

Hakomi Edmonton  
[www.hakomiedmonton.ca](http://www.hakomiedmonton.ca)  
c/o 9313 – 95 St. Edmonton, AB T6C 3X1

Diane Priebe, Hakomi Organizer  
diane.priebe@shaw.ca  
(780) 707-5711

## Hakomi Professional Skills Training 2009

“When you can assist someone, spontaneously, by your presence alone, to feel worthy and welcome, then you have achieved the personhood of a therapist”

- **Ron Kurtz, founder of Hakomi Therapy**

For over 20 years, Hakomi therapists have been using the body as a powerful access route to the history of the client, and to unconscious beliefs, traumas and character patterns. Using present felt experience, the therapist easily accesses beliefs and experiences that have been deeply held within the client’s unconscious. Safe and supportive techniques facilitate the emergence of these hidden patterns into consciousness where they can be directly experienced, re-evaluated and transformed. Hakomi approaches these experiences gently, keeping the mind-body connection intact so that the client is able to experience the innate intelligence of habitual responses and, once conscious, these responses can be directly re-evaluated, and new dimensions of awareness, choice and freedom can be integrated.

In Hakomi training, students learn to develop an exquisite sensitivity and attunement to others, and to convey this understanding. This empathy and responsiveness helps to create a deep sense of safety and connection, and facilitates the effectiveness of the therapy. Hakomi’s highly innovative techniques and the self-development of the therapist are the core of the training. Using the Buddhist principles of mindfulness and gentle curiosity, the Hakomi therapist creates an atmosphere of safety for deep processing that helps the client’s defenses to be willingly yielded and examined, rather than confronted or overpowered. The relief and empowerment of increased self-awareness and freedom provides the client with a sense of personal empowerment and a richer appreciation for life.

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**Curriculum Includes:**

- The Hakomi Principles and how to embody them
- The body as map of the psyche
- Developing the healing relationship
- Character theory and developmental issues
- Working with the Child State of Consciousness, core issues, and emotional release
- Ethics and right use of power
- Group process and dynamics
- Resolving Trauma using Hakomi and other Somatic Techniques
- The precise use of touch
- Specific therapeutic techniques for eliciting information, awareness, and healing through the body
- Jumping out of the system—transference and counter-transference
- Barriers to Nourishment, clarity, and completion
- How neurobiology is shaped by past wounds and how therapy can impact brain structure in a positive way

In the later stages of training, special attention is paid to each therapist's personal character and style to help them fine tune their own creative, individual approach. Emphasis is on increasing fluency, refining skills, developing artistry, and studying advanced character strategy. Hakomi is an excellent base for any therapeutic modality and so we support students in finding their own style and creativity in the unique application of the work.

**Dates: Module 1: Essentials of Hakomi (4 Weekends)**

Weekend 1.1 FEBRUARY 27- MARCH 1, 2009, EDMONTON

1. Creating the Learning Environment
2. Hakomi Principles
3. Therapeutic Relationship
4. Limbic Resonance and Healing
5. Understanding the Organization of Experience

Weekend 2.1 APRIL 17 - 19, 2009, EDMONTON

1. Contact
2. Tracking the Body
3. Reading the Body for Safety and the Unconscious
4. Embracing "Resistance"
5. Using Mindfulness in Psychotherapy

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Weekend 3.1 MAY 8 - 10, 2009, EDMONTON

1. Working in Present Experience
2. Experimental Attitude
3. Accessing through the Body

Weekend 4.1 JUNE 5 - 7, 2009 EDMONTON

1. Deepening to Core Material
2. Probes and Taking Over
3. Recognizing and Working with Trauma
4. Complete Module 1

**Module 2: Stages of the Process (3 Weekends)**

Weekend 2.1: SEPTEMBER 18 - 20, 2009, EDMONTON

1. Working with the Child
2. Understanding and Providing the Missing Experience
3. Use of Touch

Weekend 2.2: OCTOBER 16 -18, 2009, EDMONTON

1. Uncovering Belief and Body Systems
2. Supporting Emotional Release
3. Processing Stage

Weekend 2.3 NOVEMBER 27 - 29, 2009, EDMONTON

1. Transformation
2. Integration

**Module 3: Working with The Sensitivity Cycle**

Weekend 3.1:

- a. Working with the Sensitivity Cycle
- b. Jumping out of the System (JOOTS)

**Module 4: Character and Attachment Theory (4 Weekends)**

**Module 5: Ethics: The Right Use of Power (1 Weekend)**

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**Location:** Providence Renewal Centre, 3005 – 119 St., Edmonton.

**Payment:** \$1600 for four weekend modules; \$1200 for three weekend modules; \$100 discount for early registration for 4 weekend modules; \$75 discount for early registration for 3 weekend modules. Please make cheques payable to Hakomi Edmonton.

**Pre-requisites:** Two Hakomi introductory workshops (or consent of the faculty) and submission of an application with a \$25.00 non-refundable deposit.

### **The Trainers:**

**Beth Falch-Nielsen, RCT, CHT** is a Registered Clinical Counsellor and Certified Hakomi Therapist and Trainer. She has 30 years experiences as a therapist, teacher, and group facilitator, and has been in private practice for 17 years. She has a private practice in Duncan and Victoria, B.C., and teaches in B.C., Alberta, and Oregon.

**Jaci Hull, M.A., L.M.F.T.** is a certified trainer for the Hakomi Institute. She has trained extensively in a combination of traditional and contemporary approaches including Contemplative Psychotherapy, Hakomi Body-Centered Psychotherapy, Family Therapy, Solution-Focused Therapy, and E.M.D.R. In private practice for over 20 years, she works with individuals, couples, and occasionally with families, emphasizing clear and heartfelt communication, a loving, respectful, and supportive home life, and the co-creation of healthier behaviors and values.

**Jon Eisman** is a founding member of the Hakomi Institute, Director of the Hakomi Institute of Oregon, and a Sr. Hakomi Trainer. He has taught throughout North America, Europe, and New Zealand for the past 25 years, and has developed numerous elaborations of, and additions to, the Hakomi Method. Jon is also the creator of the *Re-Creation of the Self* model, a powerful and innovative tool for working with psychological parts in therapy, group work, performance, and spiritual practice. He is the author of a Hakomi Institute Training Manual, and *The Re-Creation of the Self As An Approach to Psychotherapy*.

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## Hakomi Edmonton Application for Admission

Date of Application: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (home): \_\_\_\_\_

Phone (work): \_\_\_\_\_

a) In emergency please notify: \_\_\_\_\_

Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

b) In emergency please notify: \_\_\_\_\_

Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Employment: please check all that apply

\_\_\_ Student      \_\_\_ Teacher      \_\_\_ Student counselor

\_\_\_ Health Educator      \_\_\_ Psychologist      \_\_\_ Social Worker

Other \_\_\_\_\_

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## Questions 1 to 10

1. Give us a brief commentary on your experience in Hakomi related workshops and let us know what draws you to study further.
2. What is your vision or goal for applying what you learn in this training? How does it fit into your career and life goals?
3. Describe your experience working one-on-one with clients. Include the kind of practice, nature of your work, type of clientele, and the degree of success and satisfaction you feel you receive from your work.
4. Training in the Hakomi Method often results in significant personal growth as well as professional development, and students are expected to engage in and support this evolution. Tell us about your experiences in psychotherapy, bodywork or other therapeutic modalities, and how you will support yourself through the changes that may occur during this training. Include both factual details such as dates and personal impact.
5. Students are expected to practice with non-student clients outside of class. Please let us know how you will find practice clients with which to work. (Disclosure forms will be offered in the training.)
6. Using at least one half side of a page, describe what kind of person you are.
7. A significant element of the Training will be the creation of a group dynamic that supports a vibrant learning environment. We expect students to interact as adults, to be able to regulate strong feelings and to find collaborative ways to solve interpersonal conflicts. Tell us about your experiences and style as a group member, how you resolve interpersonal conflicts, where you may need help with this and how you see yourself adding to the richness and preservation of the group. Include topics like leadership, extroversion/introversion, how you prefer others to be, difficulties you typically experience, etc.
8. Please let us know about any medical conditions or personal factors you may have or have had in the past, including psychological diagnosis, that may affect your participation in this Training.
9. Are you presently on any medications? \_\_\_\_Yes \_\_\_\_No. Please list medications and conditions in which you are taking them: \_\_\_\_\_  
\_\_\_\_\_

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10. Is there anything else you would like to tell us that you feel would help us to know you better?

Please submit your resume with your application. Thank you.

For further information, please contact:

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