

HAKOMI Level 1 Foundation Training LONDON

And Introductory Workshops

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

contact

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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. The workshops do not need to be attended in any particular order.

THE PERSONHOOD SERIES WORKSHOPS

The Practice of Loving Presence

In this workshop, participants learn how to create and sustain a compassionate state of mind, and to set a context for someone to have an experience of being witnessed this way. We do this through a progression of several specific stages which include a series of experiential practices based on the Hakomi Method. Once the experience of compassion is stabilised, we practice interacting as compassionate givers and receivers, in pairs and small groups. Through this process, participants develop self awareness, understanding and deep listening. For therapists this practice is an alternative to stress and burnout, creating a context for gently powerful work.

Quieting the Mind

In this workshop, participants learn how to sustain a calm, sensitive, present-centred state of mind. Mindfulness is learned and practiced. The basic idea is to become calm and stay calm, while being present for others as well as for oneself. We'll explore the habitual tendencies and unconscious ideas that can (and usually do) disrupt such a state. And we'll use the Hakomi Method to experience some alternatives to these old patterns. This kind of sensitive, calm presence is the necessary state of mind for using the Hakomi Method effectively in your personal life and in your professional work with clients.

Nonverbal Expression

In his bestseller, 'Emotional Intelligence', Daniel Goleman reports that 90% of our emotional intelligence is communicated nonverbally. Nonverbal communication expresses who we are, the present experience we're having, our personal story, and history, as well as what we expect and what we really need from each other. Learning is done experientially, using a quiet, calm state of mind, and doing little Hakomi experiments to bring to consciousness the underlying meanings hidden in nonverbal expression (our own and others): facial expressions; bodily gestures; posture; tone of voice; energy; pacing; and other signals. This workshop is for people in helping professions or service work, especially teachers, doctors, nurses and social workers. It is also excellent for parents or for anyone in a significant relationship.

Nourishing Communication

Having good intentions to witness each other compassionately and to be truly present and helpful to someone in distress, we may still experience feelings of helplessness in the face of pain and suffering. There are effective ways to respond to others who need comfort or reassurance, and to help them realise that some kind of nourishing experience is available. In this workshop we explore the ways we may be resisting or blind to the comfort that is being offered. We use the skills of the Hakomi Experiential Method to learn how to communicate clearly and simply the kind of things that someone in distress needs to hear.

Non-Verbal Expression Workshop

Dates: Saturday 4th February & Sunday 5th February 2012

Location: North London

Cost: £180 (£160 if paid by 6th January 2012)

Nourishing Communication Workshop

Dates: Saturday 10th March & Sunday 11th March 2012

Location: North London

Cost: £180 (£160 if paid by 10th February 2012)

The Practice of Loving Presence Workshop

Dates: Saturday 28th April & Sunday 29th April 2012

Location: North London

Cost: £180 (£160 if paid by 30th March 2012)

Quieting The Mind Workshop

Dates: Saturday 9th & Sunday 10th June 2012

Location: North London

Cost: £180 (£160 if paid by 11th May 2011)

All Four Workshops:

£640 if paid by 6th January 2012 including all four workshops and one free Hakomi session.

To Apply and Register:

Please Print out/scan and mail/email the Application Form Below, Including Payment Information.

Offers:

Anyone who wishes to attend **all four** workshops will receive all four discounts and will also receive one **FREE HAKOMI THERAPY SESSION** with Caroline Braham if the full series is paid by 6th January 2012.

For each workshop there is an early-bird discount, please see details on the left.

Workshop Facilitator:



Caroline Braham is a Hakomi Therapist and Trainer and is a member of the UK Hakomi Training Team. She has a Private Practice as a Body-Mind-Movement Therapist in Central London. Caroline is an attentive, spacious and creative teacher with a passion for helping students to make their own discoveries.

Application Form

Name _____

Mobile Phone _____

Home Phone _____

Email _____

Address _____

City _____ Post Code _____

Country _____

Workshop(s) You'd Like To Attend?

Non-Verbal Expression YES NO £180 (£160 if paid by 6th January 2012)

Nourishing Communication YES NO £180 (£160 if paid by 10th February 2012)

Practice of Loving Presence YES NO £180 (£160 if paid by 30th March 2012)

Quieting The Mind YES NO £180 (£160 if paid by 11th May 2012)

All four workshops YES NO £640 if paid by 6th January 2012

Payment Methods

Please Make Cheques Payable to 'Caroline Braham' Or

Please Deposit the Fee into the Account Below

Sort Code 20-10-53 Account No. 10033561

Would you like a receipt?

YES NO

Send The Application Form and Payment To

122 Willifield Way

London NW11 6YG