



HAKOMI MINDFUL SOMATIC PSYCHOTHERAPY IS A GENTLE, respectful method that allows you to access deep, core material, opening the possibility for awareness and transformation.

COMPOSED OF MEMORIES, IMAGES, BELIEFS, NEURAL patterns, and deeply held emotional dispositions, this material creates and maintains our images of self and of our culturally acquired world. It shapes the styles, habits, behaviours, perceptions, physical postures and attitudes which define us as individuals.

SOME OF THIS CORE MATERIAL SUPPORTS OUR BEING WHO we wish to be, while some of it, learned in response to difficult situations, continues to limit us. Hakomi allows the client to distinguish between the two, and to modify willingly any material which restricts his or her wholeness.

IN THERAPY, WE FIRST WORK TO BUILD A RELATIONSHIP which maximises safety and the cooperation of the unconscious. With that relationship, we help the client focus on and study how he or she organises experience.

TO DO THIS, WE ESTABLISH AND USE MINDFULNESS, a distinct state of consciousness characterised by a surrender to and acceptance of the happenings of the moment, a gentle sustained focus of attention inward, a heightened sensitivity and the ability to observe and name the contents of consciousness.

IN PSYCHOTHERAPY, SAYS HAKOMI FOUNDER RON KURTZ, nothing is as useful as mindfulness.

[hakomi.com.au](http://hakomi.com.au)



HAKOMI PROFESSIONAL TRAININGS ARE OFFERED REGULARLY. The aim of the training is to turn out high quality, caring therapists who are as dedicated to fully knowing their own process as they are to the understanding of others.

EACH HAKOMI TRAINING TEACHES THE ENTIRE CURRICULUM OF the Hakomi Method as outlined by the Hakomi Institute.

#### **GOALS OF THE TRAINING ARE FOURFOLD.**

FIRST, A DEEP UNDERSTANDING OF THE PRINCIPLES of the Hakomi Method and the ability to work with them.

SECOND, AN UNDERSTANDING OF THE ORGANISATION OF personality and character and the ability to use this understanding with discrimination.

THIRD, AN UNDERSTANDING OF THE VARIOUS MAPS OF the therapeutic process and the ability to use these maps and Hakomi techniques precisely and appropriately.

FOURTH, AN UNDERSTANDING OF ONE'S OWN PERSONALITY AS an instrument for therapy.

THE METHODS OF HAKOMI ARE APPROPRIATE AND EFFECTIVE in all kinds of therapeutic situations, such as relationships, family, movement and body work, but find their full potential in the process of growth, both personal and transpersonal.

***For more information on Hakomi, please contact:***

***SYDNEY, Karen Baikie: [karen@hakomi.com.au](mailto:karen@hakomi.com.au)***

***PERTH, Jonathan Kester: [jonakes@globaldial.com](mailto:jonakes@globaldial.com)***

***NZ, Jules Morgaine: [jmorgaine@xtra.co.nz](mailto:jmorgaine@xtra.co.nz)***



MINDFUL SOMATIC PSYCHOTHERAPY

## **Resistance is NOT a problem:**

A Hakomi approach to  
working with defences



**SYDNEY, SAT 25 – SUN 26 AUGUST 2018**

*A two-day workshop with  
Karen Baikie, Certified Hakomi Trainer*



**KAREN BAIKIE**

PHD, MCLINPSYCH, CHT.

*Karen is a Certified Hakomi Therapist and consultant Clinical Psychologist with over 17 years experience in private practice in Sydney, working with individuals and couples, and providing clinical supervision. Karen is a Certified Hakomi Trainer with the Hakomi Pacifica Team, teaching on the Professional Hakomi Training and co-facilitating with Halko Weiss on the Hakomi Embodied and Aware Relationships Training (H.E.A.R.T) in Sydney, as well as running workshops on Hakomi and H.E.A.R.T. across Australia.*

*She holds a PhD in psychology on the use of expressive writing as a therapeutic tool for survivors of trauma and has worked extensively with adult survivors of childhood abuse. Karen's work integrates mindfulness-based approaches to attachment, trauma, health, parenting and relationship issues. She is passionate about assisting individuals, couples, parents and other therapists to support deepening awareness and connection with themselves and others.*

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IN MOST AREAS OF PSYCHOLOGY AND PSYCHOTHERAPY, AND in our lives generally, resistance is seen as a problem. It's seen to make the process of change slow and challenging. Therapists who perceive a client as resistant are likely to lose empathy and compassion for them, and individuals who perceive themselves as resistant are more likely to drop out or feel bad about themselves. So how do we make therapy effective when it feels challenging and stuck?

IN THIS WORKSHOP, WE WILL EXPLORE THE HAKOMI MINDFUL Somatic Psychotherapy approach to dealing with resistance. In Hakomi, resistance is not a problem at all, in fact it is a signpost towards core material. We will explore various frameworks and techniques to explore stuckness and move the process forward.

**IN THIS EXPERIENTIAL WORKSHOP, YOU WILL:**

- Be introduced to the methods and underlying principles of Hakomi Mindful Somatic Psychotherapy, in a safe, supportive environment.
- Explore the use of mindfulness as both an attitude and a tool for use in self-study and therapeutic settings.
- Learn about various experiential techniques for investigating resistance with an attitude of curiosity and compassion to bring the process alive.
- Understand how systems both within the client and between client and therapist can contribute to stuckness and learn how to navigate these systems.
- Observe a live Hakomi session.

THE WORKSHOP WILL INCLUDE TALKS, EXPERIENTIAL EXERCISES, discussion and personal reflection. Participants will come away with skills that can be readily applied directly following the workshop, both with clients and in their own relationships.

THIS WORKSHOP WILL BE OF VALUE TO THOSE INTERESTED in learning more about Hakomi Mindful Somatic Psychotherapy, including psychotherapists, counsellors, psychologists, other practitioners, and also lay individuals wishing to deepen self understanding and personal relationships.



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**Date and Times**

Saturday 25 August: 9.00am – 5.00pm

Sunday 26 August: 9.00am – 4.00pm

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**Investment**

Super Early Bird \$330 (paid by 29 June).

Early Bird \$385 (paid by 27 July).

Thereafter \$440.

Full-time students \$275 (with proof of full-time student status and paid by 27 July).

Prices incl. GST. No cancellations or refunds after 10 Aug.

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**Venue**

Crows Nest Centre, 2 Ernest Place, Crows Nest.

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**Registration**

Please pay by cheque or internet payment and email the following information to Karen Baikie:

Name, Occupation, Address,  
Phone number, Email address,  
Payment Amount & Date of Payment.

Karen's email address is: [karen@hakomi.com.au](mailto:karen@hakomi.com.au)

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**Internet Payment:**

**Karen Baikie Hakomi Workshop**

BSB: 082 212 Account: 195 354 238

Please Include your name in the reference field

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**Enquiries to Karen Baikie:**

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