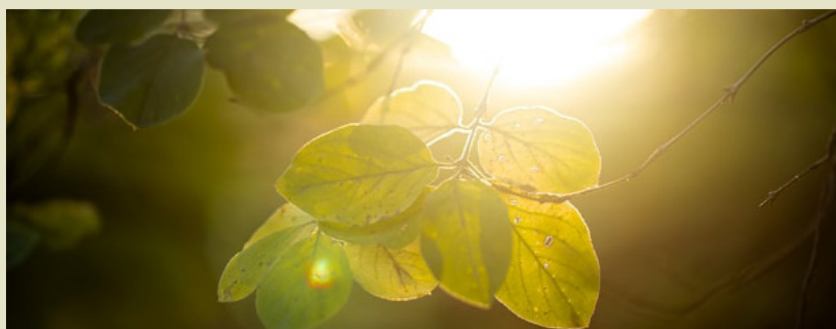




HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



Lisa Chaplow

MCouns, PG Dip Education,
BA(Hons), MNZAC, CHT

Lisa is a counsellor and Certified Hakomi Therapist living and working in Whanganui. She works with individuals and groups and teaches on the New Zealand Hakomi Comprehensive training. She loves creating spaces where people can slow down, get curious about themselves and their experience, and explore new ways of being in relationship with themselves and others.

The Joy of Re-Connection:

Using the Organic Self as a resource for Healing

WELLINGTON, FRI 27 - SAT 28 NOVEMBER, 2026

A ONE-AND-A-HALF-DAY WORKSHOP WITH LISA CHAPLOW

At a time when so much around us can feel uncertain, overwhelming or disconnected, how do we stay connected to what is alive, nourishing and joyful within us?

This workshop invites us to slow down and reconnect with the natural impulse towards wholeness and connection that lives within us all. Through mindful awareness, embodied exploration and the wisdom of the Organic Self, we will explore how healing can also open pathways towards greater vitality, creativity and joy.

Our developmental experiences inevitably include moments of wounding, where our needs are not met sufficiently. In response to this pain, the Self can become fragmented into protective parts that continue to unconsciously shape our sense of who we are and what we can expect from life.

While it is important to understand the origins of these patterns, healing also invites us to reconnect with and re-embody the Organic Self; a powerful source of wisdom and vitality. As we do this, we can free the natural impulse towards wholeness and allow new possibilities for living and relating to emerge. The process of healing can become more effortless, creative and joyful.

In this workshop, drawing on the principles and practices of Hakomi Mindful Somatic Psychotherapy, we will explore:

- mindfulness as a way of reconnecting with and embodying the Organic Self.
- the body and somatic experience as sources of guidance and wisdom in healing.
- ways of supporting the Organic Impulse as a creative and intentional process.
- experiencing and celebrating wholeness as a natural state of being.

This is an experiential workshop, offering participants the opportunity to explore the material personally while also developing practical skills for facilitating healing with others. We will explore how the plasticity of the human brain, together with the courage and wisdom of the human heart, can support new neural pathways and possibilities that are more expansive and life-giving.

This workshop meets the pre-requisite requirement for undertaking Hakomi Comprehensive training.

CONTACT:

Tali Maulgue

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hakomi.co.nz

HAKOMI WORKSHOP DETAILS

DATES & TIMES

Friday 27 Nov 2026: 6.00pm – 9.00pm

Saturday 28 Nov 2026: 9.30am – 5.30pm

INVESTMENT

Early bird Fee: \$295 (by 30 Oct 2026)

Full Fee: \$350 (GST incl) thereafter

Cancellation after 30.10.26 will incur \$50 admin fee

No refunds will be available after 13.11.26

VENUE

Seatoun Village Hall

22 Forres Street,

Seatoun, Wellington

REGISTRATION

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

ENQUIRIES TO TALI MAULGUE

Please contact Tali at: t.maulgue@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