

*One two-day Hakomi introductory workshop or class and an application serve as the prerequisite for the training.*

**The Application Deadline is May 21, 2010.  
The Early Application Deadline (\$250. discount) is April 26, 2010.**

**CEU's:**

**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.)

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

**For more information,** or to request a training brochure or application, call 303-266-1866 or email [HakomiTR@aol.com](mailto:HakomiTR@aol.com).  
Visit the Hakomi Institute website at [www.Hakomi.org](http://www.Hakomi.org)

**The Hakomi Institute** was founded by Ron Kurtz and the Hakomi Faculty 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?"*

**What graduates have said about the training:**

*"It has been the most powerful journey that I have ever taken." - Thomas Ruetters, M.A.*

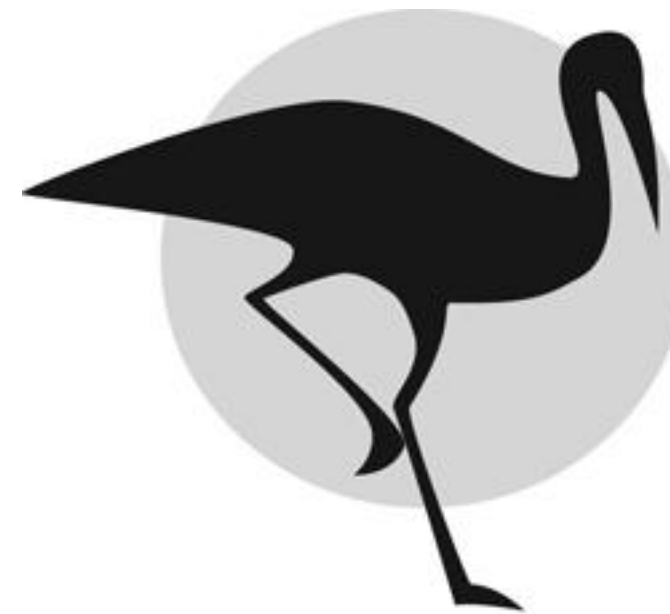
*"A gift – a wonderful experience that will shape the rest of my life".  
- Kate Mazuy, M.A., L.P.C.*

*"Hakomi allows me to work with clients in a way that compassionately uncovers and integrates their core experience." - Jyoti Sharp, M.A.*

*"An amazing experience – I feel my learnings here are applicable both within and outside of my therapy practice." - Emily McKay, M.A., L.P.C.*

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

## The Comprehensive Professional Training in The Hakomi Method of Experiential Psychotherapy



**June 2010 - April 2012**

**in Princeton, NJ**

**Certified Hakomi Trainers:**

*Melissa Grace, M.A.*

*Jaci Hull, M.A., L.M.F.T.*

*Phil Del Prince, M.A.*

**"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 Newsletter*

**"A visionary contribution to mindfulness in psychotherapy."**

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

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

*- Daniel Goleman, author of "Emotional Intelligence"*

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

*- John Bradshaw, author of "Homecoming" and "Bradshaw on the Family"*

## 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 depth of recognition. This creates a deep sense of safety and connection, and engages the "cooperation of the unconscious."

**The training facilitates the emergence of the essence of the practitioner.** This therapeutic presence has been demonstrated to be among the most significant in terms of the effectiveness of therapy. The self-awareness and process of the student become an essential aspect of 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-image. When unconscious, this hidden material creates projections, conflict and disharmony in our interactions and inner lives. 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. As a depth-oriented modality, Hakomi is a direct, empowering, and experiential process; and the material is also integrated cognitively for the client.

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

**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 Approaching 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
- Hakomi and Systems Theory

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

**Hakomi Therapy** is appropriate for work with individuals, couples, groups, and organizations. 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 an invaluable enhancement when integrated with other modalities, including coaching, organizational work, consulting, education, pastoral counseling, group work, and other healing modalities.

### **DATES:**

The complete in-depth program comprises 60 training days.  
The training format consists of fifteen 4-day segments:

**2010:** June 17-20, August 5-8, September 23-26, Oct. 28-31, Dec. 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:** January 26-29, March 8-11, April 26-29.

### **TIMES:**

Thursday 1:00 - 6:30 p.m., Friday and Saturday 9:30 a.m. - 6:30 p.m.,  
Sunday 9 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. Low-cost lodging and assistance with ground transportation are available for out-of-town students.