



HAKOMI INSTITUTE

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## Comprehensive Training in Hakomi Experiential Psychotherapy Durango, CO 2010-2012

*"Hakomi is the absolute cutting edge of modern therapeutic technique."*

**John Bradshaw, author of *Bradshaw on The Family***

*"Hakomi has been a major force in promoting mindfulness in psychotherapy."*

**Babette Rothschild, M.S.W., author of *The Body Remembers***

### The Hakomi Method

**The Hakomi Method** combines the Eastern traditions of mindfulness and non-violence with a unique, highly effective Western methodology. Hakomi was developed and is applied primarily as an experiential psychotherapy, but is also designed to be integrated by other practitioners in a wide variety of contexts.

**Hakomi is a mindfulness, body-centered, somatic approach.** In a therapeutic context, the body's structures and habitual patterns become a powerful doorway to unconscious core material, including the hidden core beliefs, which shape our lives, relationships, and self-images. Accessing this core material allows it to emerge safely into consciousness. Once conscious, it can be re-evaluated, and where appropriate, powerfully transformed. New dimensions of awareness can be integrated, helping the individual to build a more satisfying and effective life.

**Loving presence and the healing relationship are central to Hakomi.** The process creates an exquisite level of sensitivity and attunement between practitioner and client, developing a deep sense of safety and connection, which facilitates the effectiveness of the work.

The Hakomi Method is the therapeutic expression of a specific set of principles: Mindfulness, Unity, Mind/Body/Spirit Holism, Organicity, and Nonviolence.

**The Comprehensive Hakomi Training** teaches the entire curriculum of the Hakomi Method as outlined by the Educational Board of the Hakomi Institute. **Curriculum highlights include:**

- Embodying Hakomi Principles
- The body as map of the psyche
- Establishing limbic resonance
- Making the unconscious conscious
- Developmental issues & the missing experience
- Recognizing & containing traumatic activation
- Working with the Child State of consciousness
- Group Dynamics in Experiential Learning
- The dynamic use of mindfulness
- Tracking, contact & directing awareness
- The experimental attitude
- Identifying belief systems
- Working with Core Material
- Ethics as Right Relationship
- Self-Development of the Therapist
- Attachment Theory and Neuroscience

Contact Ruby Jo Walker, LCSW for information (970) 259-5711, ext. 4  
[www.hakomiinstitute.com](http://www.hakomiinstitute.com)

*"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*

**Hakomi Comprehensive Professional Trainings** are primarily designed for psychotherapists, counselors, body workers, and students in these fields as well as those in other helping professions. However, other individuals in related fields may also apply and gain admission to the training. Upon completion of the training, the student is recognized as a Hakomi Graduate.

## Training Information

### Dates:

#### **2010**

1) Nov 5 – 7                      2) Dec 10 - 12

#### **2011**

3) Jan 7 – 9                      4) Feb 4 – 6                      5) Mar 11 – 13                      6) Apr 8 – 10                      7) May 20 – 22  
8) Jul 22 – 24                      9) Sep 9 – 12                      10) Oct 14 – 17                      11) Dec 2 – 4

#### **2012**

12) Jan 20 – 22                      13) Mar 2 – 4                      14) Apr 13 – 15                      15) May 18 – 21  
16) Jul 13 - 15                      17) Sep 7 – 9                      18) Oct 12 – 14

### Training hours

9:00am – 5:30pm Friday and Saturday, with a 1 1/2 hr lunch, 9:00am – 3:00pm Sunday, with a one hour lunch

### Elements of the Training

The teaching is a combination of experiential exercises, didactic presentations, specific skill practice, discussion, question and answer time, supervised sessions, demonstrations and case review.

### Between the weekends

The weekends are spaced apart in order to give you time for integration and practice with what you have learned during each weekend.

### Cost

\$6650 The application deadline is October 4, 2010.

Early application received by August 6, 2010 receives \$200 discount. Payment plans available. For further information about the training, application process and financial arrangements, please contact **Ruby Jo Walker, LCSW**, at (970) 259-5711 ext 4 or email **Emily Newcomer, MEd** at [emilyLnewcomer@gmail.com](mailto:emilyLnewcomer@gmail.com).

***\*\*Applicants must complete one Hakomi Introductory weekend workshop before applying to the Comprehensive Training.\*\****

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## Faculty

**MORGAN HOLFORD, LPC, Certified Hakomi Trainer and Therapist**, will be the lead trainer for the training. She has been practicing and teaching Hakomi Experiential Psychotherapy for over 25 years. Morgan travels extensively, teaching Hakomi workshops and professional therapist trainings. With a background in body therapies, she brings a hands-on style into her work with clients and students. Morgan's work also reflects her commitment to integrating the spirit into everyday life.

**LORENA MONDA, DOM, LPCC** has been a psychotherapist since 1977 and a Doctor of Oriental Medicine since 1984. She is a trainer for the Hakomi Institute and the author of the book *The Practice of Wholeness: Spiritual Transformation in Everyday Life*. Lorena lives and practices in Placitas, New Mexico.

**JACI HULL, MA, LMFT** is a certified trainer for the Hakomi Institute. She has trained extensively in a combination of traditional and contemporary approaches including Contemplative Psychotherapy, Hakomi Body-Centered Psychotherapy, Family Therapy, Solution-Focused Therapy and EMDR. In practice for over 14 years, she works with individuals, couples and families, emphasizing clear and heartfelt communication, a loving, respectful and supportive homelife and the co-creation of healthier behaviors and values.

We will also have a staff of Hakomi graduates acting as assistants. This experienced and enthusiastic team is looking forward to guiding you on this journey of learning the Hakomi Method.

**The Hakomi Institute** was founded in Boulder, Colorado in 1981 by Ron Kurtz and a core group of trainers. Since then, the Institute has expanded to offer Hakomi Trainings around the world. Workshops and trainings are currently held in the United States, Canada, Europe, Israel, Asia, South America, Australia, and New Zealand. The Institute also maintains a directory of Certified Hakomi Practitioners in the U.S. and abroad.

The Hakomi Institute is a professional member of the Association for Humanistic Psychology (AHP), the U.S. Association for Body Psychotherapy (USABP), and a Continuing Education Provider for the National Board of Certified Counselors (NBCC) and the National Association for Social Workers (NASW).

For a detailed description of the Training and Curriculum, please request our brochure, "Trainings in the Hakomi Method of Experiential Psychotherapy". [www.hakomiinstitute.com](http://www.hakomiinstitute.com)

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“In using mindfulness, we create opportunities which allow the unconscious a clear chance to express and be seen, heard and felt. In our focus on the mind body interface, we work to create channels of communication between them.”

**-Ron Kurtz, Hakomi founder**

## **What students are saying about the Hakomi Training:**

“This training was an exceptional experience to deepen my work as a psychotherapist. I have noticed that doing my own work in this training has allowed a fuller understanding of moving in to the body as a deep source of wisdom and reconnection. My Master’s degree opened possibilities; my Hakomi training was the awakening of action.”

“This was the most incredible educational experience I’ve ever had. The experiential learning pieces were amazing. For me, the dual emphasis on the method and personal growth was perfect. I feel like this training has totally transformed my life in a very deep ways. Being allowed to gather the material in my own way was great. It seemed especially powerful when the trainers and the group collaborated.”

“The training surpassed my expectations. I would never have known that I could grow so much. I also did not know how much a part of my work it would become. A wonderful balance of personal and professional work.”

“The training gave me a structured process to drop to the level of core beliefs. The safety and non-violent principles allowed my disowned parts to reemerge. As a result, I now have more of myself available to work with and explore with clients.”

“I was grateful for the opportunity to show up fully, with minimal judgment or criticism. It is rare to find such a rich learning environment in our culture. Thank you for the opportunity.”



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