



# The Embodied Self

*With Pia Charpentier and Valentina Iadeluca*

## ABOUT THE WORKSHOP

An introductory workshop to Hakomi to include the body in the therapy room

We naturally answer the question "Who are you?" by saying our name. We can add details about our profession, where we come from, our age. We never respond: "I am my body... I am my hands, my legs, my chest. I am my heart". And yet, without our body, without our hands, legs, chest, heart, we, in reality, are not.

We tend to believe we are what we think. The truth is that from the very moment we are born – and even before – the body contributes to shaping the sense that we are. And for the rest of our life, it absorbs information through our interactions with the world.

Sadly, the body is rarely contemplated as a source of information and inspiration in the therapy room or as a pathway towards healing deep wounds.

This workshop aims to provide initial skills to encourage practitioners to discover, explore, and awaken the Self in their clients' bodies.

## What will you learn?

Hakomi uses a set of tools that allow paying attention to our clients' bodies - tensions, impulses to movement, postures, gestures - and working with this material emerging here and now.

### DURING THE WORKSHOP, WE WILL EXPLORE:

- Working with the body: loving presence as the framework
- Introduction to the Hakomi techniques of Tracking and Contacting
- The body of the therapist
- Mindfulness and the body: going inside and noticing
- The Embodied Self: why the body in psychotherapy
- The body as a resource

We will pay special attention to the participants' bodies. As therapists, the ability to mindfully connect with our internal states and track their somatic counterparts is a prerequisite for promoting similar awareness in our clients.

## Who will be teaching?



**Pia Charpentier**

HAKOMI TEACHER IN TRAINING

Pia is a psychologist, Certified Hakomi Therapist, and a Hakomi Teacher in Training



**Valentina Iadeluca**

HAKOMI TEACHER

Valentina is a Certified Hakomi Therapist, a Hakomi Teacher, and a Full member of the EABP

### WORKSHOP

23-25 September, 2022

**Sintra, Portugal**

Floresta Encantada

Caminho Azenhas, 5  
Sintra, Portugal

### SCHEDULE:

Friday 18.00-21.00

Saturday 10.00-19.00

Sunday 09.00-14.00

### COST:

EARLY BIRD  
REGISTRATION

*If registered by 1 August 2022*

€240 THEREAFTER

€210

### WORKSHOP SUITABLE FOR:

COACHES, HELPING PROFESSIONALS,  
MENTAL HEALTH PROFESSIONALS

FOR MORE INFORMATION  
OR TO REGISTER VISIT

[hakomimallorca.com](http://hakomimallorca.com)

Participation in this workshop counts as a prerequisite for admission to the Hakomi Comprehensive Foundation Module.

Hakomi Mallorca reserves the right to move the workshop online if the outbreak of the covid 19 pandemic makes it difficult to travel or offer an in-person experience.

We strongly recommend that you purchase a flexible airline ticket and check for news and updates on the status of the workshop here after you enroll.