



Hakomi Lancaster

Level 1 Foundation Training and Introductory Workshops

THE LEVEL 1 FOUNDATION COURSE IS A SERIES OF FOUR WEEKEND WORKSHOPS CALLED THE PERSONHOOD SERIES.

The workshops are open to practicing counsellors and therapists as well as those who wish to explore a mindful approach to self understanding.

Each weekend workshop can also stand alone as an Introductory Workshop for those people who just want a taste of the method.

The four two-day workshops count towards the Hakomi Level 1 Foundation Training. These eight days are a requirement to continue into Levels 2 & 3.

28th-29th January

17th-18th March

21st-22nd April

23rd-24th June

Contact: Trudy Johnston

01524 37894

079121377241

tj@phoncoop.coop

www.hakomi.co.uk

The Personhood Series Workshops

The Practice of Loving Presence

The focus of this experiential workshop is to learn how to create, sustain and deepen a compassionate state of mind, and to practice this while relating to others and ourselves. We will discover how to look for what is nourishing, rather than what is wrong. We will do this through a series of exercises that encourage this assisted self discovery, based on the Hakomi Method. Participants will develop their capacity for mindful self reflection and deepen their self awareness.

Quieting the Mind

In this workshop participants learn how to connect to and sustain a calm, sensitive, present-centred state of mind. We will practice and develop our capacity for Mindfulness, which helps us to calm and regulate our nervous systems enabling us to be more present and compassionate to ourselves and others. We'll explore our habitual tendencies, beliefs and non conscious habits that disrupt this state of mind. This capacity for mindfulness can inform everyday life as well as our professional work.

Nonverbal Expression

Our habitual nonverbal communication expresses who we are, indicates our present moment experience as well as embodying deeply held beliefs about ourselves and how the world works. From a calm, loving state of mind we will do Hakomi experiments to bring these aspects of our experience into awareness. This opens up the possibility of choices we can make and begins to release us from old habits of perception that can cause us unnecessary suffering. This workshop is of benefit to anyone wanting to deepen their understanding of this unspoken communication.

Nourishing Communication

We will focus on understanding what can get in the way of us receiving the nourishment that is available in our lives and of finding skillful ways to respond to others who need comfort and reassurance. We will use experiments in mindfulness to explore and deepen our understanding of how our non-conscious habits mean we can be blind to, or not believe, what is available to us. We can learn to receive and offer what is needed by ourselves and others .

Practice of Loving Presence Workshop

Dates: Saturday 28th and Sunday 29th January

Location: Friends Meeting House
Lancaster LA1 1TX

Cost: £180 (£160 if paid by 13th January)

Quieting the Mind Workshop

Dates: Saturday 17th-18th March

Location: Friends Meeting House
Lancaster LA1 1TX

Cost: £180 (£160 if paid by 25th February)

Non-Verbal Expression Workshop

Dates: 21st-22nd April

Location: Friends Meeting House
Lancaster LA1 1TX

Cost: £180 (£160 if paid by 30th March)

Nourishing Communication Workshop

Dates: 23rd-24th June

Location: Friends Meeting House
Lancaster LA1 1TX

Cost: £180 (£160 if paid by 1st June)

ALL FOUR WORKSHOPS :

£640 If paid by 6th January

To apply please print out and mail the application form, or e-mail to tj@phonecoop.coop. Please phone or e-mail if you want any further information

**Workshop Facilitator
Trudy Johnston:**

I have been working as a therapist/facilitator and teacher for over 20 years, and I am a member of the UK Hakomi Training Team.

I have a private practice, offering therapy, supervision, tailored trainings and consultation.

My passion for Hakomi stems from seeing apparently 'simple exercise' reveal the intricate web of our non conscious habits, offering us greater freedom and choice.

Other Hakomi teachers may be involved with the workshops

Name _____

Mobile Phone _____

Landline _____

E-Mail _____

Address _____

City _____ Post Code _____



Workshop (s) You'd Like to Attend

The Practice of Loving Presence	YES	NO	£180	(£160 if paid by 13th Jan)
Quieting the Mind	YES	NO	£180	(£160 if paid by 25th Feb)
Non-Verbal Communication	YES	NO	£180	(£160 if paid by 30th March)
Nourishing Communication	YES	NO	£180	(£160 if paid by 1st June)
All Four Workshops	YES	NO	£640 if paid by 6th January	

Payment Method

Please make cheques payable to 'Trudy Johnston' Or
 Please Deposit the Fee into the Account Below

Sort Code 07 02 46 Account No. 19459368

Please Send the Application Form and Payment To;

22 Dallas Road
 Lancaster LA1 1TW
 Lancashire