



Listening to the Body with Mindfulness – AN INTRODUCTION TO HAKOMI

SYDNEY, FRIDAY 10—SATURDAY 11 OCTOBER, 2014

A one-and-a-half-day workshop with DEB ALGAR, Certified Hakomi Therapist.



DEB ALGAR, CHT, Dip.Hol.Couns, CMCAPA, PACFA Reg., MBSR teacher.

Deb is a Certified Hakomi Therapist and part of the Hakomi Australia Sydney Training Team. She holds a Diploma in Holistic Counselling and has been in private practice as a psychotherapist for over 10 years, working with individuals and couples. She teaches Mindfulness Based Stress Reduction courses in Sydney. Deb is passionate about sharing the possibilities for self-discovery, connectedness and freedom that mindfulness and Hakomi offer.

MANY OF US STRUGGLE WITH THINGS WE'D LIKE TO change about ourselves - unhelpful behaviours, thoughts and reactions. The present moment is a doorway into understanding the unconscious patterns and beliefs behind these and how they impact the way we live and relate to ourselves and others.

ONE OF THE MOST POWERFUL WAYS TO BRING WHAT IS unconscious into conscious awareness is to pay attention to what is happening in the body in the present moment.

MINDFULNESS IS THE MEANS BY WHICH WE BECOME present and tune into the body in this way. Listening to and exploring the body's intelligence mindfully - with curiosity and openness - can give us deeper insight, clarity and self-awareness than is available through just talking. This awareness allows us to respond to others and ourselves with more choice and awareness.

THE GUIDING PRINCIPLES OF HAKOMI PROVIDE A framework to explore this with kindness, respect and safety.

IN THIS WORKSHOP YOU WILL

- Be introduced to the practices and underlying principles of Hakomi Experiential Psychotherapy.
- Explore mindfulness as both an attitude and a way to study your own experience and work therapeutically with others.
- Experience exploring the intelligence of the body.
- Learn skills to be more present with yourself and others

THE WORKSHOP WILL CONSIST OF A BALANCE OF TALKS, experiential exercises, discussion and personal reflection. It is suitable for both those working therapeutically with others and those wishing to deepen their own self-understanding. It also qualifies as a pre-requisite for undertaking the Hakomi Professional Training.

Dates & Times

Friday 10 October, 6:30PM – 9:30PM; & Saturday 11 October, 10:00AM – 5:00PM.

Investment

Early Bird \$195 (if paid by 24 September 2014). Full fee \$245. No cancellations or refunds after 3 October 2014. Internet payment to: Debrah Algar BSB: 064445 Account: 726590 (include your name in the reference field).

Inquiries

Enquiries: Deb Algar 0418861582, or e-mail: debrah@holisticcounselling.com.au

Venue

3 Church St, Waverley NSW (close to Bondi Junction station)

Application Form

Name

Occupation

Address

Mobile Phone

Email Address

Amount Enclosed

Send Application Form and Fee to:

Deb Algar, 13 Edgar St, Maroubra, NSW 2035



HAKOMI EXPERIENTIAL 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.

MINDFULNESS IS MUCH MORE THAN A TECHNIQUE in Hakomi. Instead, it forms the very foundation of the approach, for client and therapist alike. 'In psychotherapy', said Hakomi founder Ron Kurtz, 'nothing is as useful as mindfulness'.

hakomi.com.au



IN-DEPTH PROFESSIONAL TRAINING IN THE HAKOMI Method is offered in Sydney. For further details, visit our website at <hakomi.com.au>.

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 activities in Sydney, please contact:
John Perrin <john@hakomi.com.au>
hakomi.com.au*



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