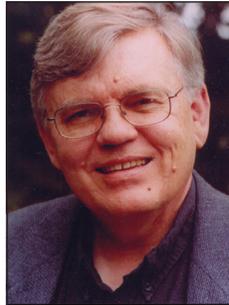


# The ESSENTIAL SELF in Psychotherapy



GREG JOHANSON, PH.D.

*is a founding trainer of the Hakomi Institute, editor of the Hakomi Forum and president of the HI Board of Directors. He has over thirty years experience using Hakomi in mental health clinic, hospital, university, church, and private practice settings. Greg has been active in writing and editing, including (with Ron Kurtz) 'Grace Unfolding: Psychotherapy in the Spirit of the Tao-te ching'.*

## MANA RETREAT CENTRE, FRIDAY 2 – SUNDAY 4 SEPTEMBER, 2011

*A three-day workshop with Greg Johanson, Founding Hakomi Trainer.*

*(This will be followed with an additional one-day skills workshop on Mon 5 Sept focusing on further skills for professional practice.)*

RON KURTZ WAS A PIONEER IN USING MINDFULNESS as a main therapeutic tool in psychotherapy sessions. A secondary goal of the Hakomi Therapy he forged in the 1970's was to help clients, as well as the general public, to develop the lifelong skill of utilizing their mindful capacity for passive, curious awareness combined with their active faculty for compassion in relation to the myriad of issues, pains, joys, or confusions that arise throughout one's lifetime.

THE ESSENTIAL CAPACITIES ONE HAS FOR AWARENESS AND compassion, regardless of the difficulty of one's history, comprise what has variously been called the Adult, the Self, the Soul, the Essential Self.

THIS WORKSHOP WILL EXPERIENTIALLY EXPLORE A NUMBER of ways that Hakomi uses one's more calm, spacious, wise, and compassionate essential self qualities to heal the fragmented aspects of ego-level conditioning.

AS IN ALL HAKOMI EXPERIENTIAL PSYCHOTHERAPY WORKSHOPS, the theory and process are guided by fundamental Hakomi principles of unity, organicity, mind-body holism, and non-violence which foster a safe, experiential crucible for personal and professional growth. Participants will leave with a number of clinical skills for empowering others in personal growth, psychotherapy, or trauma work through the evocation of their larger or essential self capacities.

THIS WORKSHOP IS SUITABLE FOR BOTH THOSE WORKING therapeutically with others, and those wishing to deepen their own self understanding. It also meets the pre-requisite for undertaking Hakomi professional training beginning 2012.

## Times

Fri 6pm – 9pm; Sat 10am – 5pm; Sun 10am – 4pm.

## Workshop Fee:

\$550 (Includes food & lodgings, Friday evening to Sunday) EarlyBird \$495 (payable by 1 August 2011).

Additional workshop Monday 5 Sept 10:00am – 4:00pm  
Workshop fee: \$200.00 (includes food and accommodation Sunday evening until Monday 4.00pm)

## Registration

Registration: Contact Sol Petersen,  
Ph: 07 866 8971/021893055 E: <solpetersen@xtra.co.nz>  
Enrolments to: Sol Petersen,  
Mana Retreat Centre, RD1, Coromandel  
Internet payment: Mana Integrative Therapies  
020456-0112430-02 Ref. Hakomi  
Enrolments limited to 30 places.

## Application Form

Name .....  
Occupation .....  
Address .....  
.....  
.....  
Home Number .....  
Mobile Number .....  
Email Address .....

Enquiries to <jmorgaine@xtra.co.nz>



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.

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

[www.hakomi.co.nz](http://www.hakomi.co.nz)

AN IN-DEPTH THREE-YEAR PROFESSIONAL TRAINING IN THE Hakomi Method is offered in New Zealand. For further details, visit our website at <[www.hakomi.co.nz](http://www.hakomi.co.nz)>.

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 New Zealand, please contact:  
Jules Morgaine <[jmorgaine@xtra.co.nz](mailto:jmorgaine@xtra.co.nz)>  
[www.hakomi.co.nz](http://www.hakomi.co.nz)*

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