



Hakomi Institute of Edmonton
presents

The Re-Creation of the Self

AS AN APPROACH TO PSYCHOTHERAPY



WITH
JON EISMAN
Sr. Hakomi Trainer
Creator of the Re-Creation of the Self Model

AN INTENSIVE TRAINING FOR CLINICIANS

EDMONTON, AB

October 17-21, 2018

Developed over the past 30 years by world renowned therapist and teacher Jon Eisman, *The Re-Creation of the Self* (R-CS) Model of Human Systems is both a comprehensive map of the inner Self, and a powerful, paradigm-challenging method for effecting client change. Grounded in mindfulness and somatic awareness, R-CS seeks not to resolve the content of client distress, but to shift immediately the state of consciousness in which the distress is held. A direct and experiential method, R-CS offers practitioners of all sorts a mind-opening opportunity to enhance the effectiveness of their present work.

WHAT YOU WILL GET FROM THIS TRAINING

A cutting edge, clinically supported orientation towards client Wholeness and Resource, rather than pathology

New, scientifically-based perspectives on the actual nature of client change

An understanding of the neurological basis of identity and stuckness

A comprehensive and practical map of the structures of the Self

Powerful techniques to pursue the Ideal Self and the evolution of Selfhood

Paradigm-altering skills for the immediate shifting of habitual trance states

Facility with navigating issues of identification and disidentification

Refined methods for inspiring commitment and empowerment

New clarity on the diverse roles of the therapist



Interweaving neurobiology, clinical, mindfulness, somatic-experiential psychology, and transpersonal perspectives, *The Re-Creation of the Self* Intensive Training provides participants with theories and methods immediately applicable in both their professional and personal lives.

In R-CS, therapy is not seen as an exploration and gradual resolution of old wounds, but as a celebration of our innate resources and an opportunity to re-embody our inviolable and *already existing* expansive, core sense of Self. When, in our development, this sense of Self was opposed, we accommodated the various obstacles and hurts we endured (as well as ultimately protecting our integrity) by fragmenting our consciousness into various trance-like, limbically-held *self-states*.

Long held as habitual neural networks in the brain and body, these fragmented states of consciousness perpetuate both our illusory sense of current woundedness, and the limiting perceptions and behaviors that follow. R-CS seeks to recognize and disidentify immediately from these perceived selves; to recognize their actual underlying organic intent; and to support the client's re-immersion in his or her innate wholeness. R-CS does not focus on the content or historical origins of these states, but instead invites people to choose to shift - right now! - into their already present, more expansive, and preferred state of Selfhood...



WHERE, WHEN, HOW MUCH...

Edmonton, AB

October 17-21, 2018

Wed. 2-5 pm, Thurs. - Sat. 9 am - 5 pm, Sun. 9 am - 1 pm

Investment:

\$650 by June 30th, \$750 by September 03rd, \$850 thereafter
\$650 if you've previously taken R-CS Intensive Training

**Register Online or
[Download Registration Form](#)**

For more information:

Hakomiedmonton.ca

780-619-4412

For more information & articles on R-CS:

www.meta-trainings.com

Thank you for a truly transformative training. I had a quantum leap in my understanding of what change really is, and I so appreciate and value your brilliant model. Already, I am going new and wonderful places with my clients...

Mary Dumka, M.D., Psychiatrist

The first time I heard you speak about (R-CS), every cell in my body lit up because of the recognition of the truth of it. R-CS is like magic, it's a shift in perception. Where I saw conflict or pain or dissatisfaction, I now see the underlying love, the caring, clarity, knowing...that's life changing. I see how the more I live from this, the more it sparks and empowers others to live from their core Self.

Sam Vittoria, Counselor



JON EISMAN, the creator of *The Re-Creation of the Self* model, is the originator of Mindful Experiential Therapy Approaches (M.E.T.A.), both a synthesis of therapeutic modalities and a clinical collective in Portland, OR (www.meta-trainings.com) He is also a founding member of the international Hakomi Institute, Co-Director of The Hakomi Institute of California, a Sr. Hakomi Trainer, and the author of numerous articles and Hakomi & R-CS training manuals. For the past 35 years, Jon has practiced and taught workshops and trainings throughout the world. Widely acclaimed both for his teaching expertise and for the aliveness he inspires in his groups, Jon lives with his family in Ashland, OR.