



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)



THE NEXT THREE YEAR HAKOMI PROFESSIONAL TRAINING program in New Zealand will be offered in 2012. 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)> or  
Suhari Mommsen-Bohm <[willow-bank@xtra.co.nz](mailto:willow-bank@xtra.co.nz)>  
[www.hakomi.co.nz](http://www.hakomi.co.nz)*



EXPERIENTIAL PSYCHOTHERAPY

## Listening to the BODY-MIND: mindfulness and body-wisdom

**WELLINGTON, SAT 25 - SUN 26 SEPTEMBER 2010**

*A two day workshop With Dr. Suhari Mommsen-Bohm,  
Certified Hakomi Therapist & Teacher*

# Listening to the BODY-MIND: mindfulness and body-wisdom



DR. SUHARI MOMMSEN-BOHM lives in Dunedin and integrates Natural Medicine and Hakomi Psychotherapy in her practice. She is a member of the Hakomi Faculty and part of the Hakomi Pacifica Team, teaching and presenting workshops in New Zealand and Australia. Her interests include meditation and working with cancer patients and chronic pain relief. She loves incorporating music, movement and drawing into her therapy.

## WELLINGTON, SAT 25 - SUN 26 SEPTEMBER 2010

A two day workshop With Dr. Suhari Mommsen-Bohm,  
Certified Hakomi Therapist & Teacher

HAKOMI BODY-INCLUSIVE PSYCHOTHERAPY IS A RESPECTFUL, gentle, yet powerful method of self-study. Its techniques are designed to access deeply held unconscious material. Once these core-beliefs come into awareness more satisfying choices are possible. Memories, past experiences and deeply held emotions create the neural pattern and the body that defines us.

MINDFULNESS IS THE KEY TO THIS PROCESS OF UNFOLDING THE unconscious layers of implicit memory. When we turn towards the experience and stay with it in a spacious way the information held in gestures, facial expressions and micro movements becomes accessible.

THIS METHOD IS ABOUT THE EXPERIENCE RIGHT HERE RIGHT now in the present moment. Our history is written in the way we move and talk, in our way of being. Along with the theory and maps that underlie and structure the work, evocative little experiments done in mindfulness will give you a personal experience of the power of Hakomi.

***“The way is not in the sky  
the way is in the heart”***

*the Dhammapada of Gautama the Buddha*

## Date and Times

Sat 25th September: 9.30am - 5.00pm  
Sun 26th September: 9.30am - 4.30pm

## Investment

\$280. Early bird \$230 if paid by 13 September.  
No cancellations or refunds after 20 September.

## Venue

The Cancer Society, Wellington Division rooms  
52 Riddiford Street, Newtown, Wellington

## Application Form

Name .....  
Occupation .....  
Address .....  
.....  
.....  
Home Number .....  
Business Number .....  
Mobile Number .....  
Email Address .....  
Payment Amount .....  
  
Signature .....

## Send Application Form and Fee to:

Bobbie-Joe Wilson  
PO Box 24094, Manners Street, Wellington 6142

**PLEASE MAKE CHEQUES PAYABLE TO BOBBIE-JOE WILSON**