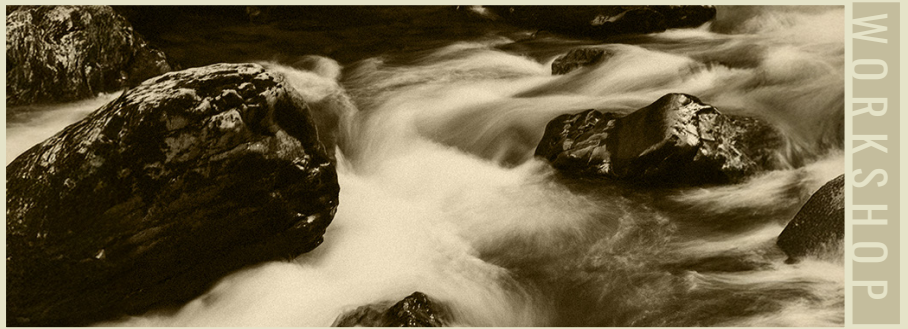




HAKOMI
MINDFUL SOMATIC PSYCHOTHERAPY



Jules Morgaine

CERTIFIED HAKOMI THERAPIST
& TRAINER

Jules Morgaine is a registered psychotherapist, Senior Hakomi Trainer with the Hakomi Institute (USA) South Pacifica Team. She leads Hakomi Comprehensive Skills trainings in Aotearoa, Perth and Melbourne.

Having come from a background of Mental Health Services as an Occupational Therapist she has subsequently trained in Psychotherapy. She has been in private practice since 1992 offering psychotherapy and supervision. Currently she primarily offers supervision to Hakomi graduates working towards certification.

Jules currently has a passion for mentoring the next generations of Hakomi therapists and teachers alongside sharing and developing the work of Hakomi to meet these current times where recognition of diversity provides both challenge and deep reward.

Jules lives in Taupo with her long term partner and has adult children living elsewhere in Aotearoa.

Witnessing Hakomi:

A Fishbowl and Experiential workshop

NELSON, Friday 3 — Sunday 5 October 2025

A THREE DAY WORKSHOP WITH JULES MORGAINE

When I first encountered Hakomi Mindful Somatic Psychotherapy in 1993 I was inspired by the elegance of the work and the way in which deep understanding of unconscious processes and the possibility of change towards freedom from limiting core beliefs appeared to be facilitated with compassion and relative ease both for the therapist and the client.

Now, over 30 years on, Mindfulness and working with the body/somatic experience have become mainstream in the practice of psychotherapy. Yet there is a very specific way in which these are used in Hakomi Mindful Somatic Psychotherapy that differs from most other methods. Both Mindfulness and use of the body are not techniques but the very fabric of the therapeutic encounter. This creates a potent milieu in which change can occur through a deep understanding of the creativity of protective mechanisms and reorganization in the personality structure that incorporates present day realities.

A “Fishbowl” workshop is a particularly effective way to experience a method of psychotherapy. Through seeing the ‘work in action’ not only does it offer an opportunity to watch a skilled practitioner work and be inspired by this, it also gives an immediate felt sense of how a method brings about therapeutic change. In combining teaching, observation, discussion and experiential learning exercises, a deep understanding is integrated for the participant.

- Three participants will have the opportunity to experience the work from the perspective of the client in a full session with an experienced Hakomi therapist and Senior Hakomi trainer.
- All participants will have opportunity to both facilitate and experience the work in dyadic exercises, thus providing an opportunity for personal therapeutic exploration of your own core organization around limiting beliefs that create ‘dis-ease’ in your life.

CONTACT:

Mary-Lyn Tait

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021376286

hakomi.co.nz

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Day 1 Fri 3 October, 2025: 9.30 am — 5.30 pm
Day 2 Sat 4 October, 2025: 10.00 am — 5.30 pm
Day 3 Sun 5 October, 2025: 9.30 am — 4.00 pm

INVESTMENT

Early bird Fee: \$495 (by 22 August 2025)
Full Fee: \$550 thereafter

Cancellation before 22.08.25 will incur a \$50 administration fee.

No refunds will be available after 12.09.25 except in extenuating circumstances whereby a credit may be applied for towards a future workshop.

VENUE

48 Van Dieman Street, Nelson

REGISTRATION:

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

BANK DETAILS:

03 0703 0829528 000

ENQUIRIES TO MARY-LYN TAIT:

Please contact Mary at:

Email: marylyn66@icloud.com

Phone: 021376286

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 Carolyn Crawford: c.j.crawford@xtra.co.nz

hakomi.co.nz