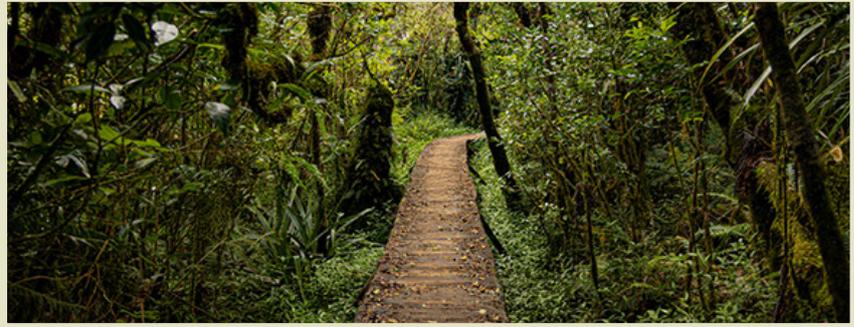




HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



Dr. Suhari Mommsen-Bohm
PBANZ, NZAP, NNZ, CHT

Suhari is a registered Psychotherapist, Naturopath, 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, Sydney and Perth and holds a certificate of advanced clinical practice with the New Zealand Association of Psychotherapists.

Suhari teaches workshops in New Zealand and Australia presents at conferences and has been in private practice in Dunedin for nearly 30 years integrating Natural Medicine and Hakomi mindfulness based psychotherapy. Her therapeutic approach is based on her deep understanding of Mind Body Holism. Her particular area of interest is in the use of mindfulness for chronic pain syndrome and stress management. She also has many years of experience as a clinical supervisor and enjoys the mentoring aspect of the work.

Meeting Yourself with Curiosity: An Introduction to Hakomi

DUNEDIN, SATURDAY 11 APRIL, 2026

A one-day workshop with Dr. Suhari Mommsen-Bohm

Hakomi is a mindfulness-based approach to self-study and healing. At its heart is a simple but powerful practice: turning toward your inner experience with curiosity, kindness, and respect.

Rather than trying to fix or force change, Hakomi invites you to slow down and notice what is already happening—sensations in the body, emotions, memories, beliefs—just as they are. With curiosity as our guide, we learn to listen to these experiences and understand the unconscious patterns that shape how we relate to ourselves and the world.

Curiosity is a gentle, open attention that creates safety. From that safety, insight can naturally arise and change can happen.

Meeting yourself with curiosity means replacing self-criticism with interest, control with compassion, and urgency with presence. Hakomi offers a way to build a respectful relationship with our inner world, one mindful moment at a time.

In this workshop you will:

- Learn about the principles that inform Hakomi Psychotherapy
- Experience the power of applied mindfulness by becoming attentive to the present moment
- How you might hold limiting and subtle corebeliefs in your body
- Meet the gentle power of Hakomi by exploring some Hakomi techniques in small group settings

CONTACT: **Suhari Mommsen-Bohm**

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hakomi.co.nz

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Sat 11 April 2026: 9.30am – 5.00pm

INVESTMENT

Early bird Fee: \$210 (by 10 March, 2026)

Full Fee: \$260 thereafter

VENUE

366 Dalziel Road, Mount Grand,
Dunedin

REGISTRATION

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

ENQUIRIES TO SUHARI MOMMSEN-BOHM

Please contact Suhari at: willowbankdn@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