**Shame and Self-Compassion:** *An Introduction to Hakomi*

*Mindfulness-Centred Somatic Psychotherapy*

April 6-7, 2018 Edmonton, Alberta



Recent studies have shown the devastating, immobilizing and disorienting effects of shame on the human psyche. Shame is a disempowering downward spiraling helix. Guilt on the other hand both mobilizes and orients us to the world in which we live. The practice of Self-compassion is the bridge that helps us move from the painful isolation of shame into a more mindful and empowering connection with our self and our common humanity.

Hakomi is a Mindfulness Centred Somatic Psychotherapy that is deeply rooted in five principles, namely, Mindfulness, Non-violence, Organicity, Unity and Mind-Body-Spirit Wholism. These Principles and practices guide both the work and the therapist.

This workshop will give you an overview of the Hakomi Method and will include:

* A presentation of the Hakomi Principles and theory
* Experiential exercises and practice
* A close look at the difference between shame and guilt
* An experiential exploration of the practice of Self-compassion
* A demonstration of an actual therapy session, with an opportunity for discussion of the techniques used

**You will learn skills that you can start using immediately with your clients.**

Taught by Magi Cooper, Certified Hakomi Trainer & Therapist. Standing firmly in the Hakomi principle of non-violence, she has been an advocate of domestic peace for over 20 years. Magi facilitates Respectful Relationships and Relationship Violence Prevention Programs for the Ministry of Public Safety and Solicitor General Corrections Branch.



*Presented by:*

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**Workshop Registration Form**

Please return this form and a cheque/email money transfer for your full payment to:

PO Box 51021, Highlands PO, Edmonton, AB T5W 5G5

or Hakomi.Edmonton@gmail.com

*Please make cheques payable to* **Hakomi EdmontonRegistration is also available online**

*or etransfers to*[**Hakomi.Edmonton@gmail.com**](mailto:Hakomi.Edmonton@gmail.com) **at www.hakomiedmonton.ca**

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| --- | --- | --- | --- |
| **Name** |  |  |  |
| **Street Address** |  |  |  |
| **City** |  | **Postal Code** |  |
| **Home/Cell Phone** |  | **Work Phone** |  |
| **Email Address** |  |  |  |
|  |  |  |  |

**How did you hear about this workshop?**

**May we add you to our e-mail list (please circle)? YES No**

**Shame and Self-Compassion A Two (2) Day Introduction to the Hakomi Method**

**Friday & Saturday, April 06 & 07, 2018 Edmonton, AB**

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| **TIMES** | **TUITION** | **LOCATION** |
| **Friday, April 06, 2018**  9:30 am – 4:30 pm  **Saturday, April 07, 2018**  9:30am – 4:30 pm | Investment:  **$350.00**  Students & NPOs:  **$300.00**  **incl. gst** | ***TBA***  Edmonton, AB |

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