



HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY

WORKSHOP



Sarah Tait-Jamieson

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

Sarah has practiced psychotherapy in the Hawkes Bay since 2003. She is certified both as a Hakomi Therapist and a Hakomi Teacher, teaching on New Zealand Hakomi professional trainings and running workshops.

Sarah works privately with individuals, couples, groups, and supervises training and practicing therapists. She is also contracted to deliver a programme designed to make psychotherapy accessible to Maori and Pacific people in the Hawkes Bay. In individual client, work Sarah has a particular interest in helping people resolve historic attachment issues and trauma so that they can lead happier, and more balanced lives.

Where Mind Meets Body: An Introduction to Hakomi

NAPIER, SATURDAY 11 APRIL, 2026

A one-day workshop with Sarah Tait-Jamieson

Hakomi is based on the idea that many of the ways we operate in the world are directed by our unconscious core beliefs and habits which we hold in our body. These core beliefs are based on our past experiences in the world and were initially formed to keep us safe and loved. However, as we grow and navigate life, these core beliefs may become obsolete and often are at odds with our well-being in the present.

Hakomi can provide us with insight into these core beliefs through a gentle body-centred path, allowing our self-awareness to expand without force or re-traumatisation. Rather than offering solutions to 'fix' our problems or analysing our past, we use mindfulness to study what is happening in the present moment, slowing ourselves down so that we can listen to our inner self, beyond our thoughts.

In this workshop you will:

- Be introduced to the principles of Hakomi Mindfulness-Based Somatic Psychotherapy
- Have an opportunity to explore some Hakomi techniques
- Explore mindfulness for use personally and therapeutically
- Become aware of your core beliefs that have out-lived their helpfulness, leaving space for choice and growth

CONTACT:

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hakomi.co.nz

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Sat 11 April 2026: 9.30am – 5.30pm

INVESTMENT

Early bird Fee: \$200 (by 14 March, 2026)

Full Fee: \$250 thereafter

VENUE

Phuntsok Choeling Buddhist Centre

10 Hershell Street,

Napier

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