



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



SARAH TAIT-JAMIESON

PBANZ, NZAP ,CHT
BA; Dip Teaching; BASS;
Masters Health Practice,
Psychotherapy

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.

Paths to Self-Acceptance:

An Introduction to Hakomi Mindfulness-Based Somatic Psychotherapy

NAPIER, SAT 14 — SUN 15 JUNE 2025

A TWO DAY WORKSHOP WITH SARAH TAIT-JAMIESON

The wise ones through the ages have told us that love and compassion begin when we can love and accept ourselves. Today we lead complex lives with complex personal, social, and political challenges. This affects our sense of wellbeing and our ability to be compassionate.

Mindfulness practice can allow us to turn our attention to our inner landscape, observing our body, mind and spirit with curiosity and openness. As we tap into the innate wisdom of our wholeness, Hakomi Mindfulness-Based Somatic Psychotherapy offers tools to help us understand our life and its patterns. We can gain insight into how we may have compromised our authenticity to protect ourselves from hurt, creating parts that functioned to keep us safe.

Through this process we can become more aware of those parts of us that no longer serve our life in the present. Hakomi reminds us how we can extend compassion to all of our parts so that we can be with ourselves and others with positivity and purpose.

In this workshop you will:

- Be introduced to the principles and techniques of Hakomi Mindfulness-Based Somatic Psychotherapy
- Explore mindfulness for use personally and therapeutically
- Become aware of personal beliefs that have outlived their usefulness, leaving space for choice and growth

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hakomi.co.nz

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Saturday 14 June 9:30 am - 5:30 pm
Sunday 15 June 9:30 am - 4 pm

INVESTMENT

Early Bird Fee \$300 (paid by May 1)
Full fee \$350

VENUE

Coastguard Hawkes's Bay
704 Meeanee Quay
Westshore, Napier 4110

REGISTRATION

To register, please click [here](#).

INTERNET PAYMENT:

Once registration is complete, please pay:

Account Name: S Tait-Jamieson
Account Number: 15 3974 0056823 10
Include your name + Hakomi in the reference field

ENQUIRIES TO SARAH TAIT-JAMIESON:

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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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hakomi.co.nz