

## Logistics

**Dates and Faculty:** Sat and Sun, April 28-29 and June 2-3  
- Rob Fisher, MFT. Thursday June 7- Dr. Sue Johnson.

**Times:** 9:00—4:30.

**Tuition:** Early enrollment: \$795 Register by 3/1/12, Regular: \$890. Discount for Hakomi Training graduates.

**To Register or for More Information:** 415 839-6788 or email [contact@hakomicalifornia.org](mailto:contact@hakomicalifornia.org).

**Web Page:** [www.hakomicalifornia.org/offer\\_trainings\\_SF\\_couples.shtml](http://www.hakomicalifornia.org/offer_trainings_SF_couples.shtml).

**Hakomi Trainings:** Start in March and September, 2012.



**Rob Fisher, MFT**, is a psychotherapist and consultant in Mill Valley, CA. He is an adjunct professor at JFK University and at CIIS and the Co-Developer of the Certificate Program in Mindfulness and Compassion for Psychotherapists at CIIS in San Francisco. He is a Hakomi Trainer who teaches Hakomi Mindfulness Based Experiential Psychotherapy internationally. He is the author of *Experiential Psychotherapy with Couples, A Guide for the Creative Pragmatist*.



**Dr. Sue Johnson** is Director of the International Center for Excellence in Emotionally Focused Therapy and Distinguished Research Professor at Alliant University in San Diego, California as well as Professor of Clinical Psychology at the University of Ottawa, Canada. Dr. Johnson's best known professional books include, *The Practice of Emotionally Focused Couple Therapy: Creating Connection* (2004) and *Emotionally Focused Couple Therapy with Trauma Survivors* (2002).

## Topics Covered

Mixing didactic segments with demonstrations, experiential exercises, and actual skills practice, this training will provide both theory and practical techniques to be more confident and work more effectively with couples.

- **How to apply mindfulness with couples.**
- **Attachment and character maps for assessing couples dynamics and each partner's contributions.**
- **How to join deeply and create safety with each partner in their immediate experiences.**
- **How to befriend and utilize individual defensive responses.**
- **How to engage each person's resources.**
- **How to track somatic signals to access unconscious relational material.**

## Free Event

**Using Mindfulness in Couples Therapy  
with Rob Fisher, MFT  
October 6th, 2011, in SF, 6:30—9:30 PM**

Hakomi Institute of California  
presents

# Experiential Couples Therapy

April 28, 29 and June 2, 3 and 7, 2012

Mindfulness and  
Emotionally Focused Therapy  
Approaches to  
Assessment and Intervention

With

Rob Fisher, MFT, 4 days

Dr. Sue Johnson, 1 day



HAKOMI INSTITUTE OF CALIFORNIA

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## Experiential Couples Therapy

with Rob Fisher, MFT and

Dr. Sue Johnson

