

Resistance and Crisis, Working at the Barriers to change: An Introduction to the Hakomi Method. Level II

Mindful Somatic Psychotherapy

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



Friday February 12th &
Saturday February 13th, 2021

Discover Hakomi: Mindfulness-Centered Somatic Psychotherapy

This workshop will expand on the sensitivity cycle – a model for understanding met and unmet needs to help individuals recognize and overcome barriers and help them to move out of crisis patterns.

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

- The Basic Principles of the Hakomi Method and application to those in crisis patterns;
- skills to promote the use of mindfulness to promote opportunities of change;
- tracking for conscious and unconscious patterns to identify barriers;
- understanding roles of addictions and attachment through unmet or unrecognized needs;
- understanding of the Sensitivity Cycle of needs and the development of faulty neuroceptions;
- intervention strategies for helping clients move through defensive barriers that contribute to crisis patterns
- towards a more expanded and secure sense of self.



Instructor: Pamela Thompson, Registered Psychologist and Certified Hakomi Therapist and Trainer.

Pamela has practiced as a psychologist for over 20 years. She has years of course instruction at both the bachelor and graduate levels of psychology studies. Currently Pamela provides comprehensive supervision to those completing their Registration requirements through the College or Alberta Psychologists and she has been working within the Hakomi community to advance skills in clinical practice through consultation and workshops.

Prerequisite: Previous Hakomi introduction, previous somatic experience or approval of trainer.

This training will be offered in person if deemed safe, a maximum of 15 participants and strict COVID procedures and protocols will be in place.

Presented by: HAKOMI INSTITUTE OF EDMONTON

e: hakomi.edmonton@gmail.com

w: hakomiedmonton.ca

Workshop Registration Form

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

Hakomi Institute of Edmonton
#204B, 10544-106 Street, Edmonton, T5H 2X6
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, Feb. 12 & 13, 2021 9:00am – 4:30pm	Regular Rate: \$ 350.00 Students & NPOs: \$ 300.00 <i>incl. gst</i>	TBA Edmonton, AB

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