



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 & teaches on the NZ Prof Trainings. Combining her interests in psychotherapy and cultural diversity, Sarah is involved in programmes making psychotherapy more accessible to Maori and Pacifica people. She also helps people resolve attachment issues and trauma.



Dr Suhari Mommsen-Bohm

PBANZ, NZAP, CHT

Dr. Suhari Mommsen-Bohm is a registered Psychotherapist, Certified Hakomi Trainer and holds a Medical Doctorate from the University of Freiburg Germany. She is a member of the Hakomi Institute's South Pacific Team and faculty on Hakomi Professional Trainings in New Zealand and Australia. Her therapeutic approach is based on her deep understanding of Mind Body Holism.

Hakomi and Spirituality:

How to be an Island of Peace in a Chaotic World

WELLINGTON, FRI 28 - SUN 30 NOVEMBER, 2025

A two-and-a-half-day workshop with:

Suhari Mommsen-Bohm & Sarah Tait-Jamieson

Everywhere we turn, we can find chaos and aggression happening in the world around us which can be disheartening. We can easily become overwhelmed by scenes in the media that continue to lead us down a path of despair and disenfranchisement. These societal shifts are real and are impacting us everyday whether we want them to or not.

Instead, we need to find an inner path to health-giving thoughts where we can ground ourselves to stay centred in the face of these personal, cultural, and systemic challenges. In Hakomi, we call this the path of mindfulness, simple self-awareness. Mindfulness helps us to observe ourselves, so that rather than getting caught in a vortex of negative thoughts and feelings, we can begin to simply notice ourselves. We can become curious about our thoughts, our feelings, how others impact us. . .

With mindfulness as a foundation, we can observe from a position of calm, knowing that we are doing our individual "bit" to tame the chaos of a wild world by taming our own thoughts and feelings. We can become curious about the place of peace inside us—where would it live in our body?

In this introductory Hakomi workshop, in addition to mindfulness you will be given some simple tools for self-study basic to the gentle, graceful, and technique of Hakomi Mindful Somatic Psychotherapy. This workshop can serve as the prerequisite to the Hakomi Professional Training commencing in June 2026.

In this workshop we will develop skills for:

- Mindfulness as a means to reconnect with and embody the Organic Self
- Use of somatic intelligence as a source of guidance for healing
- Discovering the healing impulse within ourselves and how it can be used intentionally
- Recognising & celebrating 'Wholeness' as a natural state of being
- Beginning to create new neuro - pathways for a more integrated and coherent existence

CONTACT:

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HAKOMI WORKSHOP DETAILS

DATES & TIMES

Day 1 Fri 28 November 2025: 6.00pm – 9.00pm
Day 2 Sat 29 November 2025: 9.30am – 5.30pm
Day 3 Sun 30 November 2025: 9.30am – 3.00pm

INVESTMENT

Early bird Fee: \$475 (by 31 October 2025)

Full Fee: \$525 thereafter

Cancellation after 31.10.25 will incur a \$50 administration fee.

No refunds will be available after 11.11.25 except in extenuating circumstances whereby a credit may be applied for towards a future workshop.

VENUE

Seatoun Village Hall
22 Forres St.
Seatoun, Wellington

REGISTRATION

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

ENQUIRIES TO SARAH TAIT-JAMIESON

Please contact Sarah at: sarahetj@gmail.com

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

hakomi.co.nz