

The Right Use of Power: the Heart of Ethics



CEDAR BARSTOW, M.Ed., C.H.T., is a consultant and teacher of ethics and the issues surrounding this vast and fascinating subject. She is the founder of Right Use of Power work and has been developing and teaching this approach since 1994. She is the author of Right Use of Power: The Heart of Ethics, and the teaching manual and continuing education guide—Right Use of Power: Ethics for the Helping Professions.

Cedar has over 23 years experience working as a Certified Hakomi Therapist and over 16 years experience as a Trainer with the Hakomi Institute. Cedar is the author of several books and articles focusing on the topics of ethics, senior counseling and psychotherapy and spirituality.

HAWKES BAY, FRIDAY 29—SATURDAY 30 OCTOBER, 2010

*A two-day workshop with
Cedar Barstow, Hakomi Institute, USA.*

SURPRISING CHALLENGES CAN EMERGE IN THE QUEST TO exercise power ethically. The Right Use of Power is a dynamic and engaging approach to ethics that recognises the complex dynamics that come with positions of influence and authority.

THE CORE ASPECTS OF THE RIGHT USE OF POWER INCLUDE power differentials, intention and impact, power styles, bringing heart to power, challenges and resources, resolving difficulties, self-care and being ethically proactive. These dimensions will be presented didactically and explored through self-study and the gathering of group wisdom.

- Find out how to stay connected and repair conflict.
- Learn about power styles and power dynamics.
- Become clearer and more pro-active with power.
- Use the power spiral for decision-making.
- Explore the complexities of the power differential.
- Increase your skillfulness when your impact doesn't match your intention.
- Understand the ethical importance of self-care.
- Develop your capacity to use power with hear

THIS EXPERIENTIAL COURSE WILL BE OF VALUE TO ANYONE in a position of authority, including psychotherapists, social workers, nurses, body-workers, coaches, clergy, doctors, and teachers.

Times

Friday & Saturday: 9:30AM – 5:00PM

Investment

\$330. Early Bird \$300 (if paid by 24 September). No cancellations or refunds after 18 October. Secure your place with a deposit of \$50, (balance payable by 24 September.)

Venue

Lotus Holistic Centre
1024 Saint Aubyn Street West, Hastings.

Application Form

Name

Occupation

Address

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Home Number

Mobile Number

Email Address

Amount Enclosed

Send Application Form and Fee to:

Jules Morgaine, 20 Grange Rd Sth, Haumoana 4102

PLEASE MAKE CHEQUES PAYABLE TO HAKOMI PACIFICA TEAM
cedar nz oct 2010



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

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>.

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>
www.hakomi.co.nz*

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Exercise power wisely

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