

**Working at Core Material: Understanding the Patterns of Behaviour.**

**An Introduction to the Hakomi Method, Mindful Somatic Psychotherapy**

**Friday & Saturday,**

**March 24 & 25 2023**

**Edmonton, AB**

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

 **In person**

**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.” Related more often to early formative experiences - core material shapes our patterns of behavior, our bodily structures 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 self-organization,
* Understanding the role of protective strategies in behaviours
* Intervention strategies for helping clients move through barriers to change and towards a more expanded and secure sense of self.



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

*Presented by:*

***HAKOMI INSTITUTE OF EDMONTON***

e-mail: website:

hakomi.edmonton@gmail.com [hakomiedmonton.ca](file:///C%3A%5CUsers%5CHome%5CDesktop%5Chakomiedmonton.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**

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| **Name** |  |  |  |
| **Street Address** |  |  |  |
| **City** |  | **Postal Code** |  |
| **Home/Cell Phone** |  | **Work Phone** |  |
| **Email Address** |  |  |  |
| **Please list any dietary restrictions for snacks.** |  |  |  |
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**How did you hear about this workshop?**

**May we add you to our e-mail list?**

**Please note advanced cleaning and distancing protocols may be in place. All reasonable attempts will be made to host this workshop in person. It will however, be moved on line should public health restrictions or concerns be in place.**

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| **TIMES** | **INVESTMENT** | **LOCATION** |
| Friday & Saturday,March 24 & 25, 20239:00am – 4:30pmLunch 12:30-2:00 | Regular Rate:$ 400.00 (plus 5% GST), **$420 TOTAL**Students, BIPOC, NPOs: $350 (plus 5% GST),**$367.50 TOTAL** | TBAEdmonton, AB |

***Hakomi Institute of Edmonton***

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