



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



Jules Morgaine

CERTIFIED HAKOMI
THERAPIST & TRAINER

Jules Morgaine, PBANZ, MNZAP, CHT, Dip OT, 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 of Health Science in Psychotherapy practice. She has over 25 years experience as a psychotherapist, working extensively with sexual abuse trauma and domestic violence intervention, and currently works in private practice offering therapy and supervision.

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.

Re-Learning Wholeness

Healing Fragmentation with Mindfulness

NAPIER, FRI 1 — 3 OCTOBER 2021

A TWO-AND-A-HALF-DAY WORKSHOP WITH JULES MORGAINÉ

“The Hindu’s tell us that the child in the womb says “Do not let me forget who I am” but that song after birth becomes “Oh I have forgotten already”. (Kornfield)

Even in the best of attachment and developmental circumstances we experience a series of ‘misses’ that our immature brain is not yet capable of metabolising. In order to continue to maintain relational connection and achieve developmental milestones the associated pain of these ‘misses’ is split off. This fragmentation that is at once an ingenious and adaptive survival strategy comes with a steep price – a disconnection and/or disowning of our most vulnerable and creative self.

Resolution of the past in service of a greater sense of wholeness requires a ‘welcoming home’ of disowned parts in such a way that the autonomic nervous system does not become dysregulated. Without an observing function that can differentiate past and present neural networks that hold limiting patterns and traumatic memory are continuously activated therefore exacerbating disconnection.

Mindfulness is characterised by openness, curiosity and compassion. It is a powerful tool in slowing down automatic reactions, creating space to study these fragmented parts and to begin to befriend and welcome re-connection to our wholeness.

This workshop based in the Principles of Hakomi, utilising mindfulness and attention to somatic experience will enable an exploration of parts held in implicit memory that are not readily available to ordinary consciousness. Tools for facilitating and deepening connection will be used. Attention will also be given to ways in which to safely manage this process where trauma experiences are held in fragmented parts.

This is an experiential workshop whereby participants will be invited to explore their own core organisation and move towards re-connection with wholeness. There will also be guidance for those working therapeutically with others.

This workshop is also suited to those who simply wish to experience the Hakomi method. It meets the pre-requisite attendance at a workshop for undertaking the Hakomi Professional Skills training beginning in August 2021.

CONTACT:

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hakomi.co.nz

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Day 1	Friday 1 October:	6.00pm – 9.00pm
Day 2	Saturday 2 October:	9.30am – 5.30pm
Day 3	Sunday 3 October:	9.30am – 3.30pm

INVESTMENT

Full Fee: \$395
Early bird Fee: \$345 (paid by 17 September 2021)

VENUE

Hawkes Bay Coastguard Centre
Meeanee Quay
Napier

ONLINE REGISTRATION:

To register, please click on the link below:
<https://hakomi.com.au/relearning-wholeness/>

INTERNET PAYMENT:

Account: Hakomi Pacifica Team
Account No: 02-0700-0384690-097
Reference: Your name and “Wholeness”

ENQUIRIES TO MARY-LYN TAIT:

jmorgaine@xtra.co.nz

HAKOMI PROFESSIONAL TRAINING INFORMATION

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 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 trainings, please contact Jules Morgaine: jmorgaine@xtra.co.nz

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