



## **Hakomi Mindful Somatic Psychology: An Experiential Introduction**

### *Educational Goal and Learning Objectives*

#### **Educational Goal**

To provide participants with an introduction to some of the key principles and practices of Hakomi Mindful Somatic Psychology through participative, experiential activities, brief talks, selected readings and demonstrations of our therapeutic practices

#### **Learning Objectives**

At the end of this workshop, you will be able to:

1. List Hakomi's five guiding principles
2. Describe how to apply one Hakomi principle to the inner stance or actions a practitioner needs to take (or avoid) when working with a client
3. List at least three benefits of embodying loving presence while working with clients
4. Explain Hakomi's theory of change, including how the organization of experience creates core wounds and how missing experiences elicit neural reorganization