



HAKOMI MINDFUL SOMATIC PSYCHOTHERAPY IS A GENTLE, respectful method that allows you to access deep, core material, opening the possibility for awareness and transformation.

COMPOSED OF MEMORIES, IMAGES, BELIEFS, NEURAL patterns, and deeply held emotional dispositions, this material creates and maintains our images of self and of our culturally acquired world. It shapes the styles, habits, behaviours, perceptions, physical postures and attitudes which define us as individuals.

SOME OF THIS CORE MATERIAL SUPPORTS OUR BEING WHO we wish to be, while some of it, learned in response to difficult situations, continues to limit us. Hakomi allows the client to distinguish between the two, and to modify willingly any material which restricts his or her wholeness.

IN THERAPY, WE FIRST WORK TO BUILD A RELATIONSHIP which maximises safety and the cooperation of the unconscious. With that relationship, we help the client focus on and study how he or she organises experience.

TO DO THIS, WE ESTABLISH AND USE MINDFULNESS, a distinct state of consciousness characterised by a surrender to and acceptance of the happenings of the moment, a gentle sustained focus of attention inward, a heightened sensitivity and the ability to observe and name the contents of consciousness.

IN PSYCHOTHERAPY, SAYS HAKOMI FOUNDER RON KURTZ, nothing is as useful as mindfulness.

hakomi.co.nz



HAKOMI PROFESSIONAL TRAININGS ARE OFFERED REGULARLY. The aim of the training is to turn out high quality, caring therapists who are as dedicated to fully knowing their own process as they are to the understanding of others.

EACH HAKOMI TRAINING TEACHES THE ENTIRE CURRICULUM OF the Hakomi Method as outlined by the Hakomi Institute.

GOALS OF THE TRAINING ARE FOURFOLD.

FIRST, A DEEP UNDERSTANDING OF THE PRINCIPLES of the Hakomi Method and the ability to work with them.

SECOND, AN UNDERSTANDING OF THE ORGANISATION OF personality and character and the ability to use this understanding with discrimination.

THIRD, AN UNDERSTANDING OF THE VARIOUS MAPS OF the therapeutic process and the ability to use these maps and Hakomi techniques precisely and appropriately.

FOURTH, AN UNDERSTANDING OF ONE'S OWN PERSONALITY AS an instrument for therapy.

THE METHODS OF HAKOMI ARE APPROPRIATE AND EFFECTIVE in all kinds of therapeutic situations, such as relationships, family, movement and body work, but find their full potential in the process of growth, both personal and transpersonal.

For more information on Hakomi workshops and trainings in New Zealand, please contact Jules Morgaine, Lead Trainer & Organiser:

jmorgaine@xtra.co.nz



MINDFUL SOMATIC PSYCHOTHERAPY

The “Growth & Grit” of Intimacy

Creating a Cooperative and
Passionate Couple Alliance



WELLINGTON, FRI 15 — SUN 17 FEB 2019

*A three-day workshop with
Halko Weiss and Maci Daye
Certified Hakomi Trainers*



MACI DAYE

Maci is a Certified Hakomi Trainer, Licensed Professional Counselor and Certified Sex Therapist who divides her time between Europe and the United States. Maci has graduate degrees in Education and Counseling from Harvard and Georgia State Universities, and completed the Intermediate Level of the Somatic Experiencing trauma training. Maci began her Hakomi training in the mid-1980s and has been on the Hakomi Faculty since 2001. She is also the creator of Passion and Presence®, and leads couple's retreats and professional training courses on Mindful Sexuality.

DR. HALKO WEISS

Halko is a licensed Clinical Psychologist, international lecturer and trainer on mindfulness, body-centered psychotherapy, couples therapy and executive leadership skills in Europe, the US, Canada, New Zealand and Australia. He is a founding member of the Hakomi Institute in Boulder, Colorado, and has been instrumental in developing the Hakomi Method and its curricula used worldwide. Halko has also developed two comprehensive programs on couples therapy and interpersonal skills and has authored 8 books and over 20 scientific publications.

RELATIONSHIPS ARE AN ESSENTIAL PART OF THE HUMAN experience. Yet little if any explicit learning is available to help us understand and navigate relationships successfully. New relationships are often exhilarating and sexually charged. However, as our core material surfaces, we tend to engage in protective patterns that diminish aliveness and close off our hearts.

MINDFULNESS AND OTHER ELEMENTS OF THE HAKOMI METHOD can help us go beyond the exploration of self in individual therapy to exploring interaction patterns that re-stimulate old wounds. We can use the instability arising between us to move beyond defense and become cooperative allies. Specific mindfulness skills taught in this workshop can help you and your individual and couple clients harness the growth-potential of relationship challenges to become more conscious and loving.

IN THE SECOND HALF OF THIS WORKSHOP, WE WILL EXPLORE common sexual challenges in long-term relationships. An intimate relationship that includes a sexual component brings our most existential wounds into the foreground. For this very reason, it has the power to transform us at our roots, heal our most vulnerable parts and explore the art of mindful sexuality.

IN THIS WORKSHOP, YOU WILL LEARN TO:

- Apply mindfulness as a tool and vision for conscious coupling
- Analyse the structure of difficult relationship impasses
- Examine the interplay of "Protector" and "Protected" states on intimacy
- Shift the quality of your relationships with compassion and self-compassion
- Use the extraordinary power of sexuality to promote growth
- Add therapeutic skills to your practice of individual and couples' therapy

THE INSTRUCTORS WILL COMBINE ELEMENTS OF HAKOMI Embodied and Aware Relationship Training (H.E.A.R.T.®) and Passion and Presence®. These powerful relationship models grow out of the leaders' careers as trainers of Hakomi Mindful Somatic Psychotherapy.



Date and Times

Friday 15 February:	9.30am – 5.30pm
Saturday 16 February:	9.30am – 5.30pm
Sunday 17 February:	9.30am – 4.00pm

Investment

Full fee:	\$ 550
Early Bird:	\$ 500 (if paid by 18 December. 2018)
No refunds after:	1 February 2019

Venue

St Andrew's on the Terrace, 30 The Terrace, Wellington

Registration

For **REGISTRATIONS**, please visit the Hakomi website:
<http://hakomi.com.au/halko-maci-daye-wellington-nz/>

Electronic Payment:

Account Name:	Hakomi Pacifica Team
Account Number:	020700 0384690 97
Reference:	Surname and Halko
Cheques payable to:	Hakomi Pacifica Team
Cheques posted to:	16 Collison Tce, Haumoana 4102

Enquiries to Jules Morgaine:

For more information about this workshop or the Hakomi training please contact Jules morgaine by email at: jmorgaine@xtra.co.nz