

Is there therapy  
beyond conversation?



Silvery Skies - Nicola Slattery www.nicolaslattery.com

**Location:** San Francisco Theological Seminary in San Anselmo, CA. Students with special needs should contact the registrar.

**Tuition per Module:** *Early Enrollment:* \$3,395 *early registration* for those who send in their \$400 non-refundable deposit by July 15, 2010. *Normal Registration:* add \$400 for a total of \$3,795 per module. Visa and MasterCard accepted. Repeating students may enroll for one half the cost of tuition. Limited student scholarships available.

**CE Units: MFT and LCSW's:** This course meets the qualifications for 115 hours of Continuing Education Units for MFT's and LCSW's for module one and module two respectively (Provider # 4355). **Nurses:** Eva Geidt, RN, (Provider # 14707) is a co-sponsor of this training, which is approved by the California Board of Registered Nursing, for 115 hours. **Psychologists:** The Institute is also approved as a Provider for MCEP (# HAK003), and is applying for approval for this specific training. Please check with Administrative Director for current status of application.

**Weekend Schedule:** Friday 12:30—5:30, Saturday 9:00—5:00, and Sunday: 9:00 - 3:00pm

**Prerequisites:** As this is an accelerated course, previous clinical training (two or more years of clinical experience) or permission from a member of the training staff is required.

**For More Information or To Apply:** Please contact Sharon Gardner, M.A, Administrative Director, Hakomi Institute of California · 415 839-6788, or Rob Fisher, MFT · 415 389-6340 (lead trainer) [contact@hakomicalifornia.org](mailto:contact@hakomicalifornia.org).

**Refund Policy:** Any student may withdraw from the Training within one week (7 days) after the end of the first training weekend and receive an eighty (80) percent refund of the tuition minus the deposit. After that, no refunds will be granted. Students will be held to this agreement, regardless of future attendance and/or completion of the training.

**Advanced Methods in  
Mindfulness Based  
Experiential Psychology**

September, 2010- April, 2011  
San Anselmo, CA

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"Hakomi presents some astounding methods for getting to core material. It is well grounded in theory and revolutionary in its results."

- Association of Humanistic Psychology  
Newsletter

*"A visionary contribution in bringing mindfulness to our therapeutic community."*

**-Daniel Siegel, M.D.,**  
author of *The Developing Mind* and *The Mindful Brain*

## About Hakomi Mindfulness Based Experiential Psychology

The Hakomi Method of Experiential Psychotherapy is an elegant, comprehensive and highly effective approach to human change and development. Hakomi is an in-depth, mindfulness-based psychotherapeutic modality. Its techniques are effective throughout a wide range of therapeutic applications such as individual, couples and family therapy, and group work. It is backed by thousands of hours of clinical applications and volumes of evidence research into the neurological underpinnings of mindfulness and core psychological belief systems.

For over 30 years Hakomi has pioneered and integrated the use of mindfulness in the psychodynamic process. Hakomi utilizes the present moment as a rapid and experiential access route to unconscious material. Guided by the principles of Mindfulness and Non-violence, the Hakomi Method is a gentle, respectful, compassionate and thus powerful form of psychotherapy that uses the wisdom of the body to pursue core evolution and deepen therapy beyond insight and words. Hakomi follows Frieda Fromm Reichman's advice, "The patient needs an experience, not an explanation." Typical therapeutic outcomes include lasting change in deeply held emotional attitudes, beliefs and behavior.

This training is taught in a series of four modules in order to integrate theoretical material, skill-based exercises, and one-on-one and small group supervision. Each module includes didactic information, live and video demonstrations, experiential exercises, and an emphasis on specific clinical applications and skills development.

Modules One covers the theory and techniques of the method. Module Two teaches state of the art approaches to the treatment of trauma, and Module Three addresses maps of the psyche including assessment and intervention strategies based on a non-pathologizing character theory. Module Four covers applications such as couples therapy, addictions, attachment issues and Recreating the Self model of positive psychology

### Starting September, 2010

*"Hakomi is a beautiful expression of the partnership model: a way of healing that recognizes not only the essential partnership between body and mind, but between therapist and client."*

**Riane Eisler**, author of *The Chalice and the Blade*, and *Sacred Pleasures*

*"Hakomi is an excellent system for learning key emotional intelligence skills."*

**- Daniel Goleman**, author of the bestseller *Emotional Intelligence*

## Advanced Methods in Psychotherapy

### Hakomi Mindfulness Based Experiential Psychology

This training is based on the skills and principles of Hakomi Experiential Psychology, and the unique intervention and treatment strategies which follow from them. In this shorter training, we have selected the key skills and approaches that bring therapy human depth and technical effectiveness. Participants will be trained in the precise moment-to-moment elegance of working with mindfulness in psychodynamic psychotherapy.



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In addition, because Hakomi is dedicated to the aliveness of both client and therapist, great emphasis is placed both on the attachment based nature of the therapeutic relationship, and on the ground of being from which the therapist works.

**"Come sit with me and let us remember the beauty of your soul"**

### In this training you will learn:

**Competency #1 The Therapeutic Relationship**—How to join deeply, inspire clients to unfold, and use moment to moment interventions to address and heal attachment wounds.

**Competency #2 Listening to the Unconscious**—How to notice the unconscious in direct experience and non verbal signals. How to use the present moment and the body as rich sources of psychological information.

**Competency #3 Deepening Therapy**— How to achieve the depth and exploration that makes therapy come alive. Practical methods for deeply exploring the psyche safely working with all categories of experience: thoughts, beliefs, memories, sensations, impulses and emotions.

**Competency #4 Using Mindfulness Psychodynamically**—How to use mindfulness directly in the psychodynamic psychotherapy process, rather than as an adjunct treatment.

**Competency #5 Working with Defenses, and Transformation of Core Material**—How to elegantly work with resistance and defenses by supporting them. Transforming core models of the world.

**Competency #6 Master Strokes**—Working Practically with Transference and Countertransference Systems—How to work experientially.

*"Hakomi has been a major force in promoting mindfulness in psychotherapy and body psychotherapy."*

**-Babette Rothschild, LCSW, author of  
The Body Remembers**

*"Hakomi is the absolute cutting edge of modern therapeutic technique."*  
**-John Bradshaw, author of Bradshaw on The Family**

## Training Faculty

**Scott Eaton, MFT**, a Certified Hakomi Therapist and Trainer, has been facilitating groups and trainings in the U.S. and Europe for over 30 years. A licensed psychotherapist for 18 years, Scott specializes in gay and lesbian issues, spirituality, shame reduction, PTSD, work with anger and relationship dynamics. An avid world traveler, Scott has also been a long-standing teacher of meditation. You can email Scott at [scotteaton@hakomicalifornia.org](mailto:scotteaton@hakomicalifornia.org)

**Jon Eisman, CHT**, is one of the Founding Members of the Hakomi Institute, and Director of Hakomi Institute of Oregon. Jon teaches throughout North America and Europe and is the creator of R-CS, Re-Creation of the Self, a powerful and innovative tool for working with psychological parts in therapy, in group work, and in spiritual practice. An Oregonian, Jon teaches frequently in the Bay Area. You can email Jon at [joneisman@hakomicalifornia.org](mailto:joneisman@hakomicalifornia.org)

**Rob Fisher, MFT**, is a psychotherapist, consultant and supervisor in private practice in Mill Valley. A Certified Hakomi Therapist and Trainer, Rob is also an adjunct professor at both CIIS and JFK University, where he teaches marriage and family therapy, and Hakomi, Body-centered psychotherapy. Rob is an internationally recognized expert in couples therapy. He is the author of *Experiential Couples Therapy: A Guide for the Creative Pragmatist*, published by Zeig/Tucker. Rob has been a Master Presenter at the Annual California Association of Marriage and Family Therapists Conference and a presenter at the USABP Annual, and Psychotherapy Networker Conferences. You can email Rob at [robfisher@hakomicalifornia.org](mailto:robfisher@hakomicalifornia.org)



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**Manuela Mischke-Reeds, MA, MFT**, Certified Hakomi Therapist and Trainer, Somatic psychotherapist and Continuum™ Movement Teacher. Manuela leads professional trainings and workshops in the U.S., Australia and Germany. An adjunct professor at JFK University, and the Institute of Transpersonal Psychology she teaches mental health professionals Somatic approaches to Trauma and Attachment, and infant mental health. Manuela has specialized in her Hakomi approach to working with trauma clients and has counseled victims of trauma and survivors of political oppression and torture. A longtime student of Tibetan Buddhism, Manuela incorporates Buddhist psychology into her work. She maintains a private practice with individuals, couples, families and young children and groups and consults to professionals. You can email Manuela at [manuela@hakomicalifornia.org](mailto:manuela@hakomicalifornia.org).

**Julie Murphy, R.A.S.**, Certified Hakomi Trainer and Practitioner, has 23 years of experience consulting, teaching and working in the Healing Arts. Director of Hakomi Santa Cruz, she designs curriculum and trains mental health professionals in the Hakomi Method in Santa Cruz, San Francisco and Australia. With a strong background in the fields of anthropology, contemplative psychology, attachment theory, massage therapy, Tibetan Buddhism, and poetry, Julie has presented at numerous conferences including the Hakomi Institute International, the AMTA, and the USABP Annual Conferences. Julie developed Embodied Writing™, a contemplative and somatic approach to creative writing and self-expression. You can email Julie at [juliemurphy@hakomicalifornia.org](mailto:juliemurphy@hakomicalifornia.org)

**Training Dates:** Training dates and content subject to change.

September 10-12, 2010

February 11-13, 2011

October 15-17, 2010

March 4-6, 2011

November 12-14, 2010

December 3-5, 2010

January 7-9, 2011