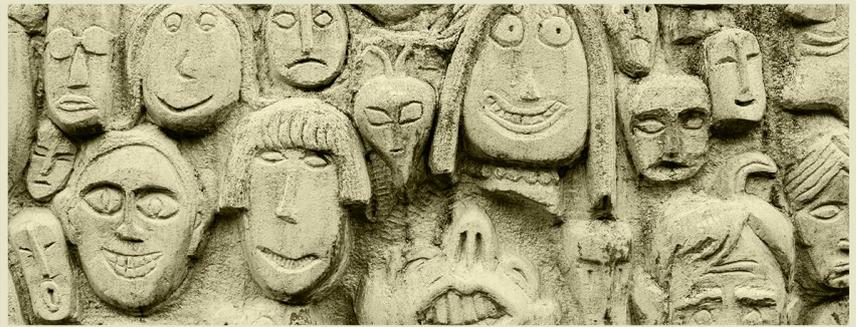




HAKOMI
MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



SARAH TAIT-JAMIESON
NZAP, PBANZ, CHT

Sarah is a registered psychotherapist, holds a BA Anthropology, Dip Teaching, Bachelor Applied Social Sciences, Advanced Clinical Practice Cert. NZAP and Masters of Health Practice.

Sarah practices psychotherapy in Hawkes Bay where she, her husband, and family run an organic farm. She is certified both as a Hakomi Therapist and a Hakomi Teacher, teaching on New Zealand Hakomi professional trainings, and running workshops.

Combining her interests in psychotherapy and cross-cultural awareness, Sarah has been involved in programmes designed to make psychotherapy accessible to Maori and Pacific people. She has a particular interest in helping people resolve historic attachment issues and trauma so that they can lead happier, and more balanced lives working with individuals, couples, groups, and supervision.

Welcoming all our Parts

An Introduction to Hakomi

NEW PLYMOUTH, SAT 11 — SUN 12 MAY, 2019

A 2-DAY WORKSHOP WITH SARAH TAIT-JAMIESON

“Part of me is really keen to go, but another part of me is having doubts ...”

A familiar refrain that, at best, makes us stop and think, and at worst cause confusion and internal conflict.

We all have a kaleidoscope of parts created by our experiences that can help us to navigate the changing course of our life’s journey. These experiences have been encoded physically within our cellular memory which fortifies us with parts that carry implicit knowledge for future experiences, and can give us a sense of appropriate action beyond our normal cognitions.

Some parts, particularly those generated by negative experiences, are less accessible to us, because they are often associated with shame or guilt. Out of our conscious awareness, but in an effort to protect us from further humiliation and hurt, these parts may keep us behaving in ways that are no longer necessary or useful.

In Hakomi we turn our attention to our internal landscape to notice what is present, with compassion and curiosity. With this process of mindfulness, we can begin to locate our many parts, those we know and welcome, and those we may unknowingly shun, to understand how and why they are operating for us.

In this workshop you will be introduced to Hakomi principles and skills to facilitate the study of your multiple parts, allowing you the possibility of deeper self-awareness and the choice to live in more life-enhancing ways.

FOR MORE DETAILS, PLEASE CONTACT:

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PHONE: 027 733 7584

hakomi.co.nz

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Saturday 11 May 2019: 9.30am — 5.30pm

Sunday 12 May 2019: 9.30am — 4.00pm

INVESTMENT

Early Bird Fee \$250 Due by 22 April 2019

Full Fee \$295

VENUE

39 McGiven Drive

New Plymouth

New Zealand

REGISTRATION

To register, please click on the link below:

<http://hakomi.com.au/sarah-tait-jamieson-registration/>

INTERNET PAYMENT:

Once online registration is complete, please pay:

Account Name: J Pittwood

Account Number: 06 0709 0468727 25

Include your name + Hakomi in the reference field

ENQUIRIES TO JO PITTWOOD:

jo.pittwood@icloud.com

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

email: jmorgaine@xtra.co.nz

hakomi.co.nz