



## Hakomi Professional Skills Training 2018 – 2020

“When you can assist someone, spontaneously, by your presence alone,  
to feel worthy and welcome, then you have achieved  
the personhood of a therapist.”

- **Ron Kurtz, founder of Hakomi Therapy**

For over 20 years, Hakomi therapists have been using the body as a powerful access route to the history of the client, and to unconscious beliefs, traumas and character patterns. Using present felt experience, the therapist easily accesses beliefs and experiences that have been deeply held within the client's unconscious. Safe and supportive techniques facilitate the emergence of these hidden patterns into consciousness where they can be directly experienced, re-evaluated and transformed. Hakomi approaches these experiences gently, keeping the mind-body connection intact so that the client is able to experience the innate intelligence of habitual responses and, once conscious, these responses can be directly re-evaluated, and new dimensions of awareness, choice and freedom can be integrated.

In Hakomi training, students learn to develop an exquisite sensitivity and attunement to others, and to convey this understanding. This empathy and responsiveness helps to create a deep sense of safety and connection, and facilitates the effectiveness of the therapy. Hakomi's highly innovative techniques and the self-development of the therapist are the core of the training. Using the Buddhist principles of mindfulness and gentle curiosity, the Hakomi therapist creates an atmosphere of safety for deep processing that helps the client's defenses to be willingly yielded and examined, rather than confronted or overpowered. The relief and empowerment of increased self-awareness and freedom provides the client with a sense of personal empowerment and a richer appreciation for life.



### **Curriculum for Year 1 Includes:**

- The Hakomi Principles and how to embody them
- The body as map of the psyche
- Developing the healing relationship
- Character theory and developmental issues
- Working with the Child State of Consciousness, core issues, and emotional release
- Ethics and right use of power
- Resolving Trauma using Hakomi and other Somatic Techniques
- The precise use of touch
- Specific therapeutic techniques for eliciting information, awareness, and healing through the body
- Jumping out of the system—transference and counter-transference
- Barriers to Nourishment, clarity, and completion
- How neurobiology is shaped by past wounds and how therapy can impact brain structure in a positive way

In the later stages of training, special attention is paid to each therapist's personal character and style to help them fine tune their own creative, individual approach. Emphasis is on increasing fluency, refining skills, developing artistry, and studying advanced character strategy. Hakomi is an excellent base for any therapeutic modality and so we support students in finding their own style and creativity in the unique application of the work.



**Pre-requisites:**

One Hakomi introductory workshop (or consent of the faculty) and submission of an application with a \$25.00 non-refundable deposit.

**Dates:**      **YEARS 1 & 2 (10 Weekends each)**

Training weekends occur monthly beginning June, 2018 with a break July and August.

Weekends run Fridays 9:30-5:30, Saturday 9-5:30, and Sundays 9-1.

**First Year Dates:**

June 1-3, 2018	January 11-13, 2019
September 7-9, 2018	February 1-3, 2019
October 12-14, 2018	March 1-3, 2019
November 2-4, 2018	April 5-7, 2019
December 7-9, 2018	May 3-5, 2019

\*Training weekends will normally fall on the first weekend of each month, except when that falls on a statutory holiday.\*

**Location:** TBA (depending on cohort size)

**Payment:** \$4,500 including GST

We require a down-payment of \$1,800 (first 4 months) in order to confirm registration upon acceptance into the program and then \$450 monthly thereafter.

Please make cheques payable to **Hakomi Edmonton**.  
E-transfer payment also available to [Hakomi.Edmonton@gmail.com](mailto:Hakomi.Edmonton@gmail.com)



### **Teaching Staff:**

**Beth Falch-Nielsen, RCT, CHT** (Lead Trainer) is a Registered Clinical Counsellor and Certified Hakomi Therapist and Trainer. She has 30 years experiences as a therapist, teacher, and group facilitator, and has been in private practice for 20 years. She has a private practice in Vancouver, Duncan and Victoria, B.C., and teaches in B.C., Alberta, and Oregon.

**Jaci Hull, M.A., L.M.F.T.** (Guest Trainer) is a certified trainer for the Hakomi Institute. She has trained extensively in a combination of traditional and contemporary approaches including Contemplative Psychotherapy, Hakomi Body-Centered Psychotherapy, Family Therapy, Solution-Focused Therapy, and E.M.D.R. In private practice for over 20 years, she works with individuals, couples, and occasionally with families, emphasizing clear and heartfelt communication, a loving, respectful, and supportive home life, and the co-creation of healthier behaviors and values.

**Magi Cooper** (Trainer) is a certified Hakomi Trainer & Therapist in private practice. Since her first workshop with Jon Eisman in 1992, Magi has been committed to the spiritual principles and practices of Hakomi. She has brought compassion, mindfulness and loving presence to her nearly 20 years of counseling with marginalized populations. She and her husband Bob Morrissey (also a Hakomi Therapist and Teacher) use their passion for Hakomi as the underpinning of their work with couples. Magi lives, works and kayaks on Vancouver Island.

**Dennis Brown** (Teacher) has been a Registered Psychologist for more than 25 years and a Certified Hakomi Therapist for the past five years. He has provided a variety of services to individuals, couples, and families during these years, ranging from one-session, one-person consultations to multiple sessions with two or more people involving consultation, coaching, and therapy. Dennis is particularly interested in helping people during those often unwanted times of change and life transition that we all experience.

**Pamela Thompson** (Teacher) is a Registered Psychologist and Certified Hakomi Therapist. Pamela has been in private practice for over 15 years; has been an instructor at the graduate level for those entering the field of psychology; and has provided years of supervision to both practicum students and provisional psychologists. Pamela is a teacher for the Hakomi Institute, the realization of a long time goal, and has many years of working with the Hakomi methods. For more information about Pamela and upcoming trainings visit her website at [thompsonpsychologicalservices.com](http://thompsonpsychologicalservices.com)



Date of Application: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (home): \_\_\_\_\_

Phone (work): \_\_\_\_\_

a) In emergency please notify: \_\_\_\_\_

Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

b) In emergency please notify (alternate): \_\_\_\_\_

Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Employment: please check all that apply

Student       Teacher       Student counselor       Other

Health Educator       Psychologist       Social Worker



1. Give us a brief commentary on your experience in Hakomi related workshops and let us know what draws you to study further.
2. What is your vision or goal for applying what you learn in this training? How does it fit into your career and life goals?
3. Describe your experience working one-on-one with clients. Include the kind of practice, nature of your work, type of clientele, and the degree of success and satisfaction you feel you receive from your work.
4. Training in the Hakomi Method often results in significant personal growth as well as professional development, and students are expected to engage in and support this evolution. Tell us about your experiences in psychotherapy, bodywork or other therapeutic modalities, and how you will support yourself through the changes that may occur during this training. Include both factual details such as dates and personal impact.
5. Students are expected to practice with non-student clients outside of class. Please let us know how you will find practice clients with which to work. (Disclosure forms will be offered in the training.)
6. Using at least one half side of a page, describe what kind of person you are.
7. A significant element of the Training will be the creation of a group dynamic that supports a vibrant learning environment. We expect students to interact as adults, to be able to regulate strong feelings and to find collaborative ways to solve interpersonal conflicts. Tell us about your experiences and style as a group member, how you resolve interpersonal conflicts, where you may need help with this and how you see yourself adding to the richness and preservation of the group. Include topics like leadership, extroversion/introversion, how you prefer others to be, difficulties you typically experience, etc.
8. Please let us know about any medical conditions or personal factors you may have or have had in the past, including psychological diagnosis, that may affect your participation in this Training.

Petros Efstathiou, Administrative Assistant  
#204B, 10544 106 Street NE, Edmonton, AB T5H 2X6  
780-619-4412

[Hakomi.Edmonton@gmail.com](mailto:Hakomi.Edmonton@gmail.com)

[www.hakomiedmonton.ca](http://www.hakomiedmonton.ca)



9. Are you presently on any medications? Yes \_\_\_\_\_ No. Please list medications and conditions in which you are taking them: \_\_\_\_\_
10. Is there anything else you would like to tell us that you feel would help us to know you better?

**Please submit a copy of your updated CV or resume  
and a \$25 non-refundable application fee  
along with your completed application.**

**Thank you.**

For further information, please contact:

Petros Efstathiou, Administrative Assistant  
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