



**HAKOMI INSTITUTE
OF EDMONTON**
Mindful Somatic
Psychotherapy

Professional Skills Training with virtual learning options 2021 – 2023

*“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 30 years, Hakomi therapists have been using the body as a powerful access route to better understand clients' history, and to modify the unconscious beliefs, traumas, and character patterns that limit a client's personal effectiveness. Using the present felt experience of the client, the therapist accesses deeply held unconscious beliefs and experiences. Specialized Hakomi skills and techniques safely support the emergence of these hidden drivers of behavioural patterns into consciousness, where they can be directly experienced, re-evaluated and transformed. Hakomi approaches these emerging experiences and beliefs gently, keeping the mind-body connection intact so that the client can also respectfully experience the original innate intelligence of these old habitual responses. Once conscious, these reflexive responses can, with compassion, be re-evaluated and as needed, newer dimensions of awareness, choice and freedom can be usefully developed and integrated.

In Hakomi training, students learn to develop an exquisite sensitivity and attunement with their clients. This empathetic and responsive approach creates a deep and safe therapeutic connection that greatly facilitates the effectiveness of the therapy. Along with the basic Hakomi principles, Hakomi's highly innovative techniques and emphasis on the self development of the therapist are core to the training. Using the Buddhist principles of mindfulness and non-violence, the Hakomi therapist creates a safe atmosphere where gentle curiosity and compassion are used to help clients to better understand their defenses, and to determine whether old measures to protect themselves are still relevant. The Hakomi therapist helps to soften defenses by allying with them and understanding them rather than by vigorously confronting or over-powering them. The ensuring relief and empowerment that comes to clients with their increased self-awareness and their greater

freedom to choose provides them with a stronger sense of personal empowerment and a richer appreciation for life.

Virtual Option – Hakomi Edmonton is excited to expand their training to include both an in person option as well as the option to attend some training weekends virtually via live stream. We are excited to offer this option to expand the opportunity to those who live outside of the Edmonton area. Although through this past year we have come to learn the value of on line experiences we still hold that there is an inherent value to being known in person. As such **for certification to be considered participants would have to have attend at least two weekends over the two years in person.**

Curriculum 1st Year

- The Hakomi Principles and how to embody them.
- The body as a map of the psyche.
- Developing the healing relationship.
- Ethics in the use of therapeutic touch
- Working with the Child State of Consciousness, core issues, and emotional release.
- 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

Curriculum 2nd Year

- Advanced Contact and Tracking.
- Ethics and right use of power.
- Character theory and developmental issues.
- Working with Character structures.
- Resolving Trauma using Hakomi theory and Somatic Techniques.
- The use of touch for physical interventions

In the second year 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 students are supported in finding their own style and creativity in the unique application of the work.

Pre-requisites:

Two Hakomi introductory workshops (or consent of the faculty).

Dates:

Year 1 & 2 (19 weekends in total)

Training weekends occur monthly beginning September, 2021 with a break July and August.

Weekends run Fridays 9:30-5:00, Saturday 9-5:30, and Sundays 9-1.

First Year Dates:

September 10,11,12 2021
October 8, 9, 10, 2021
November 15,16,17, 2021
December 10,11,12 2021

January 14,15,16 2022
February 11,12,13 2022
March 11,12,13 2022
April 8, 9,10 2022
May 13,14,15 2022
June 10,11,12 2022

*Training weekends will normally fall on the second weekend of each month.

Location: TBA (depending on cohort size)

Virtual: Sessions attended virtually will be on zoom link. The link will be forwarded. Cost will be the same as in person.

Payment: Year One Costs (535.00 per weekend) Total: \$5,350 incl. GST

Tuition can be paid in two ways:

- 1) Full payment on the first weekend, with a 5% reduction (\$5,084.50)
- 2) Payment of 4 months tuition (\$2,033) on the first weekend, and then \$535 monthly thereafter.

Your commitment to year 2 of the program is required on weekend 7 of the first year of training. Payment of second year investment fees can be negotiated individually based on the above policy.

Please make cheques payable to **Hakomi Institute of Edmonton**.
E-transfer payment also available to Hakomi.Edmonton@gmail.com

Faculty

Beth Falch-Nielsen, RCT, CHT (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.

Pamela Thompson (Trainer) is a Registered Psychologist and Certified Hakomi Therapist. Pamela has been in private practice for over 20 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.

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. Magi lives, works and kayaks on Vancouver Island.

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.

Dennis Brown (Teacher) is a Registered PhD Psychologist in private practice with more than 25 years of counselling experience. He was an Adjunct Assistant Professor at the University of Alberta for many years. He is also a Certified Hakomi Teacher and a Certified Hakomi Therapist with more than 10 years experience. 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 too often encounter.

Susann von Meijenfeldt (Teacher) RSW, CPCC, is a registered Social Worker and certified Hakomi Therapist. She has 20 years of experience in the counseling field, in non-profit agencies and in private practice. She offers individual and couple sessions as well as mentoring and consulting/supervision. She also facilitates workshops in Germany and Europe. Susann has trained extensively in holistic, heart- and body-oriented approaches, amongst which Recreation of Self, HeartMath, Contemplative approaches, Co-active Coaching, Somatic Experiencing.

Hakomi Institute of Edmonton

Application for Admission

Date of Application: _____

Name: _____ Date of Birth _____

Address: _____

Phone (home/cell): _____

Phone (work): _____

In emergency please notify: _____

Relationship:

Address:

Phone:

Employment: please check all that apply

_____ Student _____ Teacher _____ Student Counselor

_____ Health Educator _____ Psychologist _____ Social Worker

_____ Other: _____

Applicant Questionnaire:

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 indicate if you currently are or have ever been investigated by any regulatory body.
9. Please indicate if you currently are or have ever been under discipline actions of any regulatory body.
10. Are you presently on any medications that may affect your participation in the training?
11. 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:

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E-Mail: thompson.p@shaw.ca

Or Todd Pruner
Administrator
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