

The Comprehensive Professional Training in The Hakomi Method of Experiential Psychotherapy



Certified Hakomi Trainers:

Melissa Grace, M.A.
Phil Del Prince, M.A.
Jaci Hull, M.A., L.M.F.T.

**Princeton, New Jersey
November 2010 -
October 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

"Hakomi is an excellent system for developing key emotional intelligence skills."

- Daniel Goleman, author of "Emotional Intelligence"

"A visionary contribution to mindfulness in psychotherapy."

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

"Hakomi is the absolute cutting edge of modern psychotherapeutic technique."

- John Bradshaw, author of "Homecoming" and "Bradshaw on The Family"

The Hakomi Institute was founded by Ron Kurtz and the Hakomi Trainers in 1981, and has trained therapists internationally for over 28 years.

"Hakomi" is a Hopi Indian word which means "Where do you stand in relation to the many realms?" or more simply, "Who are you?"

The Hakomi Method

...is a powerful and effective, yet gentle approach to psychotherapy. It integrates the mindfulness and non-violence found in Taoist and Buddhist traditions with a unique Western methodology. The core of the Training emphasizes the innovative techniques and principles developed by Ron Kurtz and the Hakomi faculty, and the self-development and evolution of the therapist.

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 creates a deep sense of safety and connection, and engages the "cooperation of the unconscious."

Current neuroscience is also revealing the basis for the effectiveness of mindfulness, loving presence, empathy, and other aspects of Hakomi Therapy. Neuroscience is integrated in a user-friendly framework throughout the training.

The training facilitates the emergence of the essence of the practitioner. Research shows that this "therapeutic presence" and the healing relationship it facilitates are among the most significant factors in terms of the effectiveness of therapy. The self-awareness and process of the Hakomi student therefore become an essential aspect in their evolution as a therapist.

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 habitual patterns serve as powerful "indicators" - subtle access routes to unconscious and evocative core material.

The dynamic use of mindfulness is also foundational to Hakomi. When integrated with unique Hakomi techniques it allows us to rapidly access the deeply held, unconscious beliefs and early experiences which shape our lives, relationships, and self-images, often without our knowledge. 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 gently and effectively.

Professionals using talk therapy as a primary modality discover that the **experiential** nature of Hakomi enables them to access key unconscious material very quickly, yet safely. This experience creates a powerful "felt sense" for the client, allowing them to take greater ownership of the material, its integration, and resulting changes.

As a **depth psychology**, Hakomi is a direct and empowering process; and the material is also integrated **cognitively** for the client.

The Hakomi Method is effective for both brief and long-term therapy, and is appropriate for work with individuals, couples, groups, and organizations.

Curriculum Highlights

- The Hakomi Principles and Techniques
- The Dynamic Use of Mindfulness
- The Neuroscience of Hakomi
- Loving Presence and The Healing Relationship
- Character Theory and Developmental Issues
- Embracing Resistance and Defenses
- Recognizing and Integrating Traumatic Processes
- The Body as Map of the Psyche
- Integrated Attachment Theory
- The Missing Experience
- Creating Safety in Group Process
- Ethics as Right Use of Power
- Systems Theory in Hakomi

*For a detailed description of the Comprehensive Training and Curriculum, please refer to our brochure "**Hakomi Therapy Trainings.**"*

The training is primarily designed for individuals practicing and/or studying in the fields of psychotherapy, counseling and social work. However, Hakomi training has also proved invaluable when integrated with other modalities, including coaching, organizational work, consulting, education, group work, pastoral counseling, and many healing practices.

DATES:

The complete in-depth program comprises 60 training days.

The training format consists of 15 four-day segments:

2010: November 4-7, December 9-12.

2011: January 27-30, March 10-13, April 28-May 1, June 16-19
September 15-18, October 27-30, December 8-11.

2012: Jan. 26-29, March 8-11, April 26-29, June 14-17, Sept. 13-16, Oct. 25-28

TIMES:

Thursday 1:00 - 6:30 p.m., Friday and Saturday 9:30 a.m. – 6:30 p.m.,
Sunday 9:00 a.m.- 2:00 p.m.

TUITION:

The tuition for the training is \$6750.

(\$500.00 discount if paid by start date)

Payment plans, and a limited number of \$500.00-\$1000.00 work-study discounts are available. Discount hotel group rates and assistance with ground transportation are available for out-of-town students.

One two-day Hakomi introductory workshop or class and an application serve as the prerequisite for the training. Please check with our office to confirm if a specific workshop qualifies as the prerequisite for this training.

**The Application Deadline is October 11, 2010.
The Early Application Deadline (\$250. discount)
is September 20, 2010.**

CEU's:

NASW: This program is approved by the National Association of Social Workers
(NASW Provider # 886484280).

NBCC: 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).

For more information, or to request a training brochure or application,
call 303-266-1866 or email HakomiTR@aol.com
Visit the Hakomi Institute website at www.Hakomi.org

What participants have said about the training:

"It has been the most powerful journey I have ever taken."

- Thomas Ruetters, M.A., Germany

"A gift – a wonderful experience that will shape the rest of my life".

- Kate Mazuy, M.A., L.P.C., Colorado

*"I learned so much, thoroughly enjoyed the people and process, and found the
instructors awesome in the breadth and depth of their experience and knowledge"*

- Pat Waterman, L.C.S.W., Vermont

"Excellent - rich and satisfying. It has expanded me as a person and as a therapist.

*The trainers were exceptional - all were superlative. The training enables you to
deepen self-awareness, become more present, and learn to work with inner and
outer challenges with ease, compassion and honesty - and then help others to do
the same."* - Debra Babarsky, M.A., L.P.C., Virginia

*" A "10". I cannot speak highly enough about the trainers and the consistency of
excellence."* - Keating Coffey, M.A., L.P.C., Colorado

*"Learning the Hakomi Method has been one of the most personally and
professionally enriching experiences of my career. I have gained tools to help my
clients rapidly access and transform their pain and struggle, and found it profoundly
effective across a wide range of individuals with a variety of long-term and
challenging clinical and life problems. I can not recommend this training highly
enough."* – Jeffrey Rutstein, Psy.D., Clinical Psychologist, New Jersey