

Is there therapy
beyond conversation?



Watched Over Nicola Slattery www.nicolaslattery.com

Entrance Requirements: The following is required for entrance into the 2010 San Francisco Comprehensive Hakomi Training:

- 3-5 prerequisite days of Hakomi workshops or classes, specifically including an introductory workshop. Exceptions with permission of the Lead Trainer.
- A completed application
- A non-refundable application fee of \$75.00

In some situations, the Institute may require additional information from an applicant, an interview with the teaching staff or the completion of specific additional learning.

Location: San Francisco Theological Seminary in San Anselmo, CA. Students with special needs should contact the registrar.

Weekend Schedule: Friday: 9:30-5:30 Saturday: 9:00-5:00; Sunday: 9:00-3:00. Also we meet Thurs. March 4 from 9:00-5:00 and Thurs. July 8 from 12:30-5:30.

Tuition: Early registration tuition for each year of the 2010 Comprehensive Training is \$3795 for applications received before January 22, 2009. After that date add \$400. Upon acceptance, a non-refundable \$500 deposit is due in order to hold a space in the Training. The remaining balance is due one week before the first day of training. Payment plans and scholarships are limited and must be agreed upon by the Institute and the student prior to the beginning of the training. All students will be required to sign a contract agreeing to the financial conditions of the Training. VISA & MASTERCARD are accepted.

Discounts: Groups of 4 or more new applicants applying together will receive a discount of 20% from the full cost of the training. The group coordinator who enrolls and gathers all application materials will receive 40%. All applications must be received simultaneously in one envelope before January 9th for the discount to apply. Hakomi graduates may enroll for one half the cost of the full tuition, space permitting.

CE Units: MFT and LCSW: This course meets the qualifications for 169.5 hours of Continuing Education Units for MFTs and LCSWs (Provider #4355). **Nurses:** Eva Geidt, RN, (Provider # 14707) is a co-sponsor of this training, which is approved by the California Board of Registered Nursing, for 169.5 hours respectively.

How to Apply: All applications are due by February 25, 2010. Download an application from www.hakomicalifornia.org; or email or call the Hakomi Institute. Please return the application and a \$75 processing fee to:

contact@hakomicalifornia.org
The Hakomi Institute of California
5758 Geary Blvd. #160
San Francisco, CA 94121

For More Information, please contact The Hakomi Institute of California (415) 839-6788 or email contact@hakomicalifornia.org

Refund Policy: A student may withdraw from the Training within one week (7 days) after the end of the first training weekend and receive an eighty (80) percent refund of the tuition minus the deposit. After that, no refunds will be granted. Students will be held to this agreement, regardless of future attendance and/or completion of the the training.

2010 Hakomi
Comprehensive Training
March - December, 2010
San Anselmo, CA

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5758 Geary Blvd., #160, San Francisco, CA 94121 (415) 839-6788



HAKOMI INSTITUTE OF CALIFORNIA

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OF CALIFORNIA



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Comprehensive Training
In Hakomi
Experiential Psychology

March - December, 2010 San Anselmo, CA

"Hakomi presents some astounding methods for getting to core material. It is well grounded in theory and revolutionary in its results."

- Association of Humanistic Psychology Newsletter

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"A visionary contribution in bringing mindfulness to our therapeutic community."

- Daniel Siegel, M.D.,
author of *The Developing Mind* and *The Mindful Brain*

ABOUT HAKOMI

The Hakomi Method is an elegant, comprehensive, and highly effective approach to human change and development. It combines mindfulness, present experience, and precise methodology to create an extraordinarily effective path towards transformation. The Method is used in depth psychotherapy as well as in educational settings to facilitate self-exploration and personal growth.

Hakomi finds its fullest potential in the process of growth, both personal and transpersonal. Hakomi therapists gently yet effectively assist each client in moving beyond his or her personal limits. Evoking focused self-awareness, the client is supported in studying the ways in which movement, gesture, voice, tensions, impulses, thoughts, and emotions access core psychological material and create the opportunity for transformation. Hakomi has over thirty years of experience in the application of mindfulness to somatic psychology. Along with the solidity of the Hakomi Method, current research in neuroscience and emotion is incorporated into the teaching. The Method is a state of the art approach to facilitating lasting change in clients.

Hakomi Experiential Psychology specializes in training therapists to touch people's hearts.

Begins
March 4, 2010

"Hakomi is a beautiful expression of the partnership model: a way of healing that recognizes not only the essential partnership between body and mind, but between therapist and client."

- Riane Elser, author of *The Chalice and the Place*, and *Sacred Pleasures*.



Woodland Woman - www.nicolaslattery.com

"Hakomi is an excellent system for learning key emotional intelligence skills."

- Daniel Goldman, author of the best-seller, *Emotional Intelligence*.

Comprehensive Training in Hakomi Experiential Psychology

ABOUT THE COMPREHENSIVE TRAINING

The San Francisco Hakomi Comprehensive Training offers the full Hakomi Method curriculum. With in-depth coverage of theory and technique, as well as supervised practice, it is geared towards anyone who would benefit from adding a somatic-psychological component to their work.

All mental health practitioners, as well as coaches, body workers, counseling students and those transitioning into mental health professions, find that the Comprehensive Training both increases their effectiveness with clients and provides a solid foundation for building innovative counseling and interpersonal skills.

The Comprehensive Training is taught in two, 9-month modules. The first module offers a thorough grounding in the theories and techniques of Hakomi. The second module presents an advanced level of the work, refines the techniques and provides maps for effective application of the material in various client situations. The curricula are taught through short-talks, skill-based experiential exercises, supervised practice, demonstrations, movement and video review. To maximize supervision, support and feedback throughout the training, volunteer assistants join the Hakomi Institute faculty, creating a student to staff ratio of approximately 4:1.

Upon completion of the Comprehensive Training, graduates are eligible for a variety of focused supplementary trainings to enhance each student's expertise and areas of interest. These trainings include such topics as: Body-Centered Couples and Family Work, Character Theory, Trauma and Movement Therapy, and Advanced Supervision.

AMONG THE MAIN TOPICS OF THE HAKOMI CURRICULUM

- applications of mindfulness in therapy
- how to work experientially and somatically
- understanding and utilizing the psychology of the body
- using present experience as a direct route to core material
- the healing relationship and applications of attachment theory
- ethical standards including the use of safe touch
- the 5 Hakomi Principles and the 6 stages of the Hakomi process
- new approaches to befriending defenses and resistance
- managing stuck therapy systems
- developing therapeutic strategy
- compassionate character theory
- working with special states of consciousness
- working with core material and unconscious beliefs
- real change: transformation & integration
- introduction to trauma work
- current research in neurobiology as applied to the Method

"Come sit with me and let us remember the beauty of your soul."

"Hakomi is the absolute cutting edge of modern therapeutic technique."

- John Bradshaw, author of *Bradshaw on the Family*

Training Faculty

Scott Eaton, M.A, M.F.T., is a Certified Hakomi Therapist and Trainer with a private practice in San Francisco and Emeryville. Licensed since 1988, Scott specializes in G.L.B.T. issues and has been leading workshops and trainings in the U.S. and Europe for over 30 years. Scott is an avid world traveler, a life-time meditator, and a Lead Trainer in the Comprehensive Training.

Jon Eisman, CHT, is a founding member of the Hakomi Institute and Director of The Hakomi Institute of Oregon. A Sr. Hakomi Trainer, he has taught worldwide for the past 28 years, and has developed numerous elaborations of, and additions to the Hakomi Method. Jon is also the creator of The Re-Creation of the Self model, a powerful and innovative map of the Self and a radical approach to change.



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Rob Fisher M.A, M.F.T., is a psychotherapist, and supervisor in Mill Valley, CA. A Certified Hakomi Therapist and Trainer, Rob is an Adjunct professor at John F. Kennedy University (Pleasant Hill, CA) teaching marriage and family

therapy, an Adjunct professor at California Institute for Integral Studies (San Francisco, CA). and teacher of couples therapy at a variety of agencies in Marin County, CA. Rob is author of *Experiential Psychotherapy With Couples: A Guide for the Creative Pragmatist*.

Manuela Mischke Reeds, M.A., M.F.T., certified Hakomi Trainer and licensed Somatic Psychotherapist. She trains in San Francisco, Nevada City, Sydney, Australia and Germany. She recently developed a Hakomi based Trauma & Attachment Training for professionals in Germany. Manuela specializes in integrating Hakomi with somatic trauma therapy, attachment therapy, infant mental health and movement therapy. She is faculty at JFK University, Institute of Transpersonal Psychology, Palo Alto.

Julie Murphy, Registered Addictions Specialist, Certified Hakomi Trainer and Practitioner, has 23 years of experience consulting and teaching in the Healing Arts. Julie is the Director of Hakomi Santa Cruz and trains mental health professionals in California and Australia. She specializes in developing mindfulness and compassion in relationships, addictions counseling and creative writing. Julie is a Lead Trainer in the Comprehensive Training.

2010 Training Dates

March 4-7	Sept. 17-19
April 9-11	Oct. 8-10
May 14-16	Nov. 5-7
June 11-13	Dec. 10-12
July 8-11	

Weekends meet Friday-Sunday; March & July also include Thursday