



## **The NZ 2-Year Hakomi Professional Training, 2012-14**

### ***Mindfulness, the Body and Psychotherapy***

November 2-11, 2012 in **Hawkes Bay**  
& five 9-day modules between February 2013 and February 2014  
at **Mana Retreat Centre, Coromandel**

#### **Who is the Hakomi Professional Skills training for:**

Practicing therapists, social workers, counselors and other health care professionals find a new range of mindfulness-based somatic skills and strategies, which can increase both effectiveness and depth in working with clients. For physical therapists and bodywork practitioners, the Hakomi training provides the current neuroscience information and the psychotherapeutic skills to integrate a mindfulness and bodymind approach into their practice.

#### **The Hakomi Method**

Hakomi Experiential Psychotherapy is a mindfulness-based approach to self-understanding. Mindfulness is not simply part of the 'tool kit' in Hakomi, it forms the very foundation of the therapeutic encounter. Much more than a method or set of techniques, Hakomi is a way of looking at the world that is compassionate, mindful, curious, non-invasive, humorous and respectful.

Hakomi is **grounded in a set of living principles**: Mindfulness, Non-violence, Unity, Organicity and Mind-Body Holism. A primary goal of the training is for students to embody these principles as a deep and consistent part of who they are and how they work.



*The view from the sanctuary at Mana*

**The methods of Hakomi** are appropriate and effective in all kinds of therapeutic situations, such as relationships, family, movement and bodywork, but find their full potential in the process of growth, both personal and transpersonal.

There are **four goals** in teaching the Hakomi method: 1, a deep understanding of the Hakomi principles and the ability to work with them; 2, an understanding of the organization of personality and character and the ability to use this understanding with discrimination; 3, understanding the various maps of the therapeutic process and the ability to use these maps and Hakomi techniques precisely and appropriately; and 4, an understanding of one's own personality as an instrument for therapy.

**The Curriculum** includes: the Hakomi Principles - how to embody them; applying mindfulness in therapy; the body as map of the psyche; developing the healing relationship; the flow of the therapeutic process; the precise use of touch in therapy; working with different states of consciousness; the importance of the attitude of loving presence in therapy.

*'There's no question that the Hakomi training is the best psychotherapy training I've ever done. The Hakomi trainers, without exception, embody and constantly demonstrate the Hakomi principle of loving presence towards all the students they train which powerfully facilitates the students' learning of the method.'* - J.K. Psychotherapist.

**The NZ Hakomi faculty** is comprised of lead trainer Jules Morgaine, trainers Suhari Mommsen-Bohm and John Perrin, teacher Sarah Tait-Jamieson and a group of experienced tutors.

**For an overview of the professional training and workshops** visit: [www.hakomi.co.nz](http://www.hakomi.co.nz) and contact the training organizer, Sol Petersen on [solpetersen@xtra.co.nz](mailto:solpetersen@xtra.co.nz).

**Training Venues:** the November 2012 module is at the Matahiwi Marae in Clive, near Napier in Hawkes Bay. Mana Retreat will host all other modules ([www.manaretreat.com](http://www.manaretreat.com)) For international students Wellington or Auckland are the connecting airports for Napier and for Mana Retreat Centre a shuttle will be arranged from Auckland.



**Cost** per module: tuition \$2110; full accommodation \$990. Full price is \$3100 GST incl.  
Internet Payments: Hakomi NZ 02-0456-0112430-001 Reference: Hakomi Skills and 'Your Name'  
**Further Information contact:** Sol Petersen, Hakomi Trainings NZ, Waimana at Mana, RD1 Coromandel, NZ; [solpetersen@xtra.co.nz](mailto:solpetersen@xtra.co.nz) Phone: +64 (0) 7866 8971, +64 (0) 21 893 055.

*'There is an impulse to heal within the client which lies dormant, waiting for the right conditions to unfold. The client's healing process spontaneously emerges when the conditions are right. Our training in Hakomi provides experiences that one after the other develop personhood and the capacity to be a loving presence for the client's unfolding.'*

**Ron Kurtz, founder of Hakomi**