Hakomi Mindful Somatic Psychotherapy: An Experiential Introduction
(instructed in English language)

June 7th & 8th, 2025
Live-Online Interactive via Zoom

Hakomi
Mindful Somatic Psychotherapy

Hours:
Saturday: 8:00am-11:15am & 12:15pm-3:45pm
Break times: 9:15-9:30am,11:15-12:15pm, 1:45-2pm
& Sunday: 8:00am-11:15am & 12:15pm-3:45pm
Break times: 9:15-9:30am,11:15-12:15pm, 1:45-2pm
All hours are Pacific Daylight Time (PDT)

Faculty: Deah Baird, ND, LPC, Certified Hakomi Trainer

Cost: Early Registration $295.00 by May 7th, 2025, $335.00 thereafter.
Additional Cost for CEs: $25.00

Last day to register & pay June 3rd, 2025

Click Here to Register

Scholarships: Partial scholarships may be available for anyone with membership within a community of color or other marginalized groups. Apply on the registration form.

Refund, Cancellation, and Transfer Policy:

- Refunds only on cancellations made at least 72 hours prior to workshop (less $75 non-refundable administrative fee)
- Your registration for the workshop is not confirmed until payment is received in full.
- Transfers to future "Hakomi Mindful Somatic Psychotherapy: An Experiential Introduction" workshops can be requested at no cost up to 72 hours prior to the workshop. Limit one free transfer. Late transfer fee of $35.00 applies for further transfer requests.
- Transfer requests made within 72 hours of the start of the workshop may be processed with payment of $35.00 late transfer fee. Late transfers must be requested by 24 hours after the end of the workshop.

Description

Hakomi is a body-centered (somatic) approach. The body is viewed as a “map of the psyche” - a door that can be opened to reveal the entire unconscious belief system of the individual. The body’s habitual patterns can become a powerful access route to deeply held core material.

Current neuroscience research has confirmed the basis for many foundational aspects of the Hakomi Method, including the effectiveness of mindfulness, loving presence, empathic attunement, limbic resonance, and memory reconsolidation.

We develop exquisite sensitivity and attunement, using empathic skills to read and contact subtle, unconscious cues. When integrated into the session with unique Hakomi techniques, it creates a rapid, experiential access route to unconscious core beliefs and implicit memories that invisibly shape our lives and behavior. Once conscious and directly experienced, these are available for memory re- consolidation and transformation, including the healing of attachment issues.This experiential process evokes a powerful “felt sense” for the client, allowing them to take ownership of core patterns as they emerge, and to integrate new options.

This workshop provides an immersive introduction to the Method, this includes lectures from the faculty, experiential exercises, demonstrations, discussion, group process sessions, and Supervision.

Instructor Bio



Deah Baird, ND, LPC is a certified Hakomi therapist and trainer from Portland, Oregon. As a licensed therapist, clinical supervisor for new therapists, and a naturopathic physician with a long background in the healing professions, she brings a deep awareness of the many influences on our health and well-being into her trainings, knowing that the uniqueness of each individual is shaped by their family story, the larger culture and the natural world. Her healing work originally centered around women’s health and homebirth midwifery, while her present-day work focuses on psychological healing.

She sees Hakomi as an excellent vehicle for midwifing people toward emotional and spiritual well-being. She has been teaching in Portland’s Professional Skills series for the past several years, teaching the Hakomi method to graduate students and professional therapists. She co-created and led a Hakomi-inspired Personal Growth training in Portland, OR for several years that offered individuals an opportunity to dive into all that Hakomi has to offer for their own personal healing within the holding of a learning community.

Holding a deep appreciation for our embodied wisdom and the healing potential of listening to the body, she also designed and offered a training in Trauma Resolution using the methods and principles of Hakomi and the Re-creation of the Self model. She is a teacher for the Right Use of Power Institute, an institute that promotes the ethical use of professional and personal power to promote well-being and the common good. She lives in the Willamette valley, tending a small piece of land with great appreciation for the gifts the earth brings us on a daily basis.

Target Audience

This workshop is designed to provide experiential learning in the Hakomi Method and is also a prerequisite to the Hakomi Comprehensive Training.

These workshops are designed for professionals and graduate students in psychotherapy, counseling, and social work; and also open to certain individuals working in related fields (e.g. coaching, acupuncture, and other healing fields), or transitioning into the field of counseling and psychotherapy. This is also the primary training for those seeking certification in the Hakomi Method.

Objectives

- Describe the qualities of mindfulness that Hakomi uses in therapeutic settings.
- Practice the Hakomi skills of Loving Presence and Contact to enhance the therapist's self-regulation, embodiment, and therapeutic relationship.
- Name the 5 Hakomi principles, (unity, organicity, non-violence, mind-body holism, mindfulness) that form the foundation of the Hakomi Method
- Summarize the importance of the exploratory (experimental) attitude as a key component of the Hakomi Method.
- Provide examples of subtle somatic cues tracked by the therapist in Hakomi work.
- Describe the application of Hakomi skills and principles in the experiential process as a way to access unconscious core material.

CE Information: 12 NBCC or ASWB 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.*
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> *ASWB: Hakomi Mindful Somatic Psychotherapy: An Experiential Introduction, Course #6027, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Hakomi Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 11/17/2024 - 11/17/2026. Social workers completing this course receive 1 General Social Work Practice, 7 Clinical, 1 Social and Cultural Competence & 3 Ethics continuing education credits.*

Course Completion Requirements: To earn CE credit, students must log in at the scheduled time, attend the entire course, and complete an online course evaluation form that will be emailed to them. CE certificates will be sent within one month after the workshop module date(s), and upon successful completion of the CE evaluation and/or posttest.

Course Interaction & System Requirements: This live webinar is fully interactive via Zoom. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System requirements:

- *Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher*

- *Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher*
- *Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible.*
- *Zoom Application*

For More Information & Accessibility Accommodations

Email: registration@hakomi.org
Phone: 303-499-6699

Grievance Policy

HI.GrievancePolicy _updated 2024.pdf

Contact Information

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