

Hakomi Institute Of Mallorca

Hakomi Comprehensive Training

FOUNDATION MODULE 2027

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 Foundation 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 Foundation 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.



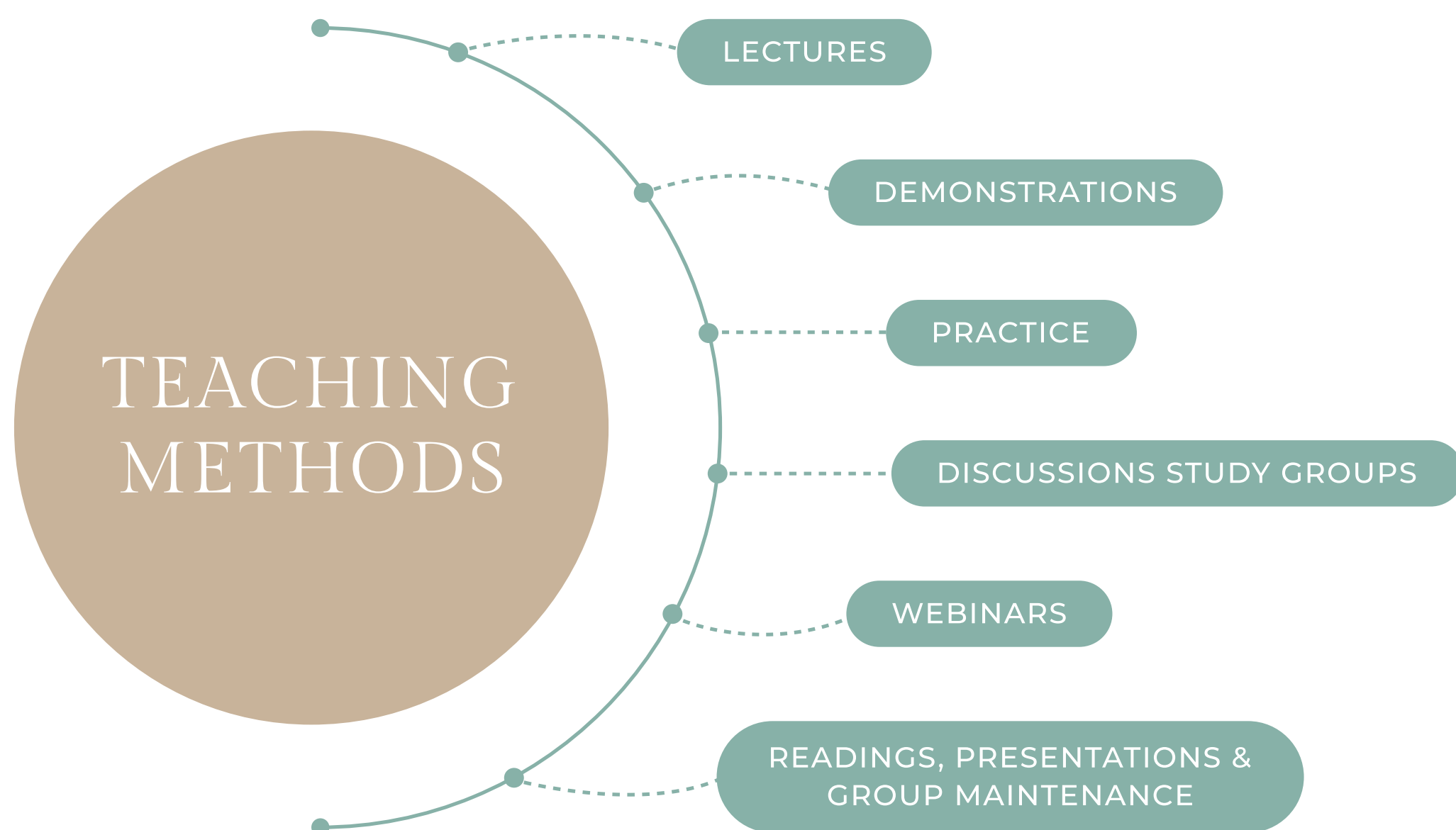
The learning environment

- 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

- Learn to embody the Hakomi principles to support deep inner work. Apply mindfulness in an active, dyadic, and exploratory way.
- Recognize how the body stores implicit memories and reflects core beliefs.
- Be able to enter a state of “Loving Presence” to gain the cooperation of the client’s unconscious.
- Develop Hakomi-specific communication skills to “manage consciousness” and explore intrapersonal processes.
- Learn how an individual's intrapersonal dimension is also shaped by the social systems in which we are immersed.



Who can benefit from Hakomi?

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Hakomi is effective with individuals, couples,
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: training dates and times

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 this delicate historical moment 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 Foundation Module, as well as most of the Advanced Module, combines two 8-day residential segments annually in Mallorca with ten 4-hour online webinars scheduled for Mondays.



residential segments
annually in Mallorca



duration of each
residential segment



online webinars
scheduled for Mondays



duration of each
online webinar

DATES OF RESIDENTIAL SEGMENTS:

2027, April 10 - 18 (14th off)

2027, October 23 - 31 (27th off)

TIMES

Saturday - Sunday 10:00 – 13:00 & 16:00 – 19:00

the last Sunday 09:00 – 16:00

some dates could change in case of unforeseen developments

MONDAY WEBINARS

2027: May 3, June 7, July 5, August 2, September 6, November 8, December 6

2028: January 10, February 7, March 6

TIMES

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

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.



Faculty



Halko Weiss

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

Halko co-founded the global Hakomi Institute in Boulder, Colorado, where he has served on the Board of Directors since 1980. He also co-founded the Hakomi Institutes of Europe, Australia, and New Zealand, playing an essential role in developing the Hakomi Method and its international training curricula. In Germany, he helped establish a highly successful coaching certification program and an Emotional Intelligence training for executives.

The author of 20 professional publications and 10 books—including *The Handbook of Body Psychotherapy* and *Somatic Psychology* and *Hakomi: Mindfulness-Centered Somatic Psychotherapy*—Halko has taught at universities in Hamburg, Tübingen, Marburg, Zürich, and Napier (New Zealand). He is also a frequent presenter at international conferences. In 2005, he received the prestigious Alice K. Ladas Research Award from the United States Association of Body Psychotherapy.

In addition, Halko co-developed and taught a couples therapy program administered by the University of Tübingen, as well as an interpersonal skills training, *Hakomi Embodied and Aware Relationship Training* (H.E.A.R.T.), offered in Europe and Australia.



Valentina Iadeluca

LICENSED PSYCHOLOGIST AND PSYCHOTHERAPIST, CERTIFIED HAKOMI TEACHER, EABP FULL MEMBER, AUTHOR

After a gratifying career as a music and movement teacher and educator, Valentina met Hakomi.

It was a pivotal and life-changing encounter. Valentina studied the Method in Europe and did additional Hakomi training in the United States while completing a second master's degree in psychology. Once back in Italy, she continued to specialize in other therapeutic modalities, such as EMDR and DBT, and became an MBSR instructor, facilitating the program on several occasions. She recently

completed a Mindful Relationship Sex Therapy Program and is now a Passion and Presence Practitioner.

As a Certified Hakomi Teacher, Valentina is at the forefront of spreading Hakomi in Italy and Europe, as she believes that the values and techniques the Method promotes can dramatically enrich the world of mental health on the continent. She has recently applied her passion for art to words. Through her writing activity, she aims to inspire people to mindfulness and the Method, trying to convey Hakomi's beauty and its limbic approach to interpreting the helping relationship.

Among her published works, *"Meditare con la vita"* (Erickson, 2022, with A. Montano) has reached a vast audience in her country, and her book *"La Teoria Polivagale in Pratica"* has been published in English by Routledge (2025) with the title *"Polyvagal Theory in Group Practice"*.



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

1

Attend one of our preparatory introductory workshops. We want to get to know you and have you sample our approach.

2

Complete the application form, accompanied by a non-refundable deposit of €100.

3

If accepted, secure your place with a holding deposit of €800 and complete our Enrollment Agreement.

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Specific entrance requirements

- Participation in an introductory Hakomi workshop.
- Completion of the application form and a non-refundable deposit of €100.
- A (preferable) background in a helping profession or allied field (or a student of a helping profession).
- 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 Foundation Training cost?

EARLY BIRD*: 4500€

**until 2026, March 31*

REGULAR TUITION: 4650€

STUDENT TUITION: 4200€

UPON ACCEPTANCE TO
THE TRAINING:

€800 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: 3750€

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

If you want to apply for a work/study student position, the first step is to submit the standard training application.

If you are accepted into the training program, we will then send you a specific form to apply for the work/study student position.

We will be accepting work/study student applications until the posted submission deadline. After that, we will review all submissions.

Applicants will be informed about their selection status within 7-10 days after the application deadline.



FOR INQUIRIES

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



FOUNDATION MODULE CURRICULUM

1

Cultivating a Compassionate Presence to Support Deep Inner Work

The focus is on the therapeutic relationship and establishing the safety needed for clients to be in contact with their present, felt experience.

Topics: Overview of the Hakomi Method & Principles, Loving Presence, Therapeutic Relationship, The Specific Use of Mindfulness in Psychodynamic Therapy, The “Person” of the Therapist, Right-Brain to Right-Brain Communication, Empathy & The Resonance Circuitry, Attuning to the Immediate Experience (“tracking”), Demonstrating Understanding of the Client’s Experience (“contact”), Self-Regulation, The Group as Living Organism, Establishing and Maintaining a Productive Learning Environment.

Skills: Tracking, Formulating and Delivering Contact Statements, Being in a “State” of Contact, Self-Regulation, Mindfulness Practice, Using the Principles to Inform the Therapeutic Attitude and Establish a Container for Healing, Finding a Calm and Neutral Place Within Oneself.

2

Sourcing the Wisdom Within: Establishing and Using Mindfulness

The focus is on the use of Mindfulness in psychodynamic therapy and managing consciousness.

Topics: “Being With” Rather Than “Talking About”, Directing Awareness Towards Present Felt Experience, Qualities of Mindfulness (spacious, curious, allowing), Mindfulness Through All Stages of the Hakomi Method, Bi-Directional Mindfulness (The therapist is mindful too), The “Inner Observer,” Stabilizing Mindfulness (slow pace, inward focus), The Process Map (overview of the stages of the method), Accessing Formative Experience, Core Material, Categories of Experience.

Skills: Describing Mindfulness to a Client, Inducing Mindfulness, Using One’s Voice and Pace to Manage Consciousness and Stabilize an Inward-Directed Focus, Using Deepening Questions, Tracking States of Consciousness, Recognizing and Selecting Access Routes, Using the Categories of Experience Map.



3

Befriending Our Hurt and Wounded Parts: The Route to Core Material

The focus is on beginning to hypothesize about early life experiences and designing experiments in mindfulness to access implicit beliefs.

Topics: Therapist Jobs: Managing Consciousness & Gathering Information, The Emotional Memory System, The Evocation of Experience, Cultivating an Experimental Attitude, Limiting Beliefs, Conducting Experiments in Mindfulness, Organization of Experience, The Body in Psychotherapy, Non-Verbal Indicators.

Skills: Recognizing Evidence of “Core Material”; Constructing, Setting up & Conducting an Experiment in Mindfulness; Getting a Report Without Breaking Contact From the Experience; Creating and Delivering “Probes.”

ADVANCED MODULE CURRICULUM

YEAR ONE

- Working With Somatic Indicators of Unconscious Processes
- Using Touch and Other Somatic Interventions in Clinical Practice
- Repairing Developmental Wounds
- Recognizing & Working with Resistance

YEAR TWO

- Character Theory
- Systemic Thinking & Meta-Level Processing
- Adaptive Strategies and the Great Life Themes
- Increasing Ethical Awareness
- Creating a Tailored Therapeutic Strategy

YEAR THREE

The focus is on close, intensive supervision of each student to refine their skills, therapeutic interventions and use of self as a Hakomi Therapist.



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 periodically. 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