

## **Hakomi Mindful Somatic Psychotherapy Professional Skills Training Pacific Northwest, Level 1**

*(instructed in English language)*

**January – October 2024**

**Our Level 1 training will be in a hybrid format (9 live-online meetings with self-paced homestudy).**

*Level 1 of the Hakomi Professional Skills Training offers an in-depth understanding of Hakomi Mindful Somatic Psychotherapy through a combination of live-online meetings and home-study materials. Brief online video talks and demonstrations are brought to life in our interactive, experiential training weekends. You'll learn the stages and flow of the Hakomi method grounded in the Principles and Loving Presence. This training consists of seven weekend meetings and two additional practice days.*

**Prerequisites:** *This training is designed for the clinical professional. Applicants to this training need to have completed Masters level clinical training or be working toward their Masters degree. Completion of an Introductory Workshop is required before beginning this course.*

**Faculty:** Certified Hakomi Trainers: Deah Baird, ND, LPC, Lorena Monda, DOM, LPCC, and Donna Roy, LPC; Hakomi Teacher in Training Rick Cummings, MS, LPC, CHT; and additional Guest Trainers

**Hours:** Ten and a half hours of live online training each weekend (73.5 hours) plus two four-hour Practice Days (8 hours) plus office hours (6 hours) and 21+ hours of online, guided home-study. See below for Level 1 schedule. Please note all hours are in Pacific Time (PT)

**Cost for Level 1:** \$3995 with \$500 deposit by 7/15/23; \$3495 with \$500 deposit after 7/15/23. Graduates of the Hakomi Professional Skills Training (Level 1) may retake this course for half price.

### **CE Information:**

60.25 NBCC CE hours (ACEP #5476): Hakomi Institute has been approved by NBCC as an Approved Continuing Education Provider (ACEP No. 5476.) Programs that do not qualify for NBCC credit are clearly identified. Hakomi Institute is solely responsible for all aspects of the program. To earn CE credit, students must log in at the scheduled time, attend the entire course, and complete an online course evaluation.

**Scholarship Information:** There are a limited number of partial tuition scholarships available for anyone with membership within a community of color or other marginalized groups. If you intend to apply for a scholarship, please email the Hakomi Pacific Northwest team at: [pacificnw@hakomi.org](mailto:pacificnw@hakomi.org). The Pacific NW Team will provide you with a scholarship application and inform you when/if a scholarship is awarded.

\*\*\*Students considering this program need to be willing to fully engage with and complete the home-study aspects of the program. This will require some flexibility in scheduling to allow for independent study, meeting with other students in a small group format, and attending office hours with faculty.

## **Schedule: Hakomi Pacific NW Professional Skills Level 1: Online Training Dates and Times**

### **2023 (Updated 10/31/2023)**

- 11/17 Complimentary Pre-Training Session

### **2024**

- 1) 1/5 and 6
- 2) 2/16 and 17
- 3) 4/5 and 6
- 4) 5/17 and 18
- 5) 6/28 and 29
- 6) 9/14 and 15
- 7) 10/12 and 13

Practice Day 1: 4/26/2024, 1-5:30pm

Practice Day 2: 9/27/2024, 1-5:30pm

Ten and a half hours of live online training each weekend (73.5 hours) plus two four-hour Practice Days (8 hours) plus office hours (6 hours) and 21+ hours of online, guided home-study.

#### **Live/Online Training:**

All hours are in Pacific Time

Modules 1-5:

Friday 1-5:30 pm PT (*4 hours class time plus a 30 minute break*)

Saturday 9 am-12:30 pm and 1:30-5:00 pm PT (*6.5 hours class time plus two 15-minute breaks*)

Modules 6 and 7:

Saturday 1:30 - 5 pm PT (*4 hours class time plus a 30 minute break*)

Sunday 9 am-12:30 pm and 1:30-5:00 pm PT (*6.5 hours class time plus two 15-minute breaks*)

Practice Days: Friday 1-5:30 pm PT (*4 hours class time plus a 30 minute break*)

Office Hours with Faculty: 1 per month (total 6 hours)

**Home-Study Training:** (*readings, video lectures, and home-study exercises presented through an online learning management system*)

Online Independent Self-Study: 12+ hours

Small group meetings: 9+ hours

**Total Program Hours:** 108 with additional homework and practice time optional

The goals of the Training are to provide students with: first, a deep understanding of the principles of the Hakomi Method and the ability to work within them in an attitude of loving presence. Second, an understanding of the techniques of the Hakomi therapeutic process and the ability to use these precisely and appropriately. Third, an understanding of the organization of personality and character into patterns that reveal developmental and cultural wounding, and the ability to use this understanding discriminately. Fourth, an understanding of one's own inner organization and the process of using self as an instrument for therapy.

## **Objectives**

In this training, you will be able to:

### **Hakomi Principles**

- Apply the Hakomi principles of unity and nonviolence in therapy to create safety and build a relationship of equality between therapist and client
- Apply the Hakomi principles of body-mind integration to discover unconscious psychological information in the body
- Apply the Hakomi principle of organicity to tailor therapeutic interventions to each client's unique situation and transformation process.

### **Hakomi Skill: The Therapeutic Relationship**

- Utilize the practice of Loving Presence to enhance the therapeutic relationship and create safety.

### **Hakomi Skill: Mindfulness**

- Utilize psychodynamic mindfulness do bring clients into deeper experience and self-awareness
- Demonstrate the ability to be mindful (as therapist) while facilitating the session
- Demonstrate the ability to guide the client from a focus on presenting verbal content to experiential awareness, including mindfulness of key themes and "indicators" of unconscious material in the body
- Assess when the client is mindful and when they are in ordinary consciousness.

### **Hakomi Skill: Tracking**

- Demonstrate the ability to track subtle, somatic cues in the body and habitual patterns
- Demonstrate the ability to track for emotion
- Demonstrate the ability to track the client for safety and to make adjustments in the process that allow the work to safely deepen.

### **Hakomi Skill: Contact**

- Utilize verbal contact to create safety and collaboration with the client
- Utilize verbal contact to bring client's unconscious material to consciousness and deepen the client's experiential process.
- Demonstrate the ability to verbally contact the many aspect of the client's experience (eg. thoughts, emotions, body cue, themes, barrier)

### **Hakomi Skill: Identifying Themes**

- Identify key themes in the client's presenting issues to create access routes to core unconscious material
- Assess the client for 'missing experiences' and unmet development needs

### **Hakomi Skill: Working with Regressive (Child) States**

- Identifying regressive (child) states in the client
- List the differences between Child Consciousness and Adult Consciousness

### **Therapeutic Interventions**

- Demonstrate the ability to help the client to safely stay with somatic awareness, with emotion, and with unconscious material as it emerges
- Apply Hakomi skills and principles in the therapeutic process
- Work experientially to allow the client to “take ownership” of the process
- Demonstrate the ability to use the mindfulness experiments of verbal prompts and taking over and explain the difference in these interventions, so as to make clear therapeutic choices.
- Create experiments in mindfulness to help the client access and explore unconscious core material
- Utilize experiments in mindfulness to uncover client’s unmet developmental needs and to provide corrective experience to the client.
- Revise experiments as new information arises from the client’s exploration, so as to deepen and expand the clients experience.
- Utilize experiments in mindfulness that work with a variety of client experiences: emotions, thoughts, introjected voices, memories, and bodily experience, so as to expand the client’s ability to tolerate and process these experiences.

### **Transformation: Working at the Nourishment Barrier**

- Identify ‘nourishment barriers’ in the client, so as to work with ‘resistance’ to change.

### **Integration**

- List and utilize integration techniques to help the client accommodate and solidify new experience.

### **Stages of the Hakomi Process**

- List the stages of the Hakomi Process: Safety, Accessing, Deepening, Processing, Transformation, Integration, Completion

### **Trauma**

- Describe traumatic activation
- Identify traumatic activation when it arises in a client so as to make appropriate therapeutic decisions.
- List the ways that traumatic activation differs from developmental wounding
- Explain the “Window of Tolerance”
- Apply appropriate therapeutic interventions to help client return to Window of Tolerance.

### **Ethics**

- Define dual roles and discuss the risk for ethical violations.
- Define the power differential and list the specific responsibilities that accompany power differential roles.
- List the major ethical categories covered in the Hakomi Institute Code of Ethics.
- Identify and discuss the values and dangers in the use of touch in helping professional relationships