



# HAKOMI

HAKOMI MINDFUL SOMATIC PSYCHOTHERAPY

## M.E.T.A. Primary Attachment Psychotherapy Intensive

*With Donna Roy, LPC, CHT*

### ABOUT THE WORKSHOP

Join a powerful learning community on the stunning Mediterranean island of Mallorca, from May 9-May 15, 2020, for a concentrated course in M.E.T.A. Primary Attachment Therapy. This course is hosted by Hakomi Mallorca, the English-speaking Hakomi training center in Europe. It is appropriate for psychologists, psychotherapists, counselors, and other mental health professionals will be taught by seasoned M.E.T.A. Trainer, Donna Roy, LPC, CHT, and other M.E.T.A. attachment clinicians, in a week-long intensive format.

M.E.T.A. Primary Attachment Psychotherapy seeks to reduce attachment wounding. It uses mindfulness-based, right here right now attuned interventions. The therapeutic relationship is the centerpiece of this work, in which the clinician responds based on moment-to-moment dynamics.

This approach is scientifically based and well researched. It specifically targets neural rewiring, re-patterning and memory reconsolidation. It is congruent with classic and emerging attachment and interpersonal neurobiology evidence. The process creates increasingly effective conditions for integrating all parts of the Self and building deeper security. This is possible because relational patterns depend on contexts and are changeable.

The typical course of therapy progresses through the integration of four components: authority (I AM), autonomy, (I WANT), agency, (I CAN) and self-worth (I DESERVE). The therapist assesses and supports the client's sense of authority, autonomy and agency, while validating and assessing for self-worth in an ongoing way. This engages specific brain systems and can lead to a lasting sense of security.

This non-linear and customized approach synthesizes aspects of interpersonal neurobiology, attachment theory, applied mindfulness, and the methods of Hakomi Mindful Somatic Psychotherapy, the Re-Creation of the Self (R-CS), and Complex Integration of Multiple Brain Systems (CIMBS). It is empirically based, practical, customizable, and elegant, and can be woven into existing clinical modalities. Taking this course will benefit therapists excited about intentionally using limbic resonance and interpersonal dynamics to generate deep attachment template transformation.

### WORKSHOP DETAILS

## MALLORCA, SPAIN

9th-15th May, 2020

#### SCHEDULE:

**Saturday** 13:00-16:00 / 17:00-19:30

**Sun/Mon** 9:30-13:00 / 16:00-19:30

**Tuesday** Exploration Day (no class)

**Wed/Thurs/Fri** 9:30 -13:00 /  
16:00-19:30

#### COST: Early Bird Registration

1240,00€ if registered by 31 March, 2020, 1390,00€ thereafter. *Meals and accommodations are not included.*

### REGISTRATION

This event is being organized by Hakomi Mallorca Teaching Assistants, Valentina Ialaduca and Pia Charpentier.

Email Pia for more information and to register for the workshop.

[attachmentmallorca2020@gmail.com](mailto:attachmentmallorca2020@gmail.com)



### Donna Roy, LPC, CHT

**DONNA ROY is a licensed professional counselor and Certified Hakomi Therapist and trainer.** She has a private psychotherapy and supervision/consulting practice in Portland, Oregon, where she also administers and teaches in M.E.T.A. trainings, directs the M.E.T.A. Counseling Clinic, and guest presents in Portland State University's Department of Counselor Education and other local organizations. She has special training in couples, marriage and family therapy, experiential dreamwork, and clinical supervision.