



Hakomi Institute Of Mallorca

Hakomi Comprehensive Training — 4 years

CURRICULUM AND HOURS

Total number of hours:

60 MINUTES

492 hours

352 in person and 140 online (synchronous)

45 MINUTES

655 hours

469 in person and 186 online (synchronous)

One "hour" of class is calculated differently depending on where you live, so we have calculated the number of hours of our training in both 45-minute and 60-minute increments.





Year 1 - Foundation

Hakomi Comprehensive
Training — 4 years

60-MINUTE HOURS

123

45-MINUTE HOURS

164

SESSIONS WITH PRACTICE CLIENTS

Suggested but not a requirement

Program

Cultivating a Compassionate Presence to Support Deep Inner Work: Embodying Hakomi.

Topics: Overview of the Hakomi Method & Principles, Loving Presence, Therapeutic Relationship, The Specific Use of Mindfulness in Psychodynamic Therapy, The “Person” of the Therapist, , 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.

Sourcing the Wisdom Within: Establishing and Using Mindfulness.

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.

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

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.

NOTE: Psychotherapy is an evolving science. Hakomi is no exception. The curriculum may change and evolve to incorporate new research findings and the overall evolution in the psychological field.



Year 2 - Advanced

Hakomi Comprehensive
Training — 4 years

60-MINUTE HOURS

123

45-MINUTE HOURS

164

SESSIONS WITH PRACTICE CLIENTS

Minimum 10, including filling out
self-evaluation forms

Program

The Mind-Body Interface: Working With Somatic Indicators of Unconscious Processes and Using Touch and Other Somatic Interventions in Clinical Practice.

Topics: Using Touch in Therapy, Experimental Use of Touch, Touch Probes, The Meaning-Experience Interface, Leading & Following.

The World of Defenses: Recognizing & Working with Resistance.

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, Experimental, Keying Off The Spontaneous.

The Healing Journey: Repairing Developmental Wounds by Renegotiating Early Life Experiences

Topics: The Processing Stage, State-Specific Processing, Regression & Progression, The "Child State," Working With Strong Emotions ("Riding The Rapids"), Traumatic Activation, The Barrier, Transforming Limiting Beliefs to Create New Experiences, Integration, Completion.

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Year 3 - Advanced

Hakomi Comprehensive
Training — 4 years

60-MINUTE HOURS

123

45-MINUTE HOURS

164

SESSIONS WITH PRACTICE CLIENTS

Minimum 10, including filling out
self-evaluation forms

Program

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

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.

Working with Larger Themes & Patterns (1): Increasing Ethical Awareness.

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, cultural sensitivity).

Working with Larger Themes & Patterns (2): Helping Client’s Listen to Their Intrinsic Intelligence and Completion.

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.

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Year 4 - Advanced

Hakomi Comprehensive
Training — 4 years

60-MINUTE HOURS

123

45-MINUTE HOURS

164

SESSIONS WITH PRACTICE CLIENTS

Minimum 10, including filling out
self-evaluation forms

Program

Supervision & Advanced Practice: 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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