



JULES MORGAINE

PBANZ, MNZAP, CHT, Dip OT

Jules is a registered psychotherapist, holds an Advanced Practice certificate with NZAP and is a Certified Hakomi therapist and Hakomi Trainer with the Hakomi Institute (USA) South Pacific Team. She has completed a post grad Diploma in Advanced Psychotherapy practice and Clinical Supervision and holds a Masters in Health Practice (Psychotherapy). She has over 25 years experience as a psychotherapist and currently works in private practice offering therapy and supervision.

Having come from a background of Mental Health Services as an Occupational Therapist she has subsequently trained in Psychotherapy including Hakomi Body-centred Psychology. She has worked extensively in sexual abuse trauma recovery and Domestic Violence Intervention Programmes. She leads Hakomi workshops in Australia and New Zealand and leads Hakomi Trainings in New Zealand and Perth.

Embracing Somatic Intelligence: Embodied Mindfulness for Growth and Healing

NAPIER: SATURDAY 13 — SUNDAY 14 APRIL, 2019

A TWO-DAY WORKSHOP WITH JULES MORGAINE

When we combine the plasticity of the human brain with the courage of the human heart it is possible to create new neural networks that are expansive and life-giving.

Early in our developmental history we created strategies to meet overwhelm and dysregulation of experiences we were unable to tolerate and metabolise at the time. These strategies are wired into neural networks and largely beyond conscious awareness but none-the-less continue to shape our life.

The plasticity of the human brain leaves these neural networks open, flexible and ripe for re-ordering into more integrated forms. There is profound wisdom in the musculature and cells of our body, the symptoms we experience and our somatic intelligence in the moment.

Embodied Mindfulness, through direct experiencing, provides a powerful means of both accessing this implicit neural wiring and creating the conditions necessary to support the development of alternative neural networks. As human beings we are self-organising and self-renewing. The move from fragmentary states of consciousness towards cohesion sets us free from the early limiting patterns.

IN THIS WORKSHOP WE WILL DEVELOP SKILLS FOR:

- working with embodied mindfulness
- accessing somatic intelligence
- trusting the inherent wisdom of the body
- creating conditions that allow for 'novel' experience as a means of rewiring neural networks
- integration of new pathways for more expansive living

The Principles and Methodology of Hakomi Mindful Somatic Psychology will be applied. This workshop will employ experiential learning methods combined with theoretical teachings. Participants will have the opportunity to practice skills taught and explore own personal process.

CONTACT:

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hakomi.co.nz

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Saturday 13 April: 9.00am – 5.00pm

Sunday 14 April: 9.00am – 4.00pm

INVESTMENT

Early Bird (paid by 28 February): \$250.00

Full fee: \$295.00

VENUE

Coastguard Education Centre

Meeanee Quay, Napier

REGISTRATION

To register, please click on the link below:

<http://hakomi.com.au/embracing-somatic-intelligence/>

INTERNET PAYMENT:

Once online registration is complete, please pay:

Hakomi Pacifica Team

Account no. 020700 0384690 97

Reference: “Embracing” and your Surname

ENQUIRIES TO JULES MORGAINE:

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HAKOMI PROFESSIONAL TRAINING INFORMATION

Hakomi experiential 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, said Hakomi founder Ron Kurtz, nothing is as useful as mindfulness.

In-depth professional training in the Hakomi Method is offered in New Zealand. For further details, visit our website at: hakomi.co.nz

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 activities in New Zealand, please contact: Jules Morgaine

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