



# Healing Attachment Trauma: The Mindful Relationship

An introductory Workshop in Hakomi  
Experiential Psychotherapy

**Saturday, February 4, 2012: 9:00 am–5:30 pm**

**Sunday, February 5, 2012: 9:00 am–3:30 pm**

**Gilda's Club Grand Rapids, 1806 Bridge St NW, Grand Rapids, MI 49504**

**In this workshop participants will learn about:**

- The mindful and embodied relationship that is the Hakomi hallmark
- Neurobiology of attachment and the connection to Core Beliefs
- Mindfulness and the resulting whole body and limbic communication
- Developing the client's ability to trust real connection and heal

**Instructor Morgan Holford, LPC**, a nationally recognized Hakomi Therapist and Trainer

**12 CE Hours available:** NBCC, NASW. We adhere to the continuing education guidelines of the National Board of Certified Counselors (provider #5476) and the National Association of Social Workers (provider #886471974.)

**CE Course Objectives - In this workshop participants will:**

- Learn three of the five principles foundation to the Hakomi Method: Unity, Organicity, Mind-Body Holism, Mindfulness; and Non-Violence
- Learn to demonstrate the therapeutic use of mindfulness
- Learn to demonstrate the therapeutic use of body information
- Learn to understand and explain how information from the body and present experience can be used to create self-study experiments in mindfulness
- Learn the importance of loving presence in the therapeutic relationship and how to employ it

This workshop is for counselors, psychotherapists, marriage & family therapists, social workers, physicians, body workers, healers and other helping professionals.

***This Hakomi workshop fulfills the pre-requisite for application to the 2-year Comprehensive Hakomi Training in Grand Rapids, beginning early 2013.***

**For more information:** contact Dorace Van Meurs at [doracevm@att.net](mailto:doracevm@att.net) or (616) 901-6136

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## Healing Attachment Trauma -- February 4–5, 2012

### Workshop Registration Form

**\$240 (\$210 early-bird if registered by January 11)**

**Refunds only on cancellations 72 hours prior to program (less \$35 registration fee)**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Occupation** \_\_\_\_\_

**Mail Check Payable to: Dorace Van Meurs, 1853 Adams St SE, Grand Rapids, MI 49506**