



Laurie's description of her Supervision Groups

Supervision Groups with Laurie Schwartz, M.S., LMHC, Certified Hakomi Teacher can be an invaluable resource for deepening and integrating one's ability to "be" and "do" within the process of providing a Hakomi Session. Supervision can take different forms, including working directly with other students on "choice point analysis", identifying specific areas of skill as well as the places that need more skill and/or practice, and obtaining more clarity about one's own unresolved character issues. Other options include getting feedback on a video session, or working with a person who had no prior experience of this approach.

Some of the benefits of supervision:

1. A chance to experience the process live and to ask questions before, during and after the session while the experience is alive and fresh.
2. An opportunity to continue to deepen in the integration and expertise of utilization of the Hakomi Method.
3. A place to integrate the theory with personal experience.
4. The ability to track and analyze the flow of a complete session while it is alive in the "triune brain" somatically, emotionally and intellectually.
5. The ability to remain connected and have ongoing contact and support while working towards certification.
6. A chance to observe and study your own internal experience while not under the pressure of providing a "professional" therapy session, including receiving feedback and reflecting on your style and way of working, studying "how you are organized" in the role of therapist, and working at the "barriers" as they appear in the role of therapist. This is also an opportunity to "make peace with character" so that one is not working out of unconscious habit patterns.
7. As a participant/observer one can study, learn and track all the aspects of the method within one's own individual experience while observing the live session taking place. It's a chance to start to practice "thinking" without the pressure of being in role of therapist.

Supervision formats can include:

1. Round-robin practice with one client and several therapists coming in and out.
2. Each person having one hour where they can ask for what they need in order to deepen their knowledge of Hakomi, e.g. doing a session and
 - a) having the ability to stop, think out loud and continue to work.
 - b) stopping the process, receiving some personal work and then continuing with the client.
 - c) getting feedback at the end.
3. Working live with Laurie as the teacher and stopping the process to get immediate live feedback.

Laurie Schwartz lives and works in NYC and has done post-training supervision with graduates from all of the previous Northeast Hakomi trainings. She has an M.S. in counseling and is a Licensed Mental Health Counselor (LMHC). She is a Certified Hakomi Teacher and Certified Hakomi Therapist in practice since 1986, with a full-time private practice in NYC. In addition to being a supervisor for Hakomi and Somatic Experiencing trauma work, Laurie has led numerous supervision groups in NYC attended by doctors, clinical psychologists, social workers, and other therapists seeking to integrate a body-centered approach. She also works with teams of medical doctors treating trauma, as the body-centered adjunctive therapist.

Here are some quotes from the evaluations from Laurie's most recent Hakomi supervision group:

"The combination of your insightful and timely instructions and feedback made this a perfect next step in my learning, and I hope to get to do more. I also think that you have a real grasp of what is needed in continuing education beyond the training and would love to see you providing leadership to that effort...I feel deeply, lovingly, and intelligently met."

"Laurie's supervising is so very supportive – each opportunity to give feedback taught me, as well as the therapist. Her adaptability for each person's learning edge is amazing."

"Her supervision is supportive, contactful, kind and empowering. That she used Hakomi principles to teach/supervise/support the therapist – is clear and very well done."

"Laurie's feedback reinforced the therapy process, helping to understand what is needed to demonstrate in the certification process."

"I learned a tremendous amount in these two days about the principles in action, the subtleties and power of the method at a whole new level."

"Working in the present moment was an edge for me, and Laurie supervised very clearly the therapist's role in "following" the client's experience - and when to lead. This is much clearer to me now."

"Let's do it again."

Advanced Supervision Groups for Hakomi Graduates

Dates: 2011: December 10th; 2012: February 11th, 2012, March 31st, May 12th, June 23rd, September 29th, December 1st,

Faculty: Laurie Schwartz, M.S., L.M.F.T., Certified Hakomi Teacher

Location: 20 W. 64th St. #21-J (Manhattan)

Hours: 10 a.m. – 6 p.m.

Cost: \$120 if pre-registered 3 weeks ahead, \$150 thereafter

Contact: New York Center for Hakomi Therapy and Trauma Resolution; 212-496-1727, email nyhakomi@aol.com