

The Re-Creation of the Self

AS AN APPROACH TO PSYCHOTHERAPY



WITH

JON EISMAN

Sr. Hakomi Trainer

Creator of the Re-Creation of the Self Model

AN INTENSIVE TRAINING FOR CLINICIANS

SAN FRANCISCO, CA

JUNE 16-20, 2010

Developed over the past 25 years by world renowned therapist and teacher Jon Eisman, *The Re-Creation of the Self* Model of Human Systems [R-CS] is both a comprehensive map of the inner Self, and a powerful, paradigm-challenging method for effecting client evolution. Grounded in mindfulness and somatic awareness, R-CS is an experiential method that offers practitioners of all sorts an opportunity to enhance the effectiveness of their present work.

WHAT YOU WILL GET FROM THIS TRAINING

- A comprehensive and practical map of the structures of the Self
- An understanding of the neurological basis of identity and stuckness
- An enhanced focus on client wholeness and resources
- Techniques to pursue the Ideal Self and the evolution of Selfhood
- Refined methods for inspiring commitment and empowerment
- New perspectives on the actual nature of client change
- Facility with navigating issues of identification and disidentification
- Immediately applicable skills for shifting fragmented client states
- An appreciation of the diverse roles of the therapist



Interweaving neurobiology, mindfulness and somatic, experiential psychology, the *Re-Creation of the Self* Intensive Training provides participants with theories and methods immediately applicable in both their professional and personal lives.

In R-CS, therapy is not seen as an exploration and gradual resolution of old wounds, but as a celebration of innate resources and an opportunity to reembody an already existing core sense of Self. When, in our development, this sense of Self was opposed, we accommodated the various obstacles and hurts we endured - and protected our ultimate integrity - by fragmenting our consciousness into various trance-like *self-states*.

Long held as habitual neural networks in the brain and body, these fragmented states of consciousness perpetuate both our illusory sense of wounding, and the limiting behaviors that follow. R-CS seeks to identify these perceived selves, and to foster disidentification from them. R-CS does not focus on the content or historical origins of these states, but instead invites people to choose to shift immediately into a more expansive, already present, preferred state.



WHERE, WHEN, HOW MUCH...

SAN FRANCISCO - BAY AREA, CA

June 16 - 20, 2010

Wed. 1pm - 5pm • Th., Fri., Sat. 9am - 5pm • Sun. 9am - 1pm

Cost for the training is \$675 by April 16th, \$775 after.

Basic training in The Hakomi Method is a prerequisite for this Intensive.

CEUs Available

FOR MORE INFORMATION ABOUT THE TRAINING

www.hakomicalifornia.org/offer_trainings_SF_RCS.shtml

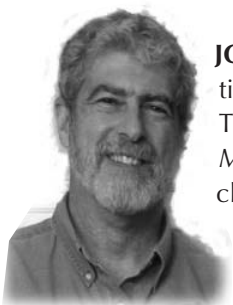
Sharon Gardner, 415-839-6788

FOR MORE INFORMATION & Articles ON R-CS

www.meta-trainings.com

The R-CS Model provides a major missing link in accessing the embodied, differentiated Self in elegant and non-violent ways.

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Rob Fisher LMFT, author
Experiential Couples Therapy



JON EISMAN, the creator of the *Re-Creation of the Self* model, is a founding member of the international Hakomi Institute, Co-Director of The Hakomi Institute of California, and a Sr. Hakomi Trainer. The author of numerous articles and Hakomi & R-CS training manuals, Jon is also the originator of *Mindful Experiential Therapy Approaches* (M.E.T.A.), both a synthesis of therapeutic modalities and a clinical collective in Portland, OR (www.meta-trainings.com). For the past 30 years, he has practiced and taught workshops and trainings throughout the world. Widely acclaimed both for his teaching expertise and for the aliveness he inspires in his groups, Jon lives with his family in Ashland, OR.