

# Mindfulness Based Experiential Therapy: Introduction to the Hakomi Method

Saturday and Sunday, March 10-11, 2012



## HAKOMI

### Dates, Times, and Place

**Date:** Saturday and Sunday, March 10-11, 2012

**Time:** Saturday Registration: 9:00 am - 9:30 am  
Saturday Program: 9:30 am - 6:00 pm  
Sunday Registration: 8:30 am - 9:00 am  
Sunday Program: 9:00 am - 5:30 pm

**Place:** MAHEC Biltmore Campus

**Fee:** \$275.00

### Audience

Health and human service professionals including substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors, massage therapists and others interested in this subject.

### Description

This workshop introduces participants to the basic principles and skills of the Hakomi Method as presented by the Hakomi Institute. The Hakomi Method is an elegant and highly effective form of body centered therapy designed to support self discovery through experiments done in mindfulness. The goal is the discovery and alteration of unconscious motivations, beliefs and outdated frames of reference that are causing unnecessary suffering. Providing a safe, positive atmosphere coupled with the warmth, presence, flexibility and the intelligence of the therapist create the foundation for this life changing work. You will learn basic skills that have immediate personal and professional application.

### Objectives

Upon completion of this activity, the participant should be able to:

- Assess how the Hakomi Method will be a useful tool, both personally and professionally
- Demonstrate an ability to turn awareness inward for self-study
- Describe how mindfulness may be used to access implicit memories
- Experience, witness and work with the Hakomi principles and basic skills
- Learn how the body can reveal information about unconscious processes
- Learn how mindfulness and little experiments can be used to study and transform limiting core beliefs

### Faculty



**Maci Daye, EdS, EdM, LPC, CHT** is a Licensed Professional Counselor, Certified Hakomi Trainer, Certified Master Career Counselor and Life Coach who operates LifeWorks Seminars & Counseling, Inc. in Atlanta. Maci has graduate degrees in Education and Counseling from Harvard and Georgia State Universities and is a Level II Intermediate Practitioner of Somatic Experiencing, the

trauma work developed by Peter Levine. Maci has been practicing Hakomi for 25 years and served on the Hakomi Institute Board of Directors. She has been on the Hakomi faculty since 2001 and is the Lead Trainer in Minnesota and North Carolina. Maci has a particular interest in sexual enrichment for couples, and has developed a series of training programs, called Passion and Presence, on the art of Mindful-Sex.

### Credit

MAHEC is a Provider approved by NAADAC Approved Education Provider Program. Provider #647. Full attendance is required. Partial credit will not be issued for partial attendance. **12.0 hours**

Application has been made for **12.0 hours** of "General Skill Building" credit from the North Carolina Substance Abuse Professional Certification Board.

MAHEC designates this continuing education activity as meeting the criteria for **1.2 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

MAHEC is recognized by the National Board of Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (Provider #5514). **12.0 hours.**

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. **12.0 hours.**



MAHEC is approved by the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB) as a continuing education approved provider. **12.0 hours.**

**MAHEC**  
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**Mental Health Education**

# Registration

## Early Registration Deadline: March 3, 2012

Registration fee is \$275.00 and includes administrative costs and educational materials. If registration is received after the deadline, registration fee will be \$325.00.

Refund requests will be honored if received in writing in our office two (2) full business days prior to the program date. The amount refunded will be the registration fee less a 30% administrative fee. **If you do not cancel within the allowed time and you do not attend, you will be charged for the entire workshop fee.** Substitutions are allowed. Please notify us of this change prior to the program.

Registration fees for MAHEC programs are due on or before the program date unless your organization is paying the fee as authorized by your supervisor on the registration form.

## Directions to MAHEC Biltmore Campus

### 121 Hendersonville Rd., Asheville, NC, 28803

**From I-40 Eastbound,** take Exit 50 and turn left onto Hendersonville Rd.

**From I-40 Westbound,** take Exit 50B and merge onto Hendersonville Rd.

At the first light, turn left into the DoubleTree by Hilton Hotel complex. Turn left towards the Sleep Inn. Just before the Sleep Inn turn right and go up the hill to the MAHEC Biltmore Campus.

**From 19-23 (I-26)** take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree by Hilton Hotel complex. Turn left towards the Sleep Inn. Just before the Sleep Inn turn right and go up the hill to the MAHEC Biltmore Campus.

### Have a question?

Registration Information: 828-257-4475

### Want to register?

Fax Registration: 828-257-4768  
Online Registration: www.mahec.net  
Mail: MAHEC Registration  
121 Hendersonville Rd., Asheville, NC 28803

Special Services: 828-257-4481



## Mindfulness Based Experiential Therapy: Introduction to the Hakomi Method

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Social Security # **XXX-XX-** \_\_\_\_\_ (last 4 digits required)

Occupation \_\_\_\_\_

E-mail Address \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work County \_\_\_\_\_

Brochures go to  home  email

Please remove my name from the MAHEC mailing list.

#12MH072/35851

### Registration Fee:

**Saturday and Sunday, March 10-11, 2012**

\$275 if you register by March 3rd

\$325 if you register after March 3rd

Check is enclosed  Credit card info provided

Employer will mail fee (fax registration now!)

Supervisor's authorization \_\_\_\_\_  
(Required only if employer is paying.)

Charge my:  Visa  Mastercard  
 Discover Card  American Express

Account # \_\_\_\_\_

Exp \_\_\_\_/\_\_\_\_ 3-digit code on back of card \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Make check payable to **MAHEC** and send to:  
MAHEC Registration, 121 Hendersonville Rd.  
Asheville, NC 28803 or Fax to 828-257-4768