

Mindfulness and Connection

An Introduction to the Hakomi Method



Bountiful. Painting courtesy of Shilob Sophia; ~www.shilosophia.com~

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

John Bradshaw

Bradshaw On The Family

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

Daniel Siegel, M.D.

The Developing Mind

Daylong Workshop

Saturday November 10, 2012

9:30 am - 5:30 pm

We will explore the ways we show up in relationships and how they reveal unconscious patterns through which we see the world. Drawing upon an array of Hakomi techniques, we will experience how fear holds us back from letting life move through us and where we can move further into connection. This daylong workshop will provide an experiential overview of skills and theory unique to Hakomi.

\$99 by October 18th; \$160 thereafter

The Hakomi Method: A **FREE** Evening Introduction

Friday, November 9

6:30 pm - 9:00 pm

Topics:

- How to listen deeper than words
- Basic techniques and applications of the Hakomi Method
- The power of working with the present moment and live experience

About the Teacher



Dominique Lando, M.A., M.F.T. is a certified Hakomi Therapist and Teacher as well as a Licensed Marriage and Family Therapist. She has a private practice in Berkeley, where she sees individuals and couples. She is the Co-Founder of Anam Cara Healing Center in Berkeley, a community-based therapy center. She draws not only from her training in somatic psycho-therapy, Sensorimotor Trauma work and EMDR but also from her years working in the field of Community Development.

Location: Insight LA, 1430 Olympic Blvd, Santa Monica

CEU's are available for both evening and daylong workshops

To register, call 415-839-6788 or email contact@hakomicalifornia.org

For more information, visit www.hakomicalifornia.org

Workshops sponsored by Hakomi Institute of California

About Hakomi

The Hakomi Method of Experiential Psychology is an elegant, comprehensive and highly effective approach to human change. Hakomi combines mindfulness, the body, and present experience to access and transform deeply held, life-limiting core beliefs. For over 30 years Hakomi has pioneered and integrated the use of mindfulness in the psychodynamic process. Hakomi can be successfully applied throughout a wide range of therapeutic applications (such as individual, couples and family therapy, group work) as well as in educational settings to facilitate self-exploration and personal growth.