

Dynamic Mindfulness in Experiential Psychotherapy

An Introduction to the Hakomi Method

with Melissa Grace, M.A.

Certified Hakomi Trainer

October 2-3 in Princeton, NJ



"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 is an excellent system for learning key emotional intelligence skills."

- Daniel Goleman, author of the bestseller "Emotional Intelligence"

"A visionary contribution to mindfulness in psychotherapy."

- Daniel Siegel, author of "The Mindful Brain" and "The Developing Mind"

Hakomi is a powerful and effective, yet gentle method of psychotherapy. It integrates the **mindfulness and non-violence** found in Buddhist and Taoist traditions with a unique Western methodology originated by Ron Kurtz.

Loving presence and **the healing relationship** are central to Hakomi. We learn to develop an exquisite sensitivity and attunement to others - both their conscious and unconscious material - and to convey this recognition. This empathy and responsiveness creates a deep sense of safety and connection.

Hakomi is a **body-centered, somatic psychotherapy**. The body is viewed as a door that can be opened to reveal the entire character and belief system of the individual. The body's structures and patterns become a powerful access route to core material.

The **dynamic use of mindfulness** is another aspect of this foundation: we begin by teaching the client to stay mindful during the process. When unique Hakomi techniques are introduced, it allows us to rapidly and safely access the unconscious beliefs and early experiences which shape our lives, relationships, and self-image. When unconscious, this hidden material creates projections, conflict and disharmony in our interactions and inner world. Once conscious and directly experienced, these patterns are available for transformation and re-integration. Powerful emotions, memories, and trauma may surface at times during the process, and these are handled safely and effectively.

In this experiential workshop we will also explore the "body as map of the psyche"; non-violence in therapy, empathic skills such as contact and tracking (reading subtle, unconscious cues); and how creating safety, embracing resistance, and protecting the spirit encourage the cooperation of the unconscious.

The workshop will facilitate increased self-awareness for all participants, and introduce practical, evocative skills for professionals. It is designed for psychotherapists, counselors, social workers, healing arts practitioners, and students in these fields, and is also open to individuals seeking to experience the Hakomi Method.

The workshop may also be used as the prerequisite for the Hakomi Therapy Training.



Melissa Grace, M.A., C.H.T. leads Hakomi Therapy trainings throughout the U.S. She is a member of the Hakomi Institute Board of Directors, and has served as Adjunct Faculty Member and Group Process Leader at Naropa University in Boulder, Colorado. Melissa has facilitated groups for over 20 years, and studied with the National Training Laboratory and the Group Leadership Training. She maintains a private practice in Boulder, offering psychotherapy and life coaching.

Times: Saturday 10:00 a.m.- 5:30 p.m., Sunday 9:00 a.m. – 4:30 p.m.

Cost: \$235.00 if registered by Sept. 16th, or \$275.00 thereafter (*\$75.00 non-refundable deposit*)

Discount hotel group rate and ground transportation available. For more information, or to register call Hakomi Trainings: 303-266-1866 or email HakomiTR@aol.com. Web: www.Hakomi.org

Hakomi Institute is recognized by the National Board for Certified Counselors to offer Continuing Education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (Provider #5476.) This program is approved by the National Association of Social Workers (NASW Provider # 886484280) for 12 continuing education contact hours.