



# HAKOMI

HAKOMI MINDFUL SOMATIC PSYCHOTHERAPY

## Using Mindfulness and the Body to Gently Support Change

*With Halko Weiss, L.P.C., Certified Hakomi Trainer*

### ABOUT THE WORKSHOP

This workshop will introduce you to the basic principles and skills of the Hakomi Method as presented by Hakomi Institute International. The method integrates mindfulness and somatics to support self-discovery, healing and growth. In Hakomi, the body is viewed as a “map of the psyche” – a doorway to the core organizers of experience – beliefs about ourselves, our relationships, and the world.

We use “Little Experiments” in mindfulness to gently unearth our implicit beliefs and the hidden barriers to getting more of what we want in life. The curiosity, warmth, presence, and compassion of the therapist, what we call “Loving Presence”, creates a safe, non-judgmental atmosphere for the client to explore themselves like never before. Clients are viewed as being whole, intelligent, creative, and resilient, rather than as problems that need to be fixed. The body is a trusted source of information on this journey, and the aim is to restore a sense of embodied wholeness, a deep re-membering of who we are.

In this workshop, you will: Learn how to turn awareness inward for self-study, and how mindfulness can infuse this exploration with a sense of curiosity and compassion. Explore ways the body archives experience and expresses our deepest beliefs about life. Practice using mindful experiments and the body to identify and eventually transform unconscious, limiting core beliefs.

The workshop will consist of a balance of talks, experiential exercises, discussion and personal reflection, with an emphasis on skills that can be readily applied following the workshop. It is suitable for mental health professionals, healthcare practitioners, coaches, bodyworkers and those who wish to deepen their own self understanding. The workshop also fulfills the pre-requisite to the Foundation Level Training in Mallorca, Spain.

### WORKSHOP DETAILS

## AMSTERDAM, NETHERLANDS

TBD

16-18 March, 2018

#### SCHEDULE:

**Friday** 17.30-20.30

**Saturday** 10.00-18.00

**Sunday** 09.00-15.00

**COST:** Early Bird Registration 260€ if registered by August 1, 2017, 290€ thereafter. *Meals and accommodations are not included.*

**NOTE:** This workshop can be used as a prerequisite for the Level 1 Professional Hakomi training if the other admission qualifications are met by the applicant.

### LEVEL 1 PROFESSIONAL TRAINING

8-15 July 2018.

The Hakomi Professional Training is composed of two progressive modules, Foundation and Advanced. The Foundation Training Module consists of three, seven-day residential segments in Mallorca (Sunday – Saturday) as well as monthly webinars. The Advanced Training consists of three modules, each containing three, seven day residential segments in Mallorca.

**FOR MORE INFORMATION:** Email [info@hakomimallorca.com](mailto:info@hakomimallorca.com)



### Halko Weiss, PH.D

**Halko is a Clinical Psychologist and co-founder of the Hakomi Institute.** He is the author of eight books, including *The Handbook of Body Psychotherapy* and *Hakomi Mindfulness Centered Somatic Psychotherapy*. Halko has taught at the Universities of Hamburg and Marburg (in Germany) and the Eastern Institute of Technology in New Zealand. He currently teaches at a licensing school in Germany for professional psychotherapy (“ZIST”). Halko is the creator of the Hakomi Embodied and Aware Relationships Training (H.E.A.R.T.) and leads Emotional Intelligence and coaching programs for business professionals..