course of action in which becoming conscious can replace rules.

2

WORLDS APART: THE ART OF DIALOGUE

Communication has a central role in all living systems. Without it, any self-organised entity would die. Therefore, it is of great value to understand what communication is designed to do and how to build it in healing ways.

THE MANY WORLDS

In relationships, partners usually try to be in the 'same world' and they work hard for it. As a basic reality, we have to understand and deal with the fact that we are in different worlds. The resulting perspective of differentiation is a hallmark of modern relational therapy.

THE ROLE OF INFORMATION

To be in relationship, we have to know about ourselves and one another. Many important aspects of the dance between "me" and the other often unfold in unseen and unknown ways. To exchange such information in constructive ways needs a skill base.

THE INTERNAL OBSERVER

A core Hakomi concept is 'mindfulness', which is based on the assumption that we all have a potential internal observer that needs to be developed. We will see that mindfulness is a key to relationship.

THE DENIED SELF

Many parts of ourselves seem unacceptable and dangerous for the relationship, or feel embarrassing. Attempts to meet these parts of ourselves bring us up against what we call "the first barrier" to relationship.

BECOMING VISIBLE AND THE ACT OF EFFECTING

When denied or exiled parts become visible, it is often very scary. So, to protect ourselves, our communication is often directed at changing the other, rather than letting them in on some truth about ourselves. When we do try to change the other, he or she will tend to reject our efforts at communication. It is important to start noticing this as we do it and to explore alternatives.

DIALOGUE: SENDING AND RECEIVING

In difficult relationships, the process of relating is marred by the challenges of deep listening. A lot of our power to relate rests in our capacity to hear and open up to the reality of the other. This involves skills as well as a willingness to meet whatever is most difficult for us.

3

I WOULD REALLY LIKE TO, BUT...: SELF COMPETENCE AND THE INTERNAL PARTS

If good relationships fail to grow, it is because of our own limitations. Self-management, as well as courage and awareness, are needed to slowly expand towards relationship mastery. Here, we pay much attention to personal growth within the relational web of the training group, and we work with interpersonal issues that come up as we learn.

TRANCES

In our daily lives, we get captured, sometimes 'hijacked' by emotional states. In H.E.A.R.T. we call these states 'identified'. We need to learn to notice them, in order to handle them.

'SELF'-LEADERSHIP

This is a term coined by Richard Schwartz. It implies that we can develop states of 'Self' that can have a healing and integrating influence on internal parts.

THE WOUNDED AND THE STRATEGIC CHILD

Psychotherapeutic methods like Hakomi assume that we have learned basic strategies to deal with life in early childhood. Many also believe that there are 'parts' deep inside that hold the feelings, the body and unconscious beliefs from these times, and that these still determine basic qualities of our lives. Hakomi is based on the idea that these need to be contacted and accessed in order for them to keep learning and changing.

THE ECOLOGY OF SUBPERSONALITIES

We look at our internal world as if it were composed of different 'parts' that form a systemic whole. Through work with mindfulness, relationship and communication, their intelligent 'ecology' will continue to be understood and improved.

THE DEFENDER AND THE DEFENDED

In H.E.A.R.T. we distinguish between those parts that we call Protectors, and those we call the Protected – the hidden or vulnerable parts. We help participants to become conscious of these parts, and we will explore ways to deal with them differently.

THE EVOLUTION OF THE INTERNAL OBSERVER

The more we learn to become mindful, the larger the supporting role of the internal observer becomes. The development of mindfulness can help transcend limiting emotions and personality traits, and open up towards transpersonal qualities of experience.

SELF COMPETENCE

As mindfulness and awareness grow, so do the capacities of what is sometimes called the "Self". The Self can learn to assure, heal and guide 'parts' or 'states'.

4

FROM INTRA TO INTER: ONE-ON-ONE THERAPY

There are times when the real relationship between therapist and client becomes part of the therapeutic process in one-on-one therapy. In long-term therapy, the relationship might even change - it can possibly become a bit more equal as the client might try to explore the reality of the therapeutic relationship. Therapists need to know if, when and why to shift to a more intersubjective approach, and how to do that.

THERAPIST AS CONTEXT AND THERAPIST AS OTHER

Hakomi Therapists work in a one-on-one therapy, where the therapist tries to create an optimal environment of growth for the client. The therapist is conceived of as a healing agent rather than as a real person. Things change considerably if the therapist moves out into the open, into an *inter*-personal relationship, to become a real other, with his/her own limitations.

5

THE TRAP OF ONE-SIDEDNESS HELPING YOUR CLIENT OR FRIEND WITH THEIR RELATIONSHIP

When someone is seeking help, questions often arise around their close or intimate relationships. It might not help at all if you only know your client's perspective and you meet them mostly with compassion. Just as advice hardly ever succeeds. Such interventions might even make things worse. As we go through this training, we will study reflective and explorative methods to do justice to the interactive sources of stuck relationships, such as the RIL (Reciprocal Interaction Loop).

6

LEVELS OF COMPLEXITY: THE GROUP PROCESS

As the training group progresses and has more experiences together, we may apply the H.E.A.R.T. concepts of communication and transformation to the group as a whole. We will explore group dynamics in a Hakomi way if problematic relationship issues in the group arise spontaneously and limit the learning environment. Our intent is to take the situation as an opportunity to learn from the emerging processes.

THE MEANING OF BELONGING

We look at 'belonging' as a basic anthropomorphic issue that puts us, from the beginning of our lives, into a situation where we are dependent on others, and respond to the danger of losing their supportive network.

IDENTIFICATION

We will learn to notice when group members get identified with a state (part) they are in, and how to help them explore it rather than acting it out.

SUBGROUPING

Coming out and showing the underneath is scary. We can support the process by inviting the group to show who has similar issues and parts as the person who is presenting a vulnerable issue or holds a role in the group.

7

SO CLOSE TO GOD AND YET IN HELL: LOVE RELATIONSHIPS AS A PATH FOR HEALING AND THE TRANSPERSONAL

Naturally, the deeply personal experience of encountering another is at the core of understanding relationship. Therefore, we expect that many participants will join this training so that they can also profit from it in their own personal life - and in love particularly. By the end of the training it will be apparent that this encounter is at the core of what it means to be human, and that through it we can deepen relationships beyond the limits of character, needs, and problem solving. There is the potential to discover how conscious loving relationships have a transpersonal dimension that can help us transcend who we are right now.

ROMANTIC LOVE

To understand and resolve our own, as well as our clients', love relationships, we need to examine and understand our intuitive, mythical and greatly unconscious models of perfect love.

SATISFACTION OF NEEDS

One expectation shared by almost everyone is that their relationship is supposed to satisfy many of their important needs. However, often enough we just cannot give it to each other. What can be done?

TWO WORLDS: THE ART OF DIALOGUE

We can help others to dialogue better and become more conscious of the effects of how we communicate.

Course Participants and Prerequisites

This program is an advanced interpersonal skills training. It is aimed at those who are experienced counsellors and psychotherapists, graduates or students of the three-year Hakomi Professional Training, and others with suitable training or qualifications in mindfulness-based approaches. It is particularly suited to individuals, couples or therapists who are deeply committed to exploring their own personal and professional relationships and are in search of satisfying, connected and authentic ways to relate to others.

Prerequisites for application to the training are:

- participation in the Hakomi three year professional training; or
- completion of at least one introductory H.E.A.R.T. workshop or other Hakomi workshop; or
- sufficient complimentary qualifications, training or experience, as assessed on application.

Venue

The in-person modules of the training will take place at The Crows Nest Centre, 2 Ernest Place, Crows Nest. Located in the heart of Sydney's Lower North Shore, it provides a spacious training room, with easy access to cafes, restaurants, shops and parks. It is well serviced by public transport and paid parking is available close by.

Training Timetable

The one-year training will consist of three in-person modules and two online weekends, as follows:

Module 1:	Sunday 5 th February – Saturday 11 th February 2023 7 days, 10am–5:30pm each day
Online 1:	Saturday 6 th May – Sun 7 th May 2023 2 days, Sat 10am–1pm, 3pm–6pm; Sun 10am–1pm, 2pm–4pm (Sydney time zone)
Module 2:	Friday 4 th August – Sunday 6 th August 2023 3 days, 10am–5:30pm each day
Online 2:	Saturday 18 th November – Sunday 19 th November 2023 2 days, Sat 10am–1pm, 4pm–7pm; Sun 10am–1pm, 2pm–4pm (Sydney time zone)
Module 3:	Sunday 11 th February – Saturday 17 th February 2024 7 days, 10am–5:30pm each day

Halko will be present for Module 1 and Module 3 in-person, and for the Sat afternoon component of Online 1 and Online 2. Karen will be present for all modules. The course will provide 115 course hours for Continuing Professional Development programs. A certificate of completion will be provided at the end of the entire training.

Participants will have the option to form study groups to enhance learning and practice the skills learned in between modules. Participation in study groups is encouraged but not mandated. Study groups will be arranged during the training at times and locations to suit participants. There are no homework assignments or formal assessments, this is an entirely experiential training.

Investment

The cost of the H.E.A.R.T. course includes 21 days of training, individual participant support, and all course materials. Healthy and nourishing morning and afternoon teas will be provided, with plenty of gluten-free options.

The following payment options are available:

Early Bird Payment (Full course payment by Sun 4 th December 2022)	\$7,700 (\$7,000 plus GST)
Early Bird Instalment Payments (Five instalments payable by 4 th December 2022, 4 th January, 4 th February, 4 th March, and 4 th April 2023)	\$7,975 (\$7,250 plus GST)
Standard Payment (Full course payment by Saturday 4 th February 2023)	\$8,360 (\$7,600 plus GST)
Standard Instalment Payments (Five instalments payable by 4 th February, 4 th April, 4 th June, 4 th August and 4 th October 2023)	\$8,635 (\$7,850 plus GST)

Individualised payment plans are available in consultation with Karen Baikie.

Application

You will be asked to complete a brief written application and registration form prior to acceptance in the training, available online at www.hakomi.com.au/h-e-a-r-t-relationship-training or by contacting the training organiser, Karen Baikie, at karen@hakomi.com.au. As places for the training are strictly limited, applications will be processed (subject to acceptance) on a first-come, first-served basis.

Testimonials

In H.E.A.R.T the focus was on relating, not just in our close intimate relationships, but in all relationships. The impact for me, and those around me, has been profound. I feel more connected to the people that I interact with, both professionally and personally. Relating can be hard work and it requires constant adjustment in a conscious mindful way, but the outcomes for me are rich and satisfying. There's so much to H.E.A.R.T. If you get the opportunity, go for it.

Christina Brock AM Clinical Psychologist, Hakomi Graduate

After H.E.A.R.T. I feel I have some real competence and confidence to face relationships, including the one with myself. I've experienced and witnessed others sitting with pain and conflict, and I am learning to be curious about those difficult places in myself and others. If you want to dive deep into experiencing the many facets of relationship, choose the H.E.A.R.T. training!

Terry Gaechter Psychotherapist and Educator, Hakomi Graduate

The 12 month process of HEART played a very important part in my marriage. Each module provided me with a better understanding and experience of myself in relationship and allowed me to face my relationship by looking at my own self perceptions from my past and allowing me to bring an awareness to what was my part in the relationship that was getting in the way of deeper understanding, acceptance and openness.

Benn Lim Business Development, Investment Markets

The meta learning that occurs over the course of three modules cannot be underestimated. The opportunity to explore myself and others in relationship and in mindfulness is an invaluable experience. Thank you Halko and Karen.

Roseanne McGrath Human Resources

The H.E.A.R.T. training is a rare and precious opportunity to study relationships. Halko creates a loving and compassionate space that allows us to feel safe and welcomes us to study all the uncomfortable edges of our worlds of relationships. I have learnt many things about myself and these insights have had a profound affect on all the relationships in my life. I feel much closer to family, friends, work colleagues, clients and even people in the street I don't know! Thank you Halko for bringing this unique training to Australia.

Dr Louise Carroll MBBS, FRACGP, Hakomi Graduate.

I found the H.E.A.R.T. course to be a profound and insightful experience – not only did I learn an enormous amount that I can apply in both my work and my personal journey - it was a privilege to work with Halko Weiss and Karen Baikie and the experienced support team.

Jenny Morawska CEO and President, The Morawska Group.

Halko Weiss's H.E.A.R.T. training is something very special, I am delighted I participated in the 2009/2010 class in Sydney. On many levels, it has expanded my perspective on the important things in my life and how I live & respond to them/it. I found that this course complimented my previous training in Somatic psychotherapy very well. H.E.A.R.T. origins are based in the Hakomi method however Halko encouraged & welcomed other perspectives & was inclusive of all the diversities within me & within the other participants - a very rich mixture! It has allowed me to understand greater aspects of my self, my life, my relationships on a personal & professional level, in very subtle & yet significant ways. Halko really has created a beautiful thing here! It is grounded in mindfulness & he has woven in, his practical, curious & accessible sensibilities into the approach, providing maps to help navigate & support what is happening in the moment. I found it was intimately transformational, robust, thoughtful, challenging, powerful, & often graceful. I believe that he has delivered a 'missing' working piece, in exploring how we are in relationship to ourselves, our clients, & in all our varying dynamics of relationship. I highly recommend this course... it has changed my life in ways that I never expected - Many thanks!

Deborah Pih Somatic Psychotherapist.

I feel a deep sense of gratitude for the simplicity and elegance of this model for relationship both personally and professionally. The richness of both the relationship intervention skills taught and the group experience will stay with me long into the future. While this training was focused around couple work I have integrated much of it into individual psychotherapy with much success and found it invaluable in my role as a group facilitator.

Jules Morgaine Certified Hakomi Therapist and Trainer.

I am delighted to have this opportunity to endorse the H.E.A.R.T. training that I attended over 2006/7 and has impacted on my life in every area - there are no parts of life that don't involve relationship of some sort, and even in solitude I have a relationship with myself. Understanding the different parts of myself and bringing that understanding into my relationships is transformative, as well as understanding what parts of the other person get activated by our interaction. The key for me, has been learning to move away from the 'right/wrong trance'. I recommend this training unreservedly.

Sandy Ross Dip Soc Wk, MNZAC.

Having done the Hakomi Experiential Training and the Sensorimotor Psychotherapy (trauma) training, I found the H.E.A.R.T. training the most challenging and revealing experience of all. It was about allowing myself to be truly seen and, as uncomfortable as it was, it allowed people to truly know me and finally get close to me, which is what we are all striving for in our relationships.

Raelene Bartram Registered Psychologist, Certified Hakomi Therapist.

I am absolutely delighted to have done this training. I feel honoured to have had this experience of 'studying' relationship with these amazing and courageous people each providing me with numerous opportunities to enrich my learning experience every time we get together. And I am so grateful to be learning more and more deeply about what gets in the way of my being fully available in relationship, at the same time growing a deeper ever more empathic understanding of how it is for another. As one of two couples on this training, although not always easy or comfortable, I continue to benefit immensely from having done this work with my husband. We did the Hakomi Training together, so we're kind of getting used to working on our 'stuff' which has enriched our relationship enormously as well as growing and enhancing our skills as therapists. Halko has been inspiring as a trainer and facilitator. His years of experience combined with his ability to 'model' just being himself is so refreshing. With this training Halko has brought us an amazing opportunity to explore and keep exploring, deepen and keep deepening our ways of being in relationship with ourselves, our significant others, our families and so on all represented by and explored through the group.

Margaret Bassal Somatic Psychotherapist, Certified Hakomi Therapist.

The H.E.A.R.T. training has given me some very practical skills in how to relate to myself and others. This very interesting and fascinating way of relating has expanded my capacity for compassion towards myself and others. It has given me an extraordinary relationship with my partner, it has given me many exciting moments of being in the flow within a working team, but mostly, it has become a spiritual practice which keeps taking me into the unknown, yet undiscovered parts of consciousness, supporting me in discovering who I am.

Pernilla Siebenfreund Psychotherapist, Certified Hakomi Therapist.

I had already been counselling for 20 years when I did Halko's H.E.A.R.T. training. I wish I had done it long ago. It is the most effective and transformative way of working I have encountered. Defensive patterns of behaviour in relationship are easily identified and provide the opening to work beneath the surface where transformation can take place. Real growth for the individuals and the relationship occur quickly. In addition, Halko's method of self-dialogue in mindfulness has become a useful regular practice for me. It enhances self-knowledge, peace of mind and compassion.

Jane Murray Psychotherapist, Hakomi Graduate.

The H.E.A.R.T. 'coming in to relationship' training is a transformative experience both at the professional level, giving me simple and effective tools to use for the infinitely complex issues of singles and couples counselling, and at the personal level, where I was supported in exploring my own intrapsychic process. Everything has changed, or should I say the lenses through which I view my world are forever altered. It seems like I have a wider, more positive experience of myself and others. This has made me a better human being and I am indebted to those who made this journey possible. I wholeheartedly and without reservation recommend this training experience to those who are looking for new inspiration and ways of being in relationship with yourself, others and indeed the rest of life.

Linda McClure Somatic Psychotherapist, Structural Bodyworker.



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Even as he ascends to your height and caresses your tenderest branches that quiver in the sun,
so shall he descend to your roots and shake them in their clinging to the earth.
- Kahlil Gibran, 'The Prophet'.*