

Understanding Patterns of Behaviour, Working at Core Material: An Introduction to the Hakomi Method, Mindful Somatic Psychotherapy



*“With mindfulness, we are learning to observe in a new way,
with balance and a powerful dis-identification.”*
— Jack Kornfield

**Friday & Saturday,
September 13 & 14, 2019
Edmonton, AB**

Discover Hakomi: Mindfulness-Centered Somatic Psychotherapy

Core Material - Composed of beliefs, nervous system patterning, sensations, memories, images, emotions and attitudes about self and the world - and related more often to early formative experiences - core material shapes our patterns of behaviour our bodily structure and our experiences. (Hakomi Institute)

Through lecture, demo and practice exercises, this workshop will introduce you to:

- The Basic Principles of the Hakomi Method;
- Ways to promote mindfulness within ourselves and our clients.
- Tracking for conscious and unconscious patterns of responses or behaviours which hold information on patterns of self-organization;
- Understanding of the Sensitivity Cycle and developing patterns of behavior;
- Intervention strategies for helping clients move through barriers and faulty neuroceptions towards a more expanded and secure sense of self.



Taught by Pamela Thompson, Registered Psychologist and Certified Hakomi Therapist and Teacher. Pamela has been in private practice for over 18 years; has been an instructor at the graduate level for those entering the field of psychology. She has provided years of supervision to practicum students as well as provisional psychologists. Pamela has over 20 years of working within the Hakomi community and advancing her skills with the Hakomi method with diverse populations.

Presented by:
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Workshop Registration Form

Please return this form with a cheque or INTERAC e-Transfer for your full payment to:

Hakomi Institute of Edmonton
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hakomi.edmonton@gmail.com

Name _____

Street Address _____

City _____ Postal Code _____

Home/Cell Phone _____ Work Phone _____

Email Address _____

Please list any dietary restrictions for snacks.

How did you hear about this workshop?

May we add you to our e-mail list?

TIMES	INVESTMENT	LOCATION
Friday & Saturday, Sept 13 & 14, 2019 9:00am – 4:30pm	Regular Rate: \$ 350.00 Students & NPOs: \$ 300.00 <i>incl. gst</i>	TBA Edmonton, AB

Hakomi Institute of Edmonton
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