

Processing

QUADRANT THREE



HAKOMI Quadrant Map

4

**INTEGRATION
AND COMPLETION**

- a. Lock-in the learning
 - Somatic Mapping
 - Archiving
- Transfer to other contexts
 - Stitching
- b. Ending

1

"Loving Presence"
Skills: Tract & Contact

- a. Name Themes
- b. Make a Contract

**ESTABLISH A
HEALING RELATIONSHIP**

- a. Offer the "Missing" Experience
- b. Work at the Barrier
- c. State-specific Processing
 - Child / Magical Stranger

TRANSFORMATION

- a. Managing Consciousness
- b. Deepening
 - (*questions & directives*)
- c. Little experiments
 - Probes
 - Taking Over

**ACCESSING
CORE ORGANIZERS**

3

2



HAKOMI

EXPERIENCES

1

How the brain changes itself (neuroplasticity)

2

How we make and retrieve memories

3

Memory as a "neural profile" or "neural network"

4

When we activate a memory, we can change it

Memory

- Doesn't have to be an event
- Can be a felt experience of a belief or "truth"
- A somatic reality
- Can also be a state as in "The Child"
- Mindfulness enhances state-dependent memory



Change in Hakomi

- How we work with memory (going into the maproom)
- What we direct attention to
- What kinds of experiences we want to offer and install on their map
- How to cross the “barrier”

Not

- New skills, change the person, psychoeducation

PROCESSING PHASE AS TREATMENT



CONSULTATION/INTERVIEW



TESTING



TREATMENT

Changing your energy

- Loving Presence (study using me)

Changing your energy

- Turning frontal cortex on – coming up with a strategy
- What's missing?
- How can I provide that?
- Instead of following and supporting organicity we're a bit ahead now

Changing your energy

- Willing to be more relational, more intimate, softer
- imagine them as a younger person, adjust voice to their age, you take charge more
- A bit of an actor (more enthusiasm, more playful)

Changing your energy

- magical stranger - time traveler, I know what happens when you grow up, do you want to hear about it?
- seems like you learned that it's your fault when people are sad
- Wise one - sometimes people make you wrong when they are just feeling bad inside
- Sometimes the people we love go away because their time is up

Groups of 3

- Discuss what's coming up around supporting transformation

Groups of 3

Discuss my case in terms of supporting transformation

- What was missing in this person's early life?
- What's not mapped in yet?
- What kinds of experiences might you want to install?
- How might you do this?

Practice Exercise

- Work for 20-30 minutes, then pause
- Discuss what might be a missing experience
- Brainstorm ways you might offer some of that now
- Try it out, get a report, adjust, try again
- If it feels nourishing, savor
- Debrief: What was it like to give and receive the missing experience?