



HAKOMI

HAKOMI MINDFUL SOMATIC PSYCHOTHERAPY

M.E.T.A. Primary Attachment Psychotherapy Intro

With Donna Roy, LPC, CHT

ABOUT THE WORKSHOP

Join our powerful learning community online for an introductory 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. The course will be taught by seasoned M.E.T.A. trainer Donna Roy, LPC, CHT.

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 context and are changeable.

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 introductory course will give basic skills for working with attachment online. It will serve as an introduction for the META. Primary Attachment Psychotherapy Intensive course.

WORKSHOP DETAILS

Online with Zoom

Dates: May 7th, 14th, 21st
Time: 17.00 - 20.30

COST: Early Bird
Registration 240,00€ if
registered by 15 April
2021, 300,00€
thereafter.

REGISTRATION:

This event is being organised by Hakomi Mallorca Teaching Assistants Valentina Iadeluca and Pia Charpentier.

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

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.