First Year Sample Curriculum

Weekends Four & Five

Themes: Developing Access Routes;
Creating Physical Metaphors

Skills: Accessing, Deepening, Awareness of Core Material

Talks: Deepening Mindfulness
Establishing the Co-Operation of the Unconscious
Tracking Non-Verbal Signs of Core Material
The Body Reveals - the Use of Physical Metaphors in Hakomi Therapy

Exercises: Tracking Posture, Tensions, Gestures
Deep Listening
Two Therapist Jobs: Managing Consciousness & Gathering Information
Client-Centered Body Reading
Invitation of the Parts: The Hakomi Three-Step
Exercise: "Seeing Through"- students practice tracking and observing belief systems inherent in ordinary activities such as walking, picking up an object, reciting a children's rhyme, talking about oneself.
Creating Physical Metaphors
Structured Practice: Identifying and Deepening an Access Route
Video Review

Hakomi is a subtle and sophisticated therapy. The intention of the training is to teach Hakomi, and not psychotherapy as a whole. Participants are therefore expected, as a minimum, to have some background in psychology; basic counseling or one-to-one communication skills; and to have had personal therapy. Preference in the selection of applicants will be given to professionals with strong experience in these areas.

Because of the intensive nature of the training weekends, students will need to be able to function well in a focused learning environment; exhibit a high degree of independence and maturity; and have the ability to be mutually supportive.

Specific pre-requisites include: 1) participation in at least 6 days of Hakomi workshops or the permission of the Educational Staff; 2) the completion of the application; and 3) a non-refundable application fee of $60.00.

The training is limited in size. Spaces will be offered to accepted applicants in the order which their applications were received. Notification will be made upon acceptance. In some circumstances, the Institute may require additional information from an applicant, such as an interview or letters of reference. And, in some cases we may require the completion of further prerequisites, such as more personal processing or workshops, before acceptance in the Training is offered.

The Hakomi Training offers an exciting and alternative educational experience. By supporting rather than grading, and teaching experientially as well as cognitively, the teaching staff provides a very personal, meaningful and lively learning environment. We look forward to your continued interest in the work and hope to share our expertise, passion and laughter with you!

Warmly,
Richard A. Heckler, Ph.D. & The Entire Hakomi Teaching and Administrative Staff