

Guidance for Hakomi Institute of Mallorca Applicants

Welcome, and thank you for your interest in our programs. This document is designed to guide you through an informed and thoughtful decision-making process as you consider applying to our Comprehensive Hakomi Training.

We want to orient you to the process and highlight crucial legal and ethical considerations of practicing Hakomi, especially if you are not a licensed psychotherapist.

Who We Train

Hakomi Mallorca accepts psychotherapists (e.g., counselors, clinical psychologists) and allied professionals (e.g., coaches, bodyworkers) who process verbally with clients. We also accept students currently training to become psychotherapists.

Application Process and Criteria

You may apply for the training following a 12-hour or longer Introduction to Hakomi workshop. Application criteria include:

- **Professional Experience:** Direct client work or a clear path toward becoming a therapist.
- **Educational Background:** Relevant studies in psychology or counseling.
- **Client Experience:** Experience as a therapy client, especially in somatic/experiential therapies.
- **Mindfulness Practice:** Background in mindfulness or meditation.
- **Ethical Practice and Referral:** Ability to practice ethically and refer clients as needed.

Completing the application thoroughly is crucial, as our admission decisions rely heavily on the information provided. We may also require one or more videoconference interviews with faculty members, conducted at no additional cost.

If our faculty determines you do not meet the criteria, we may suggest gaining further training or professional experience before reapplying.

Requirements Upon Acceptance

1. **Pay a Deposit** to secure your place.
2. **Complete an Enrollment Agreement** and agree to abide by the [Hakomi Institute Code of Professional Conduct and Ethics](#) and [Hakomi Institute's policy regarding psychedelic-assisted therapy](#)
3. **Sign a Financial Contract**

Regardless of prior experience, all students must complete the Foundation Level to be eligible for the Advanced Level. **Acceptance into the Advanced Level is not guaranteed, particularly for non-psychotherapists.**

Practice Requirements

Trainees should begin practicing Hakomi regularly with practice "clients" who are not family or friends, starting during the Foundation Level of the training. This practice is not equivalent to psychotherapy; it is a learning opportunity for trainees to apply the skills acquired during training and receive client feedback. The Hakomi Institute of Mallorca provides students with a form to help clarify the scope, limitations, and benefits of this experience for those in the client role.

We highly recommend even experienced psychotherapists see a few practice clients for free. This allows them to embrace a beginner's mindset and fully engage in practicing their Hakomi skills, which differ from traditional clinical training and are easier to integrate through pure practice.

Training Expectations

Hakomi training is a learning experience and a profound journey of personal growth. A crucial aspect of this learning involves taking on the "client" role during exercises and practice sessions. Participants engage with one another using genuine experiences rather than role-playing. Managing your process is equally essential to ensure it does not negatively impact the group dynamic, the learning environment, or your ability to understand and integrate the material. We expect participants to see a therapist outside the training to help process any residual or stirred-up issues from a training block.

Managing Interpersonal Dynamics

Trainees must also demonstrate the ability to tolerate and manage interpersonal challenges that arise with maturity. If you are currently in a phase of your healing and growth where you frequently experience high activation or collapse—such as being easily triggered or overwhelmed—it is advisable to postpone applying to the Hakomi training until you are further on your healing journey.

Legal, Ethical, and Practice Considerations for Non-Therapists

Laws governing the practice of psychotherapy and allied professions vary from country to country and are designed to protect clients from harm. Students must understand the legal requirements in their region. This includes the legality of virtual client interactions and the scope of permissible practices for someone with your credentials.

Our training focuses on the Hakomi Method and does not cover essential knowledge about mental health disorders, diagnosis, legal issues, orientation to various treatment modalities, and supervised internships that are part of clinical psychotherapy training.

If you are not a licensed psychotherapist, you may need additional training and credentialing to practice ethically and legally and fulfill your career aspirations.

Ethical and Practice Considerations

Ethical practice involves adhering to laws, training, experience, and managing interpersonal dynamics, including issues like sexual attraction and transference. While our curriculum includes ethical training, we strongly recommend ongoing ethics education, such as the "Right Use of Power" program by Cedar Barstow.

We also encourage all practitioners, licensed and unlicensed, to seek supervision and consultation regularly, especially for challenging cases.

Non-therapists should communicate to all prospective clients that they are not licensed psychotherapists and cannot provide psychotherapy. They should always screen clients for serious mental health issues and refer them to more qualified professionals.

Legal Status

Graduates of our 4-year training program receive a certificate of completion. Those who take additional steps to become certified in the Hakomi method will receive an additional certificate. These certificates have no legal standing; they are acknowledgments of training rather than licensure. As previously stated, researching local laws to ensure compliance is crucial.

European Association of Body Psychotherapy (EABP)

If you intend to establish your practice in Europe and wish to join the European Association of Body Psychotherapy (EABP), please note that the EABP offers various levels of Individual Membership, such as Student or Trainee. Full Membership recognizes your competence and skills as a Body Psychotherapist.

If applicable, you can apply through your country's local Body Psychotherapy association or directly through the EABP. Our four-year training program meets the criteria for graduating from an EABP Forum Training Institute. (i.e., The Hakomi Institute of Europe.) Below are additional membership requirements:

- 250 hours of personal therapy (100 hours individual).
- 150 hours of supervision (100 in body psychotherapy).
- 600 hours of practice over two years.
- Sponsorship by two body psychotherapists, preferably EABP members.

Note: National laws may impose additional requirements.

We appreciate your interest in our training programs. We hope this information helps you decide whether to proceed with your application or to wait before you undertake our training.