



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY

MALLORCA, SPAIN

START DATE: 10.11.2019

ANNOUNCING

## Advanced 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 Hakomi 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.

ADVANCED



# TRAINING

## TRAINING OBJECTIVES:

- **Deepening and honing** mindful and relational skills.
- **Working with** somatic indicators and somatic interventions.
- **Mastering the art of** working with resistance; Taking the effort out of therapy.
- **Repairing and healing** developmental wounds. Transformation in psychotherapy.
- **Learning Character theory** and how to create individualized therapeutic strategies to fit a client's specific pattern of self-organisation.
- **Developing systemic thinking** and meta-level processing perspectives to see the bigger picture.
- **Skill-building and personal development** of the therapist by receiving close, supportive and intensive supervision with the help of video.

## 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

### YEAR 1

*Residential Segment 1:*  
10.11.2019 – 16.11.2019

*Residential Segment 2:*  
19.4.2020 – 25.4.2020

*Residential Segment 3:*  
5.7.2020-5.11.2020

### YEAR 2

*Residential Segment 1:*  
8.11.2020 – 14.11.2020

*Residential Segment 2:*  
11.4.2021 – 17.4.2021

*Residential Segment 3:*  
3:11.7.2021 – 17.7.2021

### YEAR 3

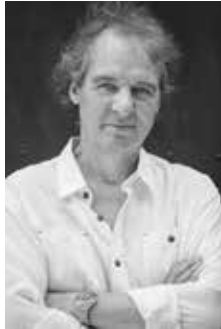
*Residential Segment 1:*  
14.11.2021 – 20.11.2021

*Residential Segment 2:*  
10.4.2022 – 16.4.2022

*Residential Segment 3:*  
10.7.2022 – 16.7.2022

**TIMES: Sunday - Friday 10:00 – 13:00 & 16:00-19:00 | 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.



### **Julia Corley, LPC-A, NCC, LMFT, SEP**

**Julia is a Certified Hakomi Teacher, Licensed Massage and Bodywork Therapist and an Advanced Practitioner-In-Training of Somatic Experiencing.** She has worked with the body since 1998 and studied Hakomi since 2003. Julia is completing graduate studies in Clinical Mental Health and Expressive Arts Therapy. She is a faculty assistant for *Passion and Presence®* and a facilitator for Right Use of Power ethics trainings, created by Hakomi Trainer, Cedar Barstow.



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY

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.

## ENROLLMENT

- Enrollment opens 1 June 2019
- Early Bird discount ends 1 August 2019
- Enrollment closes 1 October 2019

**WISEDAY SEMINARS SL**  
Banco Sa Nostra  
Sa Mar 5  
Sóller, 07100 Illes Balears

**ACCOUNT #:** 2000014388  
**IBAN:** ES54 0487 2126 0220 0001 4388  
**BIC:** GBMNESMMXXX

## SPECIFIC ENTRANCE REQUIREMENTS

- **Participation** in an introductory Hakomi workshop and foundation-level Hakomi training.
- **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.

*Participation in the Hakomi Mallorca Foundation Training does not guarantee admission to the Advanced Training.*

## FOR INQUIRIES

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

## HOW MUCH DOES THE ADVANCED TRAINING COST?

**Upon Acceptance to the Advanced Training:**

€800 deposit is required to secure your spot

### EARLY BIRD

- \* **TUITION: €13,000**  
After deposit, balance due is €12,200  
33 monthly payments of €370
- \* **STUDENT TUITION: €11,050**  
After deposit, balance due is €10,250  
33 monthly payments of €311  
(15% DISCOUNT)

### REGULAR

- \* **TUITION: €13,200**  
After deposit, balance due is €12,400  
33 monthly payments of €376
- \* **STUDENT TUITION: €11,220**  
After deposit, balance due is €10,420  
33 monthly payments of €316  
(15% DISCOUNT)

\*register by 10.8.19

**If you choose to pay annually at the beginning of each training year,  
you will be eligible for an additional €450 off the total tuition.**

ENROLLMENT



## YEAR ONE: THE ESSENTIAL METHOD

**RESIDENTIAL SEGMENT 1:** 10.11.2019 – 16.11.2019

***The Mind-Body Interface:*** Working With Somatic Indicators of Unconscious Processes and Using Touch and Other Somatic Interventions in Clinical Practice.

*The focus is beginning to process somatic-emotional-mental material that leads from presenting issues to the deep structures that created them.*

**Topics:** Using Touch in Therapy, Experimental Use of Touch, Touch Probes, Bi-Lateral Hemispheric Integration, Bottom-Up Processing, The Meaning-Experience Interface, Leading & Following.

**Skills:** Working With the Mind-Body Interface; Tracking Somatic Indicators of Unconscious Processes; Using Touch Appropriately and Ethically to Support Clinical Work; Asking Meaning Questions.

**RESIDENTIAL SEGMENT 2:** 19.4.2020 – 25.4.2020

***The World of Defenses:*** Recognizing & Working with Resistance

*The focus is on exploring the organization of experience from the perspective of self-organizing “parts” and the processes that maintain homeostasis.*

**Topics:** Gaining Cooperation of the Client’s Unconscious, Inner Ecology of Parts, Hakomi View of Resistance, Protective States & Parts, Adjusting to Unconscious Needs, Recognizing Themes, Taking Over, Experimental, Keying Off The Spontaneous.

**Skills:** Gaining the Cooperation of the Client’s Unconscious; Working with “The Barrier”; Using the Non-Violence Principle; Interfacing With “Protector” and “Protected” Parts; Externalization; Assuming an “All-Partisan” Attitude; Taking Over.

**RESIDENTIAL SEGMENT 3:** 5.7.2020-5.11.2020

***The Healing Journey:*** Repairing developmental wounds by renegotiating early life experiences.

*The focus is on working with emotions bound to formative material and integrating missing developmental experiences to support transformation and sustain therapeutic gains.*

**Topics:** The Processing Stage, State-Specific Processing, Regression & Progression, The “Child State,” Working With Strong Emotions (“Riding The Rapids”), Traumatic Activation, The Barrier, Transforming Limiting Beliefs to Create New Experiences, Integration, Completion.

**Skills:** Supporting Spontaneous Behavior; Recognizing, Contacting & Accessing The Child; Involving the “adult” Self in the Process; Playing the Role of the “Magical Stranger;” Differentiating Between Developmental Wounds and Shock Trauma; Providing Precisely-Tailored “Missing Experiences;” Directing Attention to Experiences Previously Organized Out by Limiting Beliefs/Implicit Realities.



## YEAR TWO: PATTERNS AND CHARACTER MAPS

### **RESIDENTIAL SEGMENT 1:** 8.11.2020 – 14.11.2020

**Systemic Thinking & Meta-Level Processes:** Seeing and naming larger themes and patterns.

*The focus on using the therapeutic relationship and a beginning knowledge of character processes to formulate an individualized therapeutic strategy.*

**Topics:** When The Process Gets Stuck, Client-Therapist Systems, Meta-level Processes, Transference & Counter-Transference, Early Learning and Adaptation Processes, The Etiology of the Eight Character Strategies, The Five Great Life Themes, Therapeutic Hypothesizing, Introduction to the *Sensitive/Withdrawn, Dependent-Endearing & Self-Reliant* Character Processes.

**Skills:** Using the Character Map; Making Theory-Driven Hypotheses; Developing an Individualized Therapeutic Strategy; Jumping Out of the System (JOUTS); "House-Keeping."

### **RESIDENTIAL SEGMENT 2:** 11.4.2021 – 17.4.2021

**Working with Larger Themes & Patterns (Part 2) and Increasing Ethical Awareness.**

*The focus is on continuing to understand character as self-organization and exploring the ethical and practice management considerations related to clinical work.*

**Topics:** Introduction to the Burdened/Enduring, Tough-Generous and Charming-Seductive Character Processes, Exploring the "Gray Zone" in Ethical Decision-Making (power differential, intention vs. impact, dual relationships, scope of practice).

**Skills:** Using the Character Map; Making Theory-Driven Hypotheses; Developing an Individualized Therapeutic Strategy.

### **RESIDENTIAL SEGMENT 3:** 11.7.2021 – 17.7.2021

**Working with Larger Themes & Patterns (Part 3): Helping Client's Listen to Their Intrinsic Intelligence and Completion.**

*The focus is on recognizing and working with specific barriers and using the Sensitivity Cycle to develop "Skillful Means" and support transformation.*

**Topics:** Introduction to the "Industrious/Over-focused" and "Expressive-Clinging" Character Processes, The "Sensitivity Cycle" (signal to noise ratio), Working with Insight, Action, Nourishment and Completion Barriers, The Un-Resolved vs. Un-Resolvable, Discussion of Certification, Closing Activities.

**Skills:** Using the Character Map; Making Theory-Driven Hypotheses; Developing an Individualized Therapeutic Strategy.



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## YEAR THREE: SUPERVISION & ADVANCED PRACTICE

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**RESIDENTIAL SEGMENT 1:** 14.11.2021 – 20.11.2021

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**RESIDENTIAL SEGMENT 2:** 10.4.2022 – 16.4.2022

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**RESIDENTIAL SEGMENT 3:** 10.7.2022 – 16.7.2022

*The focus is on close, intensive supervision to develop the personhood and individual path of the therapist to help him/her embody Hakomi in a personal way.*

**Topics:** Live and Recorded Supervision, Studying Habits That Shape Interactions With Clients (E.g., relational tendencies; leading vs. following, biases towards meaning or experience). Honoring One's Strengths & Limitations. Reviewing of Topics and Skills.

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