



HAKOMI

EXPERIENTIAL PSYCHOTHERAPY

MALLORCA, SPAIN

START DATE: 11.11.2018

ANNOUNCING

## Level One Foundation Training

The Art of Establishing A Mindful Healing Relationship

*Hakomi Mindful Somatic Psychotherapy*

**M**indfulness meditation is now commonly recommended as an adjunct to psychotherapy to reduce stress and regulate emotions. For over 35 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 has crafted powerful experiential techniques to re-wire these organizers to promote core level transformation.

**The Foundation training teaches helping professionals how to embody the spirit and attitude of the Hakomi principles.** To do this, participants are required to make a heartfelt commitment to their own growth, both personal and professional. The Hakomi principles are: *Mindfulness, Non-Violence, Body-Mind Holism, Unity, and Organicity.* Participants of the Foundation Training will learn how these five principles are used in Hakomi to support the gentle unfolding of each client’s growing and becoming.

TRAINING



# TRAINING

## 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.

## TEACHING METHODS:

Lectures	Discussions	Webinars
Demonstrations	Supervision	Readings & Presentations
Practice	Study Groups	Group Maintenance Time

## WHO CAN BENEFIT FROM HAKOMI?

**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, body workers, physicians, psychiatrists and allied health professionals who work with clients one-on-one.

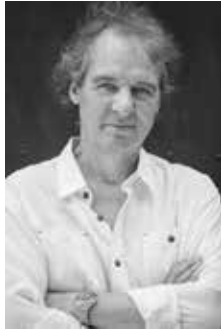
## TRAINING DATES & TIMES

**SEGMENT 1:** 11.11.2018 – 17.11.2018

**SEGMENT 2:** 31.3.2019 – 6.4.2019 **TIMES:** Sunday - Friday 10:00 – 13:00 & 16:00-19:00

**SEGMENT 3:** 14.7.2019 – 20.7.2019 **TIME:** Saturday 09:00 - 16:00

## FACULTY



### **Halko Weiss, Ph.D.**

**Halko is a clinical psychologist and cofounder of the Hakomi Institute.** He's the author of six books, including *The Handbook of Body Psychotherapy and Somatic Psychology* and *Hakomi: Mindfulness Centered Somatic Psychotherapy*. Halko has taught at the Universities of Hamburg and Marburg (in Germany) and the Eastern Institute of Technology in New Zealand. He is also teaching at a licensing school for professional psychotherapy ("ZIST") in Germany. Halko is the creator of the Hakomi Embodied and Aware Relationships Training (H.E.A.R.T.) and leads Emotional Intelligence and coaching programs for business professionals.



### **Maci Daye, Ed.S, Ed.M**

**Maci is a Certified Hakomi Trainer, Licensed Professional Counselor and Certified Sex Therapist who divides her time between Europe and the United States.** Maci has graduate degrees in Education and Counseling from Harvard and Georgia State Universities, and completed the Intermediate Level of the Somatic Experiencing trauma training. Maci began her Hakomi training in the mid-1980s and has been on the Hakomi faculty since 2001. She is also the creator of *Passion and Presence®*, and leads couple's retreats and professional training courses on Mindful Sexuality.



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

**Keren is a Certified Hakomi Trainer and somatic and transpersonal psychotherapist.** She has a master's degree in Somatic Psychology and a doctorate in East-West Psychology. Keren's approach is grounded in traditional western psychologies and contemporary body-oriented modalities, drawing inspiration from Eastern and Shamanic spiritual traditions as well. Keren lives in Tel Aviv, Israel, and is dedicated to living a fully-embodied life that is grounded in spirit.



## ENROLLMENT

If you would like to join the Foundation Training, please complete these three steps:

1. **Submit a formal application** by 1.10 .18
2. **Upload a photograph.**
3. **Send a €100 application fee to:**

**WISEDAY SEMINARS SL**  
 Banc Sabadell  
 Av. Jeroni Estades, 2  
 07100 Sóller, Illes Balears

**IBAN:** ES3300810538190001332140  
**SWIFT/BIC:** BIC: BSABESBBXXX

If your application is accepted, you will be invited to secure your place with a holding deposit of €800 and to complete the Enrollment Agreement.

## SPECIFIC ENTRANCE REQUIREMENTS

- **Participation** in an introductory Hakomi workshop.
- **Completion** of the application form and a non-refundable deposit of €100.
- **A background in a helping profession** or allied field (or a student of a helping profession) where you work with clients individually.
- **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.

## FOR INQUIRIES

Please contact Catherine Brooks, International Program Manager  
 by e-mail [info@hakomimallorca.com](mailto:info@hakomimallorca.com)

## HOW MUCH DOES THE FOUNDATION TRAINING COST?

### Upon Acceptance to the Training:

€800 deposit is required to secure your spot

\* **EARLY BIRD TUITION: €4200**  
 After deposit, balance due is €3400  
 10 monthly payments of €340

**REGULAR TUITION: €4400**  
 After deposit, balance due is €3600  
 10 monthly payments of €360

\* **EARLY BIRD TUITION STUDENT: €3570**  
 After deposit, balance due is €2770  
 10 monthly payments of €277  
 (15% DISCOUNT)

**REGULAR TUITION STUDENT: €3750**  
 After deposit, balance due is €2940  
 10 monthly payments of €294  
 (15% DISCOUNT)

\*register by 15.7.2018

**If you choose to pay the balance of the training in one sum prior to the start of the training, you will be eligible for an additional €150 off the regular or early bird tuition. (Dependent on when you first registered.)**



## LEVEL ONE: FOUNDATION TRAINING CURRICULUM

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### SEGMENT 1: 11.11.2018 – 17.11.2018

#### Cultivating a Compassionate Presence to Support Deep Inner Work

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

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**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.

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### SEGMENT 2: 31.3.2019 – 6.4.2019

#### Sourcing the Wisdom Within: Establishing and Using Mindfulness.

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

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**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.



## LEVEL ONE: FOUNDATION TRAINING CURRICULUM (CONT'D)

### SEGMENT 3: 14.7.2019 – 20.7.2019

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."

**Note:** Pending approval, graduates of the Mallorca Foundation Training may enroll in the three-year Advanced Training, which will begin November 2019

## ADVANCED CURRICULUM

**Year 1:** Working With Somatic Indicators of Unconscious Processes; Using Touch and Other Somatic Interventions in Clinical Practice; Recognizing & Working with Resistance; Repairing developmental wounds.

**Year 2:** Character Theory, Adaptive Strategies and the Great Life Themes; Creating a Tailored Therapeutic Strategy; Systemic Thinking & Meta-Level Processing; Increasing Ethical Awareness.

**Year 3:** The focus is on close, intensive supervision of each student to refine their skills, therapeutic interventions and use of self as a Hakomi Therapist.