



Hakomi Institute Of Mallorca

Hakomi Comprehensive Training

ADVANCED MODULE

The Art of Establishing A Mindful Healing Relationship

Hakomi Mindful Somatic Psychotherapy

Mindfulness meditation is now commonly recommended as an adjunct to psychotherapy to reduce stress and regulate emotions. For over 40 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 uses powerful experiential techniques to re-wire these organizers to promote core-level transformation.





Five foundational “Principles” are essential to our approach:



MINDFULNESS

the role and quality of consciousness



UNITY

the systemic interconnectedness of everything



MIND-BODY *HOLISM*

the skills of bridging that divide



ORGANICITY

guidance by the knowledge from within



NON-VIOLENCE

the art of dealing with “resistance”



The Hakomi Comprehensive Training teaches helping professionals how to embody the spirit and attitude of these principles.

To do this, participants are required to make a heartfelt commitment to their growth, both personal and professional. Participants of the Advanced Training will learn how the principles are used in Hakomi to support the gentle unfolding of each client’s growing and becoming.



What’s special about our 3.5-year Hakomi Comprehensive Training



Students receive a thorough and substantial education in the Hakomi Method in a format that supports their personal growth on many levels.

The tenets of mindfulness combined with a regular practice shift the student's understanding of psychotherapy and how to “be” as a therapist. Our views on transformation, the relationship, consciousness, and narcissistic wounding are not just theoretical underpinnings of our mindful approach. They are at the core of what it means to guide others in full human-beingness.



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The Hakomi training in Mallorca offers people from diverse countries and backgrounds a unique opportunity to learn in a beautiful multicultural setting.

We chose the UNESCO world heritage area of the Tramuntana mountains and the Mediterranean Sea for our headquarters because learning here is inspirational and fun. Students return home animated by meaningful experiences in the classroom and nourished by the beautiful setting where the program takes place.



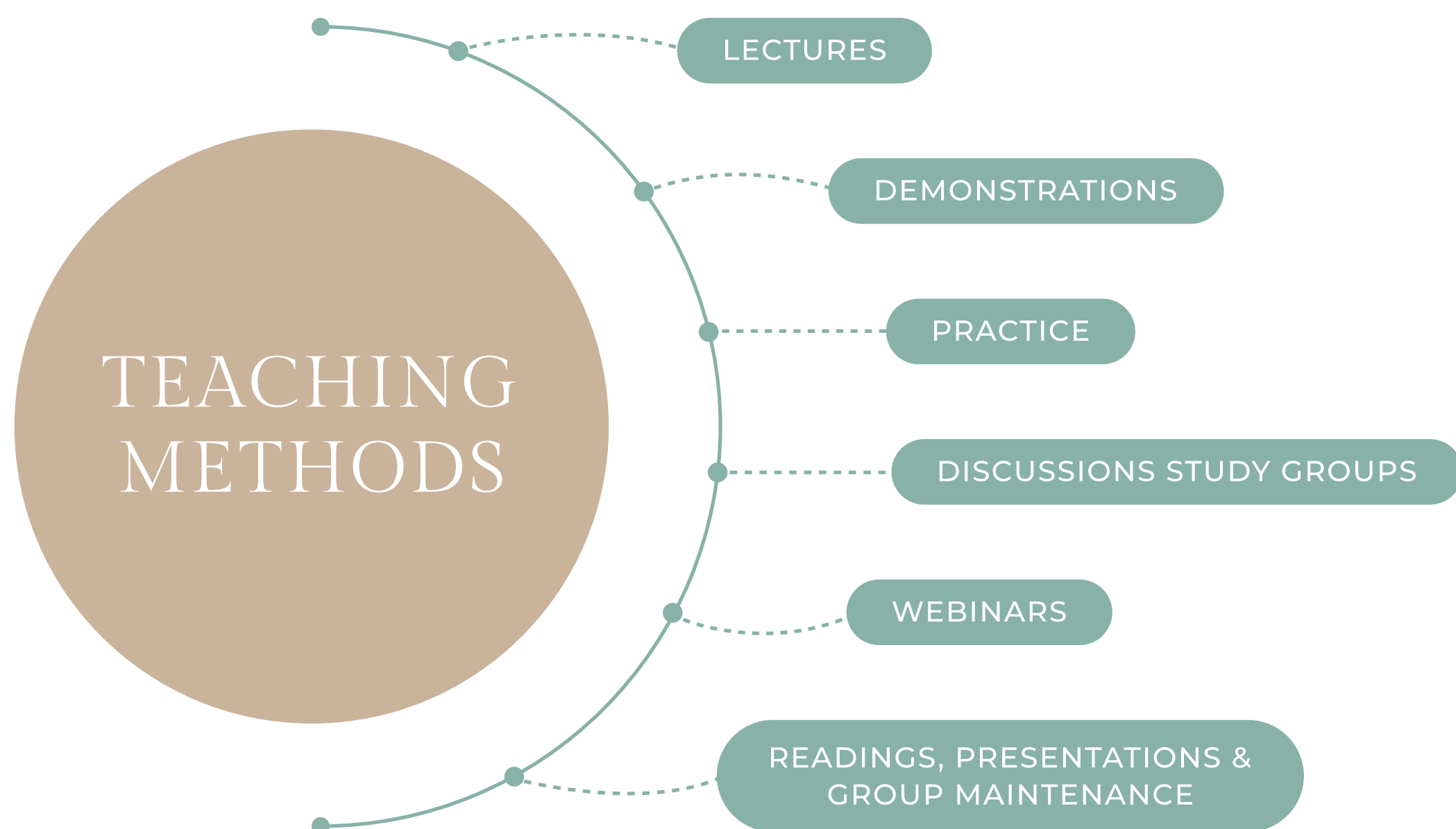
The learning environment

- We aim to create a dynamic and safe learning environment for our students.
- We believe that different minds learn in different ways and that various modalities are needed for meaningful learning to take place. Our training – whether during the in-person blocks or the online webinars - provides a combination of lectures on up-to-date psychological theories, experiential activities, practical demonstrations, and group reflections.
- We look at learning as a transformative process, and we acknowledge the quality of interpersonal relationships as a central factor in fostering it.
- We strive to meet every participant with curiosity, kindness, and deep respect.
- We balance our planned training activities and learning goals with our group members' needs and the unfolding process.
- We are committed to inclusion and celebrate diversity in all its possible manifestations.



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.



Who can benefit from Hakomi?

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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, bodyworkers, physicians, psychiatrists, and allied health professionals who work with clients one-on-one.



The format

While we value the deep interpersonal learning that occurs in live events, we redesigned the format of our Hakomi Comprehensive Training to meet the challenges of the Covid era and climate change. Our priority has been to preserve the limbic connection and loving presence at the forefront of Hakomi therapy while reducing travel requirements. The new hybrid format combines live and virtual teaching segments for these reasons.

THE ADVANCED MODULE EXTENDS OVER TWO AND A HALF YEARS, FROM APRIL 2026 TO OCTOBER 2028.

Years 1 and 2 feature **two residential segments in Mallorca**, complemented by **ten online webinars** held on the fourth Monday of each month, when we do not meet in Soller.

2

residential segments annually in Mallorca

8
days

duration of each residential segment

10

online webinars annually scheduled for Mondays

4
hours

duration of each online webinar

DATES OF RESIDENTIAL SEGMENTS:

Year 1 : April 11 – 19, 2026; Oct 17 – 25, 2026

Year 2: April 24 – May 2, 2027; Oct 9 – 17, 2027

TIMES

Saturday – Sunday 10:00 – 13:00 & 16:00 – 19:00
(Wednesday off)

last Sunday 09:00 – 12:00 & 13:00 – 16:00

some dates could change in case of unforeseen developments

MONDAY WEBINARS SCHEDULE AND TIME:

We will meet on the fourth Monday of each month.

We will arrange the time of the webinars to fit the participant's time zone

Year 3 includes **five webinars** and **two residential modules**: the first lasting 8 days, and the second spanning 10 days, culminating in a **two-day graduation ceremony**.

8
days

duration of the first residential segment

10
days

duration of the second residential segment

5

online webinars scheduled for Mondays

4
hours

duration of each online webinar

DATES OF RESIDENTIAL SEGMENTS:

Year 3 : April 22 – 30, 2028; Oct 14 – 25, 2028

TIMES

Saturday – Sunday 10:00 – 13:00 & 16:00 – 19:30
(Wednesday off)

Last Sunday in April 9:00 – 12:00 & 13:00 – 16:00

Last Sunday, Tuesday, Wednesday in October 10:00 – 13:00 & 16:00 – 19:30

some dates could change in case of unforeseen developments

MONDAY WEBINARS SCHEDULE AND TIME:

We will meet on the fourth Monday of each month through September.

We will arrange the time of the webinars to fit the participant's time zone



About online learning

Our online format is flexible and dynamic. We avoid relying on static, didactic lectures. Instead, we offer more interactive learning forms, such as case-based instruction, demonstrations, practice exercises, and cooperative learning.

We often change the virtual classroom's energy by splitting the group into smaller breakout rooms, where participants can be more actively involved in exploring and practicing. Rather than looking at technology as an obstacle to overcome, we are creative about its possibilities.



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The hope of harmony in today's world lies in a clearer understanding of our sheer diversity.

AMARTYA SEN



Faculty



Halko Weiss

PH.D., DBH, DIPL.-PSYCH., ACCREDITED CLINICAL PSYCHOLOGIST AND LECTURER ON MINDFULNESS, COUPLES THERAPY, AND BODY-CENTERED PSYCHOTHERAPY

He authored 20 professional publications and ten books, gave more than 50 congress contributions, including keynotes, and won the Alice K. Ladas Research Award by the USABP in 2005. Halko co-founded the Hakomi Institute in Boulder, Colorado, and the Hakomi Institutes of Europe, Australia, and New Zealand and was instrumental in developing the Hakomi Method and its curricula worldwide. In addition, he helped establish a successful coaching training program and an Emotional

Intelligence training for executives in Germany. Halko also developed two comprehensive programs on couples therapy, and interpersonal skills taught internationally.



Julia Corley

CERTIFIED HAKOMI TRAINER, LICENSED CLINICAL MENTAL HEALTH COUNSELOR, SOMATIC EXPERIENCING PRACTITIONER, AND MASSAGE AND BODYWORK THERAPIST

Julia has done healing work 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., where she lives with her beloved husband and dog and an amazing garden. She began studying Hakomi in 2003 and immediately fell in love with its loving presence, depth, potency, and how each session feels like a

bit of adventure. Julia is delighted to be on the Mallorca faculty as the island is one of her favorite places to visit. She also teaches Hakomi in the U.S., is a facilitator for Passion and Presence, mindful sexuality retreats created by Hakomi Mallorca co-founder Maci Daye, is a certified facilitator for Right Use of Power, ethics training developed by Hakomi Trainer Emeritus Cedar Barstow, and is a member of the United States Association for Body Psychotherapy.



Pia Charpentier

LICENSED PSYCHOLOGIST, CERTIFIED HAKOMI THERAPIST AND TEACHER, CERTIFIED CBT THERAPIST AND TRAINER, CEO OF THE CENTER FOR EATING DISORDERS, MINDFULNESS TEACHER

Pia works as the CEO of a private Eating Disorder Center in Helsinki, Finland, that she founded in 2002. Pia was trained as licenced psychotherapist in the university of Helsinki. Pia is a certified Hakomi therapist and teacher. She is also a CBT psychotherapist and trainer and mindfulness teacher.

As part of her work she sees psychotherapy clients, gives supervision and lectures on eating disorders, psychotherapy and mindfulness. Pia has written four books on eating disorders and published several articles on this topic in Finnish as well as in international journals.



Valentina Iadeluca

LICENSED PSYCHOLOGIST, CERTIFIED HAKOMI THERAPIST, CERTIFIED HAKOMI TEACHER, FULL MEMBER OF EUROPEAN ASSOCIATION OF BODY PSYCHOTHERAPY, AISC AND CBT ITALIA

Valentina has a private practice as a body-oriented psychologist in Rome, Italy. She trained in Attachment Therapy, Recreation of the Self, Hakomi for Couples, and Trauma therapy and worked as a Hakomi therapist at the M.E.T.A. Clinic in Portland, Oregon, U.S.A in 2017 and 2018. In 2020 Valentina attended a one-year course at the Italian Association for Clinical Sex Therapy (A.I.S.C.). Eager to expand her professional horizons, she is completing a 4-year program on C.B.T. and other mindfulness-based modalities such as the A.C.T., D.B.T., and Compassion Focused Therapy at the Beck Institute in Rome. Valentina co-authored *Meditare con la vita - Meditating with life* (Erickson, released in January 2022, in Italian). She also translated and was the curator of the Italian edition of the book *Mindfulness-based Stress Reduction - Protocol, Practice and Teaching Skills* of Susan Woods and Patricia Rockman (Franco Angeli, released in March 2022). Her last book on a Polyvagal Theory program for group settings (Erickson, 2023) will be translated into English and available to the English-speaking community in 2025 (Routledge). She has been practicing mindfulness, yoga, and tai chi for over 15 years.



FACULTY MENTOR

Maci Daye

CERTIFIED HAKOMI TRAINER, LICENSED PROFESSIONAL COUNSELOR, AND CERTIFIED SEX THERAPIST WHO LIVES IN HAMBURG AND MALLORCA

She has degrees in Education and Counseling from Harvard and Georgia State Universities and a doctorate in Human Sexuality. In addition, Maci completed the Intermediate Level of the Somatic Experiencing training. She began her Hakomi journey in 1985 and joined the faculty in 2001. She was the Lead Trainer in Asheville, North Carolina, for nearly a decade and taught in Atlanta, Minneapolis, Princeton, Charlottesville, and various European cities.

Maci also developed a Hakomi-informed program on mindful sexuality and has led couple's retreats and professional courses on her work in the U.S.A., Australia, and Europe since 2010. Her book, *"Passion and Presence: A Couple's Guide to Awakened Intimacy and Mindful Sex,"* was released in 2020 by Shambhala Publications.



If you'd like to join the next Hakomi Mallorca Comprehensive Training Advanced Module, please complete these **three steps**:

1

Complete successfully the Foundation Module (or similar training).

2

If you did not attend the Foundation Module with us, complete the application form accompanied by a non-refundable deposit of €100.

3

Secure your spot with a holding deposit of €1200 and complete our Enrollment Agreement.

WISEDAY SEMINARS S.L. | CAIXA BANK | IBAN: ES66 2100 7293 5413 0010 1102
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Specific entrance requirements

- Participation in the Foundation Module (or similar training)
- If you did not attend the Foundation Module with us, complete the application form accompanied by a non-refundable deposit of €100
- 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.



How much does the Advanced Module cost?

EARLY BIRD*: 13 500€

** until 2026, January 31*

REGULAR TUITION: 13 950€

STUDENT TUITION: 12 600€

UPON ACCEPTANCE TO
THE TRAINING:

€1200 DEPOSIT IS REQUIRED TO
SECURE YOUR SPOT

The remaining amount of the tuition is
payable in 6 bi-monthly installments (due
on February 1, April 1, June 1, August 1 and
October 1, December 1)

3 WORK/STUDY POSITIONS: 11250€

We will accept applications for **three work-study students** with housekeeping, computer, and technology skills to support the training operations.

Submit your application by writing to info@hakomimallorca.com. Please write "**work-study position**" in the email's subject line and attach your bio.

If we accept your application, you will pay 11250€ for the Foundation Module.



FOR INQUIRIES

PLEASE CONTACT OUR BUSINESS MANAGER: **RUTH BLUME** AT
INFO@HAKOMIMALLORCA.COM



ADVANCED MODULE CURRICULUM

YEAR 1: THE ESSENTIAL METHOD

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.

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, The Experimental Attitude, 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.

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”), 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”, Providing Precisely-Tailored “Missing Experiences”, Directing Attention to Experiences Previously Organized Out by Limiting Beliefs/Implicit Realities.



YEAR 2: PATTERNS AND CHARACTER MAPS

Systemic Thinking & Meta-Level Processes: Seeing And Naming Larger Themes And Patterns

The focus is 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 (JOOTS), “House-Keeping.”

Working with Larger Themes & Patterns (1): 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.

Working with Larger Themes & Patterns (2): Helping Clients 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.



YEAR 3: SUPERVISION & ADVANCED PRACTICE

The focus is on close, intensive supervision to develop the personhood and individual path of the therapist to help them 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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Mindfulness requires an accepting attitude on the part of the client and consequently on the therapist's part. An emphasis on what needs to change destroys the quiet and curious observation of what is happening inside.

HALKO WEISS



Information

IF YOU WANT TO KNOW MORE ABOUT US,
VISIT [HAKOMIMALLORCA.COM](https://hakomimallorca.com)

WHEN IS OUR NEXT INTRODUCTORY WORKSHOP?
[CLICK HERE](#) TO SEE OUR UPCOMING EVENTS

FOR INQUIRIES CONTACT OUR BUSINESS MANAGER
RUTH BLUME AT [INFO@HAKOMIMALLORCA.COM](mailto:info@hakomimallorca.com)



Hakomi Institute of Mallorca

Hakomi Institute of Mallorca is the Mediterranean headquarters for Hakomi MSP.
We offer professional and personal growth courses online and in Sóller, Mallorca.

[Here](#) you can find information about our location, how to get there, and where to stay.

Want to meet with us in person?

If you want to talk to us after reading this brochure, you are welcome to participate in one of our 45-minute Meet and Greet, which take place on Zoom. We will be offering a Hakomi taster and answering your questions about the Hakomi Method and our courses.

SEND AN EMAIL TO [INFO@HAKOMIMALLORCA.COM](mailto:info@hakomimallorca.com) (**SUBJECT: MEET AND GREET**) TO SIGN UP