

## 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.

### Based on Living Principles

The Hakomi Method was created in the late 1970's by the therapist and author Ron Kurtz and his colleagues.

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.

Hakomi recognises people as self-organising systems that develop psychologically around core material. Core material is composed of memories, images, beliefs, neural patterns and deeply held emotional dispositions. This core material shapes the styles, habits, behaviours, perceptions and attitudes that define us as individuals. Some of this core material supports us, while some of it restricts us and Hakomi helps the client to recognize and change these self-limiting patterns.

### Hakomi is a Body-Centred, Somatic Psychotherapy.

Our body reflects many levels of our inner reality. Our posture and shape, our facial expressions and body nuances, our voice, our style of moving and being, the energetic field that we emanate is all a reflection of our emotions, beliefs and inner experience. Our patterns both physical and psychological have tremendous insight to offer.

## Loving Presence and Mindfulness

The Hakomi Method follows a general outline. First, we establish an attitude of gentle acceptance and care known as loving presence. This maximises safety, respect and cooperation of the unconscious. With a good working relationship established, we then help the client focus on and learn how core material shapes his or her experience. To permit this study we establish and use a distinct state of consciousness called Mindfulness. Mindfulness is characterized by a gentle and sustained inward focus of attention, heightened sensitivity and the ability to notice and name the contents of consciousness.



## Transformative Therapy

Core material once discovered in this experiential manner can be examined, processed and transformed. Transformation begins when awareness is turned mindfully toward felt, present experience; unconscious material unfolds into consciousness, barriers are attended to and new experiences are integrated that allow for the reorganization of core beliefs and neural patterns. These in turn allow for a greater range of mental, physical and emotional coherence in our response to life.

Finally, we help the client to integrate these new beliefs, possibilities and choices into everyday life. It is here, in the ability to transform these new possibilities into our way of being, that real change happens.

## Training Format

The training will be held over 18 months in seven, nine-day modules. Each module begins at 9am Saturday and finishes at 1pm Sunday.

### Training Team

Each training is taught by a team of Certified Hakomi Trainers and experienced assistants.

**Jules Morgaine** is the lead trainer for the NZ Hakomi training. She is an NZAP registered psychotherapist and approved primary supervisor. A Hakomi teacher since 1999, she leads Hakomi trainings and supervision in NZ and Australia. Jules has a passion for mentoring therapists in the work of psychotherapy.

The training team includes trainers: John Perrin and Suhari Mommsen-Bohm and teacher, Sarah Tait-Jamieson as well as a group of experienced tutors.

### Acceptance into the Training

The Hakomi training is intended to build on existing skills. It is therefore preferable that participants have some background in psychology, counselling, social work, healthcare or prior experience working with people in a professional capacity. However, applicants who do not meet the above criteria will also be considered. Attendance of one Hakomi workshop is a pre-requisite for acceptance onto the training. See contact details for an application pack.

### Training dates

**2012:** Aug 17-26, Nov 2-11, **2013:** Feb 8-17, May 10-19, Aug 23-Sep 1, Oct 25-Nov 3, **2014:** Feb 7-16

**Training Costs:** The fee for each of the seven, nine day modules including tuition, accommodation and all meals at Mana Retreat Centre is NZ\$ 2785 (inc. GST), totaling NZ\$ 19,500 for the entire training. An initial deposit of NZ\$ 6,500 is required to secure a place.

Mana Retreat, nestled in a secluded mountain valley looking out to the sea is an ideal location for this mindfulness-based training. Visit: [www.manaretreat.com](http://www.manaretreat.com) to find out more.

## Curriculum and Teaching Methods

As a systematic study of experience, Hakomi provides a detailed model of how to intervene on the physical, emotional and mental levels. The theoretical concepts as well as therapeutic Hakomi skills are taught, practiced and supervised. The curriculum includes: the healing relationship, working within the principles, states and maps of consciousness, character theory, the experimental approach, the flow of the therapeutic process and applying mindfulness in therapy.

The training has a high teacher/student ratio and employs a variety of teaching approaches: experiential exercises, lectures, demonstrations, discussions, group process sessions, expressive arts, supervision, use of video and study groups.

## Completion and Certification

On successful completion of the Hakomi training, students are eligible to apply for certification with the International Hakomi Institute, USA. A Certified Hakomi Therapist (CHT) is entitled to practice and advertise as a CHT, to use the Hakomi logo and is networked by the Hakomi Institute. Post training certification modules are also available as required.

## Hakomi Workshops 2012

These workshops offer an opportunity to experience Hakomi, meet the trainers and are suitable as the required pre-requisites for the full training.

**Mar 31:** Suhari Mommsen-Bohm – *Mindfulness Skills in Everyday Life* Dunedin

**Apr 14-15:** John Perrin – *Mindfulness-Based Psychotherapy: An Introduction to the Hakomi Method* | Auckland

**Jun 14-17:** Jules Morgaine – *In and out of Character – from Protection to Connection* | Nelson

**Jul 27-29:** Jules Morgaine – *Exploring Character Styles: The Mindful Way to Connection* | Mana Retreat, Coromandel

## Who is the Hakomi Training For?

Practicing therapists, social workers, addiction counsellors 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 bodymind approach into their practice.

*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.

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### For Further Information

and to request an application pack contact:

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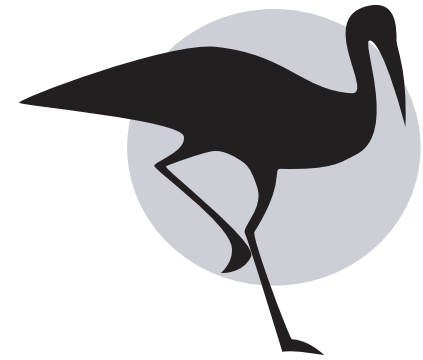
For an overview of the training and workshops visit:

[www.hakomi.co.nz](http://www.hakomi.co.nz)

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*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 the Hakomi method 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 the Hakomi Method



## New Zealand Training in The Hakomi Method of Mindfulness-Based Psychotherapy

at the

Mana Retreat Centre  
Coromandel, New Zealand

begins

August 2012

*"Hakomi presents some astounding methods for getting to core material. It is well grounded in theory and revolutionary in its results."*

Association of Humanistic Psychology Newsletter