Hakomi - Mindful Somatic Psychotherapy

*With Keren Tzarfaty, Ph.D., M.F.T., Certified Hakomi Trainer*

**ABOUT THE WORKSHOP**

Are you curious about ways to use mindfulness with your clients? Do you want more tools for including the body in therapy? Do you want to find the connection between psychodynamic psychotherapy and mindfulness? Have you heard about Hakomi but haven’t had a chance to try it out?

This workshop provides an opportunity to learn the basic skills of Hakomi. It is open and relevant to both clinicians and the general public. Through brief talks and hands-on exercises, you’ll learn how to gain deeper access to clients’ unconscious material by using mindfulness, experiential exercises, and the mind-body connection. You’ll discover how shifting clients into deep states of mindfulness can allow you to access and transform limiting patterns not typically revealed by conversation alone. This way of working brings deep insight and aliveness for therapist and client alike.

**IN THIS WORKSHOP YOU WILL LEARN:**

- Tracking and contacting: how to track and use somatic cues like tone of voice, gestures, facial expressions and body posture to access unconscious material
- Mindfulness: how to assist clients to shift into a quiet, grounded state of consciousness that helps them to deepen their awareness and explore inner material that’s not easily accessible through other methods
- Accessing: steps for discovering the core issues that underlie your clients’ challenge

**FOR WHOM**

The workshop is open and relevant to both clinicians and the general public and serves as prerequisite hours for Hakomi Comprehensive Training.

**FOR MORE INFORMATION:** Email info@hakomimallorca.com

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**Keren Tzarfaty, Ph.D, M.F.T**

Keren is a Certified Hakomi therapist and Trainer and holds a M.A. in Somatic Psychology and a Ph.D. in East-West Psychology, both from the California Institute of Integral Studies in San Francisco. Keren is leading trainings for Health professionals in Integrative Psychotherapy in Europe, The US and Israel. Bringing together years of learning and professional experience, she specializes in integrating psychodynamic psychotherapy with somatic psychotherapy, attachment psychotherapy, trauma psychology, transpersonal psychology and social activism. Her approach is grounded in traditional western psychologies as well as inspired by Eastern and Shamanic spiritual traditions. Keren is a Licensed Marriage and Family Therapist and the co-founder of the Hakomi Institute of Israel. She is a clinical investigator in the MDMA PTSD FDA approved clinical trial, examining the impact of MDMA assisted psychotherapy on severe PTSD patients. Keren offers an integrative model of healing and growth and is dedicated to living a fully embodied life grounded in spirit.

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**WORKSHOP DETAILS**

**PARIS, FRANCE**

*Red Earth Center*

**13-15, October 2017**

**SCHEDULE:**

- Friday 17.30-20.30
- Saturday 10.00-18.00
- Sunday 09.00-15.00

**COST:**

- Early Bird Registration 260£ if registered by July 1, 2017, 290£ thereafter. Meals and accommodations are not included.

**NOTE:** This workshop is a prerequisite for the Level 1 Professional Hakomi training.

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**LEVEL 1 PROFESSIONAL TRAINING**

**8-15 July 2018.**

The Hakomi Professional Training is composed of two progressive modules, Foundation and Advanced. The Foundation Training Module consists of three, seven-day residential segments in Mallorca (Sunday – Saturday) as well as monthly webinars. The Advanced Training consists of three modules, each containing three, seven day residential segments in Mallorca.