

Hakomi Institute Of Mallorca

## Comprehensive Hakomi Therapist Training

FOUNDATION MODULE

# The Art of Establishing A Mindful Healing Relationship

*The Art of Establishing  
A Mindful Healing Relationship*

## Hakomi Mindful Somatic Psychotherapy

Mindfulness meditation is now commonly recommended as an adjunct to psychotherapy to reduce stress and regulate emotions. For over 40 years, Hakomi has pioneered an active, dyadic, and exploratory use of mindfulness within the session to quickly and safely access “core material.”

Core Material consists of the implicit memories and unconscious “blueprints” that organize our lives invisibly and automatically. Hakomi uses powerful experiential techniques to re-wire these organizers to promote core-level transformation.





## Five foundational “Principles” are essential to our approach:



### MINDFULNESS

the role and quality of consciousness



### UNITY

the systemic interconnectedness of everything



### MIND-BODY *HOLISM*

the skills of bridging that divide



### ORGANICITY

guidance by the knowledge from within



### NON-VIOLENCE

the art of dealing with “resistance”



The Foundation Training teaches helping professionals how to embody the spirit and attitude of these principles.

To do this, participants are required to make a heartfelt commitment to their growth, both personal and professional. Participants of the Foundation Training will learn how the principles are used in Hakomi to support the gentle unfolding of each client's growing and becoming.



## What’s special about our 4-year Comprehensive Hakomi Therapist Training



Students receive a thorough and substantial education in the Hakomi Method in a format that supports their personal growth on many levels.

The tenets of mindfulness combined with a regular practice shift the student's understanding of psychotherapy and how to “be” as a therapist. Our views on transformation, the relationship, consciousness, and narcissistic wounding are not just theoretical underpinnings of our mindful approach. They are at the core of what it means to guide others in full human-beingness.



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The Hakomi training in Mallorca offers people from diverse countries and backgrounds a unique opportunity to learn in a beautiful multicultural setting.

We chose the UNESCO world heritage area of the Tramuntana mountains and the Mediterranean Sea for our headquarters because learning here is inspirational and fun. Students return home animated by meaningful experiences in the classroom and nourished by the beautiful setting where the program takes place.



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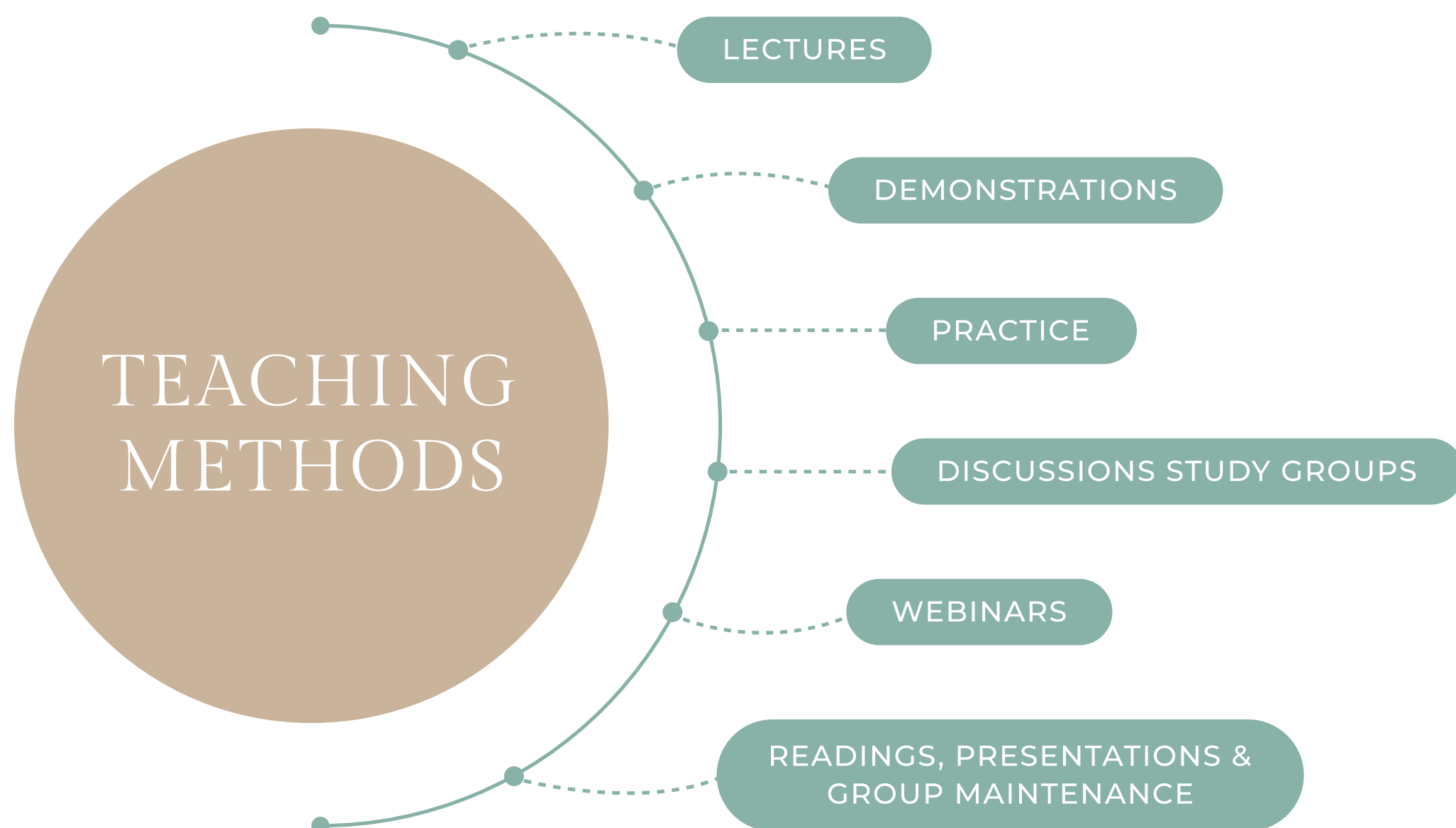
## The learning environment

- We aim to create a dynamic and safe learning environment for our students.
- We believe that different minds learn in different ways and that various modalities are needed for meaningful learning to take place. Our training – whether during the in-person blocks or the online webinars - provides a combination of lectures on up-to-date psychological theories, experiential activities, practical demonstrations, and group reflections.
- We look at learning as a transformative process, and we acknowledge the quality of interpersonal relationships as a central factor in fostering it.
- We strive to meet every participant with curiosity, kindness, and deep respect.
- We balance our planned training activities and learning goals with our group members' needs and the unfolding process.
- We are committed to inclusion and celebrate diversity in all its possible manifestations.



# Training objectives

- Learn to embody the Hakomi principles to support deep inner work. Apply mindfulness in an active, dyadic, and exploratory way.
- Recognize how the body stores implicit memories and reflects core beliefs.
- Be able to enter a state of “Loving Presence” to gain the cooperation of the client’s unconscious.
- Develop Hakomi-specific communication skills to “manage consciousness” and explore intrapersonal processes.



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## Who can benefit from Hakomi?

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Hakomi is effective with individuals, couples, families, and groups.

It integrates well with a variety of modalities and is used successfully by counselors, psychologists, psychotherapists, social workers, pastoral counselors, coaches, expressive arts therapists, bodyworkers, physicians, psychiatrists, and allied health professionals who work with clients one-on-one.



# The format: training dates and times

While we value the deep interpersonal learning that occurs in live events, we redesigned the format of our Comprehensive Hakomi Therapist Training to meet the challenges of the Covid era and climate change. Our priority has been to preserve the limbic connection and loving presence at the forefront of Hakomi therapy while reducing travel requirements. The new hybrid format combines live and virtual teaching segments for these reasons.

The Foundation Module, as well as the Advanced Module, combines two 8-day residential segments annually in Mallorca with ten 4-hour online webinars scheduled for Mondays.

2

residential segments  
annually in Mallorca

8  
days

duration of each  
residential segment

10

online webinars  
scheduled for Mondays

4  
hours

duration of each  
online webinar

## DATES OF RESIDENTIAL SEGMENTS:

2025, April 12 - 20 (16th off)

2025, September 20 - 28 (24th off)

## TIMES

Saturday - Sunday 10:00 – 1:00 & 16:00 – 19:00

the last Sunday 09:00 – 12:00 & 13:00 – 16:00

*some dates could change in case of unforeseen developments*

## MONDAY WEBINARS

We will meet on the  
fourth Monday of  
each month

## TIMES

*We will arrange the time of  
the webinars to fit the  
participant's time zones.*

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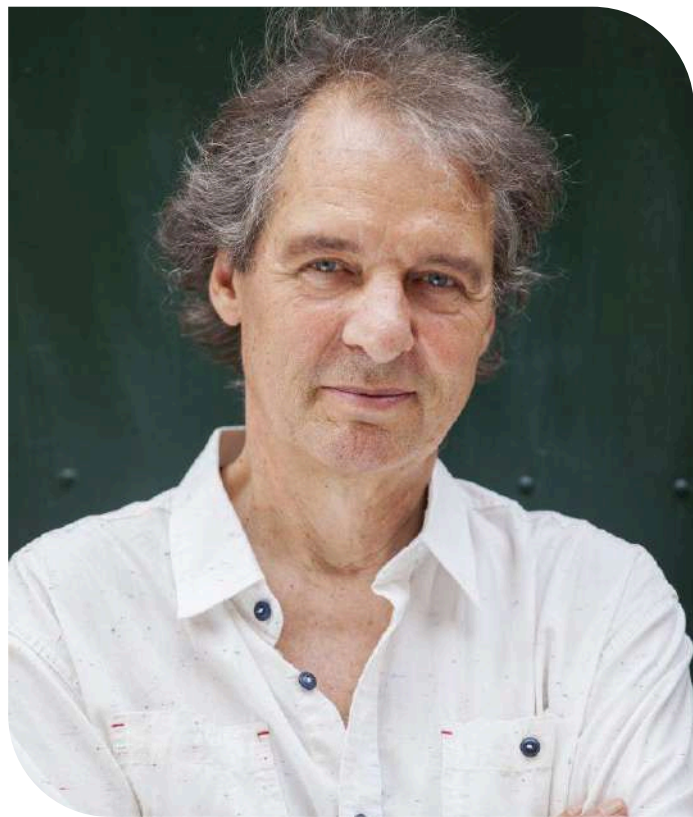
## About online learning

Our online format is flexible and dynamic. We avoid relying on static, didactic lectures. Instead, we offer more interactive learning forms, such as case-based instruction, demonstrations, practice exercises, and cooperative learning.

We often change the virtual classroom's energy by splitting the group into smaller breakout rooms, where participants can be more actively involved in exploring and practicing. Rather than looking at technology as an obstacle to overcome, we are creative about its possibilities.



# Faculty



## Halko Weiss

PH.D., DBH, DIPL.-PSYCH., ACCREDITED CLINICAL PSYCHOLOGIST AND LECTURER ON MINDFULNESS, COUPLES THERAPY, AND BODY-CENTERED PSYCHOTHERAPY

He authored 20 professional publications and ten books, gave more than 50 congress contributions, including keynotes, and won the Alice K. Ladas Research Award by the USABP in 2005. Halko co-founded the Hakomi Institute in Boulder, Colorado, and the Hakomi Institutes of Europe, Australia, and New Zealand and was instrumental in developing the Hakomi Method and its curricula worldwide. In addition, he helped establish a successful coaching training program and an Emotional

Intelligence training for executives in Germany. Halko also developed two comprehensive programs on couples therapy, and interpersonal skills taught internationally.



## Julia Corley

CERTIFIED HAKOMI TRAINER, LICENSED CLINICAL MENTAL HEALTH COUNSELOR ASSOCIATE, SOMATIC EXPERIENCING PRACTITIONER, AND MASSAGE AND BODYWORK THERAPIST

Julia has done healing work since 1998, first as a massage therapist with a passion for the mind/body connection and now as a somatic psychotherapist in private practice in North Carolina, in the Southeastern U.S., where she lives with her beloved husband and dog and an amazing garden. She began studying Hakomi in 2003 and immediately fell in love with its loving presence, depth, potency, and how each session feels like a

bit of adventure. Julia is delighted to be on the Mallorca faculty as the island is one of her favorite places to visit. She also teaches Hakomi in the Southeastern U.S., is a facilitator for Right Use of Power, an ethics training developed by Hakomi Trainer Cedar Barstow, and is an assistant facilitator for Passion and Presence® couples' retreats on mindful sexuality created by Hakomi Mallorca co-founder Maci Daye.



## Pia Charpentier

PSYCHOLOGIST, CERTIFIED HAKOMI THERAPIST, CERTIFIED HAKOMI TEACHER

Pia is from Finland and has worked as a psychologist for 27 years. She specializes in the treatment of severe and chronic eating disorders. Pia founded a clinic for this patient group in 2002 and still works as the CEO of the clinic.

She also has a psychotherapy practice at the clinic, where she meets clients weekly. Pia began her first therapy training in cognitive psychotherapy in 2006. She is a certified psychotherapist and trainer in this

approach. In 2012 Pia participated in a Hakomi intro workshop and fell instantly in love with this method. She became a Hakomi therapist in 2017 and was certified in 2019.

Now she aims to become a Hakomi teacher to bring the approach to Finnish health care professionals.



## Valentina Iadeluca

LICENSED PSYCHOLOGIST, CERTIFIED HAKOMI THERAPIST, CERTIFIED HAKOMI TEACHER, FULL MEMBER OF EUROPEAN ASSOCIATION OF BODY PSYCHOTHERAPY, AISC AND CBT ITALIA

Valentina has a private practice as a body-oriented psychologist in Rome, Italy. She trained in Attachment Therapy, Recreation of the Self, Hakomi for Couples, and Trauma therapy and worked as a Hakomi therapist at the M.E.T.A. Clinic in Portland, Oregon, U.S.A in 2017 and 2018. In 2020 Valentina attended a one-year course at the Italian Association for Clinical Sex Therapy (A.I.S.C.). Eager to expand her professional horizons, she is completing a 4-year program on C.B.T. and other mindfulness-based modalities such as the A.C.T., D.B.T., and Compassion Focused Therapy at the Beck Institute in Rome. Valentina co-authored *Meditare con la vita - Meditating with life* (Erickson, released in January 2022, in Italian). She also translated and was the curator of the Italian edition of the book *Mindfulness-based Stress Reduction - Protocol, Practice and Teaching Skills* of Susan Woods and Patricia Rockman (Franco Angeli, released in March 2022). Her last book on a Polyvagal Theory program for group settings (Erickson, 2023) will be translated into English and available to the English-speaking community in 2025 (Routledge). She has been practicing mindfulness, yoga, and tai chi for over 15 years.



FACULTY MENTOR

## Maci Daye

CERTIFIED HAKOMI TRAINER, LICENSED PROFESSIONAL COUNSELOR, AND CERTIFIED SEX THERAPIST WHO LIVES IN HAMBURG AND MALLORCA

She has degrees in Education and Counseling from Harvard and Georgia State Universities and a doctorate in Human Sexuality. In addition, Maci completed the Intermediate Level of the Somatic Experiencing training. She began her Hakomi journey in 1985 and joined the faculty in 2001. She was the Lead Trainer in Asheville, North Carolina, for nearly a decade and taught in Atlanta, Minneapolis, Princeton, Charlottesville, and various European cities.

Maci also developed a Hakomi-informed program on mindful sexuality and has led couple's retreats and professional courses on her work in the U.S.A., Australia, and Europe since 2010. Her book, "Passion and Presence: A Couple's Guide to Awakened Intimacy and Mindful Sex," was released in 2020 by Shambhala Publications.

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The hope of harmony in today's world lies in a clearer understanding of our sheer diversity.

AMARTYA SEN



# If you'd like to **join** the next Mallorca Hakomi Professional Training, please complete these **three steps**:

1

Attend one of our preparatory introductory workshops. We want to get to know you and have you sample our approach.

2

Complete the application form, accompanied by a non-refundable deposit of €100.

3

If accepted, secure your place with a holding deposit of €800 and complete our Enrollment Agreement.

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## Specific entrance requirements

- Participation in an introductory Hakomi workshop.
- Completion of the application form and a non-refundable deposit of €100.
- A (preferable) background in a helping profession or allied field (or a student of a helping profession).
- An ability to obtain and work with at least two non-paying practice clients.
- A professional rationale for taking the training.
- Experience as a client of psychotherapy and/or group work.
- Fluency in spoken and written English.





# How much does the foundation training cost?

EARLY BIRD\*: 4500€

*\*until 2025, January 31*

REGULAR TUITION: 4650€

STUDENT TUITION: 4200€

UPON ACCEPTANCE TO THE TRAINING:

€800 DEPOSIT IS REQUIRED TO SECURE YOUR SPOT

The remaining amount of the tuition is payable in 6 bi-monthly installments (due on February 1, April 1, June 1, August 1 and October 1, December 1)

3 WORK/STUDY POSITIONS: 3750€

We will accept applications for **three work-study students** with housekeeping, computer, and technology skills to support the training operations.

Submit your application by writing to [info@hakomimallorca.com](mailto:info@hakomimallorca.com). Please write "**work-study position**" in the email's subject line and attach your bio.

If we accept your application, you will pay 3750€ for the Foundation Module.



**FOR INQUIRIES**

PLEASE CONTACT OUR BUSINESS MANAGER: **RUTH BLUME** AT [INFO@HAKOMIMALLORCA.COM](mailto:INFO@HAKOMIMALLORCA.COM)



## FOUNDATION MODULE CURRICULUM

### 1

## Cultivating a Compassionate Presence to Support Deep Inner Work

*The focus is on the therapeutic relationship and establishing the safety needed for clients to be in contact with their present, felt experience.*

**Topics:** Overview of the Hakomi Method & Principles, Loving Presence, Therapeutic Relationship, The Specific Use of Mindfulness in Psychodynamic Therapy, The “Person” of the Therapist, Right-Brain to Right-Brain Communication, Empathy & The Resonance Circuitry, Attuning to the Immediate Experience (“tracking”), Demonstrating Understanding of the Client’s Experience (“contact”), Self-Regulation, The Group as Living Organism, Establishing and Maintaining a Productive Learning Environment.

**Skills:** Tracking, Formulating and Delivering Contact Statements, Being in a “State” of Contact, Self-Regulation, Mindfulness Practice, Using the Principles to Inform the Therapeutic Attitude and Establish a Container for Healing, Finding a Calm and Neutral Place Within Oneself.

### 2

## Sourcing the Wisdom Within: Establishing and Using Mindfulness

*The focus is on the use of Mindfulness in psychodynamic therapy and managing consciousness.*

**Topics:** “Being With” Rather Than “Talking About”, Directing Awareness Towards Present Felt Experience, Qualities of Mindfulness (spacious, curious, allowing), Mindfulness Through All Stages of the Hakomi Method, Bi-Directional Mindfulness (The therapist is mindful too), The “Inner Observer,” Stabilizing Mindfulness (slow pace, inward focus), The Process Map (overview of the stages of the method), Accessing Formative Experience, Core Material, Categories of Experience.

**Skills:** Describing Mindfulness to a Client, Inducing Mindfulness, Using One’s Voice and Pace to Manage Consciousness and Stabilize an Inward-Directed Focus, Using Deepening Questions, Tracking States of Consciousness, Recognizing and Selecting Access Routes, Using the Categories of Experience Map.



### 3

## Befriending Our Hurt and Wounded Parts: The Route to Core Material

*The focus is on beginning to hypothesize about early life experiences and designing experiments in mindfulness to access implicit beliefs.*

**Topics:** Therapist Jobs: Managing Consciousness & Gathering Information, The Emotional Memory System, The Evocation of Experience, Cultivating an Experimental Attitude, Limiting Beliefs, Conducting Experiments in Mindfulness, Organization of Experience, The Body in Psychotherapy, Non-Verbal Indicators.

**Skills:** Recognizing Evidence of “Core Material”; Constructing, Setting up & Conducting an Experiment in Mindfulness; Getting a Report Without Breaking Contact From the Experience; Creating and Delivering “Probes.”

## ADVANCED MODULE CURRICULUM

### YEAR ONE

- Working With Somatic Indicators of Unconscious Processes
- Using Touch and Other Somatic Interventions in Clinical Practice
- Repairing Developmental Wounds
- Recognizing & Working with Resistance

### YEAR TWO

- Character Theory
- Systemic Thinking & Meta-Level Processing
- Adaptive Strategies and the Great Life Themes
- Increasing Ethical Awareness
- Creating a Tailored Therapeutic Strategy

### YEAR THREE

The focus is on close, intensive supervision of each student to refine their skills, therapeutic interventions and use of self as a Hakomi Therapist.



# Information

IF YOU WANT TO KNOW MORE ABOUT US,  
VISIT [HAKOMIMALLORCA.COM](https://www.hakomimallorca.com)

WHEN IS OUR NEXT INTRODUCTORY WORKSHOP?  
[CLICK HERE](#) TO SEE OUR UPCOMING EVENTS

FOR INQUIRIES CONTACT OUR BUSINESS MANAGER  
RUTH BLUME AT [INFO@HAKOMIMALLORCA.COM](mailto:info@hakomimallorca.com)



## Hakomi Institute of Mallorca

Hakomi Institute of Mallorca is the Mediterranean headquarters for Hakomi MSP.  
We offer professional and personal growth courses online and in Sóller, Mallorca.

[Here](#) you can find information about our location, how to get there, and where to stay.

## Want to meet with us in person?

If you want to talk to us after reading this brochure, you are welcome to participate in one of our 45-minute Meet and Greets, which take place on Zoom. We will be offering a Hakomi taster and answering your questions about the Hakomi Method and our courses.

SEND AN EMAIL TO [INFO@HAKOMIMALLORCA.COM](mailto:info@hakomimallorca.com) (SUBJECT:  
[MEET AND GREET](#)) TO SIGN UP