

Certification Guidelines

Please note:

These guidelines have been written in this form to be more personal, organic, mindful, and holistic, and to make the process seem less like an academic test. These guidelines cover the basics of a good session, although we know that all of these aspects will not be demonstrated in every session. Please don't be overwhelmed if they seem to assume a perfect session. We are quite aware that no one has a perfect session. The point is to be aware of your strengths and weaknesses. Most important is having an ability to notice when you go off course and redirect the session. As in getting a "black belt", certification might be considered the beginning of learning. True mastery takes many years of experience. You don't need to be a master to be certified as a Hakomi Therapist.

I. PRINCIPLES:

- Demonstrate an ability to create and maintain a relationship with the client through the entire session that reflects the Hakomi Principles.
- Know how to be in the principles with spontaneity and naturalness.

1. Unity:

- We're in this together (equality).
- I can shuttle in and out trying on my client's experience.

2. Organicity:

- I can guide in both deepening present experience and in studying the organization of experience without problem solving or trying to fix with nourishment.
- I can trust and facilitate the natural unfolding and reorganization of my client's experience.

3. Non-violence:

- I can actively take charge of the process and leave my client in charge of me.
- I can recognize, study, and support protective systems in a way that allows deeper material to emerge (increased safety).
- I can see and facilitate where my client's process wants to go.
- I don't need to help or rescue; rather I can be a sensitive, present attendant and companion.
- I can accept and respect all parts of my client's experience.

4. Mindfulness:

- I can attain and maintain a witnessing state of mindfulness in myself and my client.
- I can facilitate learning the skill of mindfulness when necessary.
- I can recognize the presence or absence of mindfulness in my client in the moment.

5. Bodymind Holism:

- I recognize and utilize the body as a source of information and an avenue of exploration for my client.
- I can use touch in a sensitive and appropriate manner.

II. TECHNIQUE:

Ability to demonstrate consistent, high— level application of the Hakomi method.

1. Contact:

- I utilize nonverbal contact and contact statements throughout the session.
- I maintain the state of being involved and connected with my client throughout the session.

2. Accessing and deepening:

- I can turn my client inward.— I can utilize the range of accessing/deepening techniques, i.e.: accessing questions, probes, taking over, experimental attitude, create experiments, etc.

3. Processing:

- I can recognize and work within deep states of consciousness, i.e.: mindfulness, child, rapids.
- I can utilize the options at the nourishment barrier to facilitate clarity and transformation.
- I can recognize, stabilize, and study core material with my client.
- I can avoid using nourishment too much or too soon.

4. Integration and completion:

- I can help my client to understand his/her experience and relate it to the actuality of his or her life.
- I can help my client to stabilize their experience and return to ordinary consciousness.

III. THERAPEUTIC PROCESS:

1. Managing the process:

- I remember to choose an access route and follow it.
- I investigate barriers carefully.
- I stay focused on the material that organizes character.
- I keep my finger on the thread of present experience and stay with it.
- I can move from the fine grain of what is going on to the big picture.
- I am learning to recognize the system and jump out of it when I have been in it for awhile.

2. Managing consciousness:

— I recognize and can facilitate within the four states of consciousness: ordinary, mindfulness, child, and riding the rapids.

3. Therapist as own instrument:

— I am aware of and comfortable with my own character process and how it relates to the therapeutic process.

— I can stay mindful of my own process as well as my client's process.

Additional General Criteria for Certification:

- Knowledge of theory and principles of the Hakomi Method
- Demonstrated effective use of Hakomi Skills
- Facility with mindfulness and present moment awareness
- Awareness of the impact of your own character in the therapy process
- Quality of Personhood, and loving presence
- Ability to respond to, and use feedback gracefully and well.

Revised by SE 12/10