

## *Hakomi Mindful Somatic Psychotherapy: A Primer*

**Join us for an online 2-session program on the Hakomi Method.** This elegant approach draws upon the perennial wisdom of the East and leading-edge research on psychology and neuroscience. It integrates mindfulness with psychodynamic and body-based psychotherapy to support change without force.

The course leader is one of the Hakomi Institute co-founders and has offered training worldwide for 40 years. Halko will describe Hakomi's unique approach to working with mindfulness and the body during the therapeutic process and guide you through practices that you can use with your clients.

Although we usually teach our programs through live events, this event is a new online opportunity to sample the method during the pandemic. It will help you decide whether to join one of the many introductory workshops and worldwide training programs that our international faculty of teachers and trainers will offer in the coming years.

### *Session One*

**Monday, February 1st, 2021**

5-8 pm Central European Time  
(11 am to 2 pm EST, USA)

**Our focus today will be on the spirit and practical application of mindfulness as it permeates every aspect of psychotherapy.**

Specifically, the way it challenges deeply held mainstream preconceptions about the role of a therapist and establishes a healing relationship.

The session includes an introduction to mindful therapeutic interventions, an experiential activity, and debriefing in small groups, as well as Q&A in the large group. The discussion will consist of case examples and practical applications for helping professionals that work in various milieus.

### *Session Two*

**Tuesday, February 2nd, 2021**

5-8 pm Central European Time  
(11 am to 2 pm EST, USA)

**Today, we will look at why the body is essential to the future of psychotherapy.**

Examples of using mindfulness when working with the body will show how we gently and quickly explore issues that are usually unknown to the conscious mind. We will do another exercise to get a felt sense of mindful somatic psychotherapy and share our experiences in small groups. We will close the session with a Q&A in the large group.

**You will learn:**

- How mindfulness applied to depth psychology can change the spirit, methodology, and therapeutic relationship in working with clients.
- Techniques to explore unknown psychological territory mindfully.
- How to access the memory of the body to inform a healing process more deeply.



*Dr. Halko Weiss, D.B.H., was born in Hamburg, Germany, and now lives in Mallorca, Spain. He is a co-founder of the Hakomi Institute, a licensed psychotherapist, presenter, and trainer, and teaches internationally in Europe, the U.S., Australia, and New Zealand. In addition to the Hakomi Method, Halko has a particular focus on human relationships and teaches couples therapy and couples sexuality (with his wife and Hakomi co-trainer, Maci Daye) as well as relationship skills to executives. He has authored ten books as well as numerous peer-reviewed articles and publications.*