

The Hakomi Institute of California Presents

# MINDFULNESS APPROACHES TO ATTACHMENT

Free Evening Introduction May 10, 6-9 PM

San Francisco

*with Julie Murphy, RAS, International Hakomi Trainer*



**For details visit: [www.hakomicalifornia.org](http://www.hakomicalifornia.org) or call 415.839.6788**



## ATTENDING TO ATTACHMENT

OCTOBER 19-21, NOVEMBER 16-18, AND DECEMBER 14-16

## TRAINING CURRICULUM

- How to apply mindfulness in working with attachment issues
- Theoretical maps for attachment development and neurobiological underpinnings
- How to recognize adult attachment indicators, engagement cues and disengagement cues, to access unconscious relational material
- Relationship rupture and repair
- Specific somatic based interventions for each adult attachment style
- How to make moment to moment interventions and adjust to unconscious attachment needs
- How to befriend and utilize defensive responses and engage innate inner resources
- How to address relationship systems and attachment in couples