ABOUT THE WORKSHOP

This workshop will introduce you to the basic principles and skills of the Hakomi Method as presented by Hakomi Institute International. The method integrates mindfulness and somatics to support self-discovery, healing and growth. In Hakomi, the body is viewed as a “map of the psyche” – a doorway to the core organizers of experience – beliefs about ourselves, our relationships, and the world.

We use “Little Experiments” in mindfulness to gently unearth our implicit beliefs and the hidden barriers to getting more of what we want in life. The curiosity, warmth, presence, and compassion of the therapist, what we call “Loving Presence”, creates a safe, non-judgmental atmosphere for the client to explore themselves like never before. Clients are viewed as being whole, intelligent, creative, and resilient, rather than as problems that need to be fixed. The body is a trusted source of information on this journey, and the aim is to restore a sense of embodied wholeness, a deep re-membering of who we are.

In this workshop, you will: Learn how to turn awareness inward for self-study, and how mindfulness can infuse this exploration with a sense of curiosity and compassion. Explore ways the body archives experience and expresses our deepest beliefs about life. Practice using mindful experiments and the body to identify and eventually transform unconscious, limiting core beliefs.

The workshop will consist of a balance of talks, experiential exercises, discussion and personal reflection, with an emphasis on skills that can be readily applied following the workshop. It is suitable for mental health professionals, healthcare practitioners, coaches, bodyworkers and those who wish to deepen their own self understanding. The workshop also fulfills the pre-requisite to the Foundation Level Training in Mallorca, Spain.

FOR MORE INFORMATION: Email info@hakomimallorca.com

Julia Corley, LPC-A, Certified Hakomi Teacher

Julia is a Certified Hakomi Teacher, Licensed Professional Counselor Associate, Somatic Experiencing Practitioner and Massage and Bodywork Therapist. She began studying Hakomi in 2003 and immediately fell in love with its gentleness and potency. Julia has done healing work for since 1998, first as a massage therapist with a passion for the mind/body connection and now as a somatic psychotherapist in private practice in North Carolina, in the Southeastern U.S. She became a Certified Hakomi Teacher in 2015 and is delighted to be on the Hakomi Mallorca faculty as the island is one of her most favorite places.