

# Basic Training Hakomi Method

## Program

### General information

#### Description

For some people, Hakomi is a **Mindfulness-Based Body Psychotherapy**, while for others it is a **Method of Assisted Self-Discovery**. This basic training, which consists of 45 days, is oriented towards learning the Hakomi Method. It is taught as it was taught by Ron Kurtz in his last years of life and as it has been transmitted by the “legacy bearers” who form the Hakomi Education Network (HEN).

#### Methodology

**Experiential**, based on the real experiences of the people who are participating in the meetings. This makes it a great opportunity for personal growth **for anyone** who wants to participate, regardless of whether their interest is professional or not.

Our main focus is not on providing large or complex theoretical frameworks, but on generating new experiences that can be useful for the people we support.

At Hakomi the focus is on the work we do when we work with people, and therefore each of us is our own main source of study material.

The principles and central elements of the Method are present throughout the entire training and We will work on them in each of the 5-day modules, which makes it possible and even convenient for the meetings to be multi-level and for students to be able **to join at any time.** of training.

The training is **experiential**, based on the real experiences of the people who participate in the meetings. This makes it a great opportunity for personal growth for anyone who wants to participate, whether for professional or personal interest.

Our main focus is not on providing complex theoretical frameworks, but on generating new useful experiences for the people we accompany.

At Hakomi, the focus is on the work we do with people, so each person is their own primary source of study material.



The principles and core elements of the Method are present throughout the entire training and are worked on in each of the 5-day modules. This allows the meetings to be multi-level and anyone **can join at any time during the training.**

## Key Features of the Training

### Loving Presence and state of mind

This particular way of being in a relationship facilitates the emotional and physiological co-regulation of the Nervous System through limbic resonance , which generates a healthy bond that facilitates well-being.

### Present Experience and its expression in The Body

We focus on both the what and the how, paying attention to non-verbal expression, postures, tone of voice, bodily sensations or discomforts, gestures, body habits... All of these are sources of information about the present experience and relevant unconscious material.

### Experiments in Mindfulness

We conduct experiments for assisted self-study with which we access the core material of the experience or the person. We seek access to the habits and beliefs that organize our life experience.

### Emotional Nutrition and Missing Experience

To generate a new, vivid, and felt experience for the person, which generates new possibilities and the freedom to choose.

## Course schedule

	Topics
	<b>THE BODY, PRINCIPLES OF THE METHOD AND LOVING PRESENCE</b>
	<b>INDICATORS, BELIEFS AND MISSING EXPERIENCE</b>
	<b>INTEGRATION: SYSTEMS AND PROFESSIONAL ETHICS</b>

## Other information

### Registration

Sending an email requesting registration to: [info@hakomi.es](mailto:info@hakomi.es) or by phone at 665702282 - 666454898

Registration will be done in the order in which payment is made. Priority will be given to those with an annual agreement or previous experience in Hakomi.

### Price

The annual price is **1650** euros for the three modules, including VAT.

Each module can also be done individually:

- Early Payment Price: **620** Euros (up to one month before the start of the module)
- Cost of **660** euros (after advance payment)

The price for people who have completed the 45-day basic training at Hakomi will be: **330** euros (VAT included).

### Dates and times

The training is structured in 3 annual modules ( June and November) lasting **5 days** (from Thursday to Monday, both included), in a **non-residential format**.

Course	Dates	Schedules	
		Tomorrow	Late
1	February, June, November	10:00 a.m. to 2:00 p.m.	16:00 to 18:30
2	February, June, November	10:00 a.m. to 2:00 p.m.	16:00 to 18:30
3	February, June, November	10:00 a.m. to 2:00 p.m.	16:00 to 18:30

In case of cancellation, the full registration fee (minus a 100€ fee) will be refunded up to 15 days before the start of the course. There is also the possibility of receiving a voucher (non-renewable) for the following course or module.

**Program****1th YEAR**

<b>February</b>	<b>INTRODUCTION TO THE METHOD</b>
	<p>Hakomi as a Method of Assisted Self-Discovery and Body Psychotherapy, in the We use Mindfulness to perform small experiments that reveal to us the habits and beliefs that organize our experience in life.</p> <p>In a state of greater attention and a slower pace than usual; the realization of These “experiments” provide us with a lot of information and discoveries about our automatic and unconscious functioning.</p> <p>We train the ability to increase awareness and accurately describe what is happening. that is happening at the present moment.</p> <p>These discoveries often open up the possibility for new ones to appear. records of experiences. Nourishing experiences of connection, belonging, rest, care, confidence, appreciation for oneself and others, among others.</p> <p>Expand our “welcome window” in relation to our experiences and those of others the others. When we work with deep material, these experiences do not always are easy to navigate.</p> <p>In Hakomi we train to sustain these discomforts so that to be able to offer a safe and friendly container.</p>
<b>June</b>	<b>PRINCIPLES AND PRESENCE</b>
	<p>The principles of the Method are Non-violence, Mindfulness, Organicity, Body-Mind Connection and Unity.</p> <p>To this we could add training in offering spaciousness, among others through the use of silence. And as a central part of our training, permeating it, is the Practice of <b>LOVING PRESENCE</b>.</p> <p>It is a way of being present, available, with an appreciative gaze and, whenever possible, delighted by the presence of the other. This form of presence favors the self-regulation of the Nervous System, <b>protecting us from burnout</b>.</p> <p>We deliberately seek to offer a warm space of welcome, appreciation and non-judgment, without imposing any criteria on what the person might need.</p>

**1th YEAR**

	<p>We focus our attention primarily on what we find inspiring about the person we are accompanying. This is our highest priority, so our training includes discovering and tracking the habits that cause us to lose this Loving Presence.</p> <p>It's about identifying when we are there, and when we are not. This is what makes Hakomi <b>"Polyvagal Theory in Action."</b></p> <p>We will have <b>Trudy Jonshton from the United Kingdom</b> as a Guest Professor</p>
<b>October</b>	<b>THE BODY</b>
	<p>At Hakomi we never stop paying attention to what is happening in the body. We use the <b>body as a way of accessing the core material</b> of the person, to memory, to the unconscious. Also as an "initiator" of new ways of perceiving oneself and of being in the world.</p> <p>The body, in addition to expressing what is happening to us in the present moment, contains a record of our implicit memory, of our past experiences, and how these are being expressed right now.</p> <p>This expression, which can occur through our posture, facial expression, tone of voice, gestures, repeated movements, body tensions... makes the body not only an "expression" of this moment, but also "places us" in a certain emotional and mental place.</p> <p>Small changes in these body shapes and expressions can bring about great emotional and mental changes, making the <b>body a therapeutic tool</b>, of self-discovery and change, simple and very powerful.</p>

**Program**

## 2nd YEAR

February	<b>CONTACT AND CREATING “EXPERIMENTS”</b>
	<p>When we are accompanying ourselves and others in the “Hakomi style,” we seek to stay in touch with our experience and their experience.</p> <p>We do this through “<b>Contact Statements</b>” and “Acknowledgements,” which allow us to show that we are listening and following what is happening to them. They also allow you to express that you are interested without judging, so that the person can feel seen, accepted, appreciated and so that their unconscious cooperates in this work of Self-Discovery.</p> <p>This requires training in “<b>Tracking</b>” both our own experience and that of others, refining the observation of any change that appears in the body, in facial expressions, in tone of voice and, of course, also in the narrative of what is emerging.</p> <p><b>EXPERIMENTS IN FULL ATTENTION:</b> Once we establish a sufficient degree of attention to realize what changes in our experience (body, mood, vitality, emotions, thoughts, memories, elaborations...), we conducted an experiment to obtain information.</p> <p>The experiments can be verbal (a few words), bodily experiments (making a movement or gesture), relational experiments (moving closer/moving away, physical contact, looking at each other), and also experiments in the imagination (mentally evoking a situation or memory).</p> <p>They can be “typical” experiments, designed to explore how we relate to some aspect of human experience. They can also be proposed based on a hypothesis formulated by listening to the person’s story and, above all, by our observation of how we perceive the person telling that story.</p>
June	<b>BELIEFS AND THE MISSING EXPERIENCE IN HAKOMI</b>



## 2nd YEAR

	<p>With this work of Self-Discovery sooner or later we will access the Nuclear Beliefs.</p> <p>Core Beliefs <b>are like “axioms”</b> that are always fulfilled in our internal world, ideas about what the world is like, what people are like, what life is like...</p> <p>Some of them operate <b>outside of our consciousness</b> and, without us realizing it, direct our behavior, emotions, relationships and our way of being in the world.</p> <p>These beliefs are most likely formed in the first years of life by the experiences we have lived and the conclusions we draw from them. They are very old and are embedded in our brain. They are our “truth”, the “reality” from which we see the world.</p> <p>Because of these beliefs, and the habits that emerge from them, there are (emotionally nourishing) experiences that have not occurred or we cannot recognize as available. In Hakomi we call this the <b>Missing Experience</b> .</p> <p>Missing experience is an emotionally nourishing experience that did not occur in our development and gave rise to limiting core beliefs. We also call Missing Experience some type of emotional nourishment that is available at this moment, but which our system is not able to access or assimilate, due to those installed beliefs or the habits we have developed.</p> <p>At Hakomi we are moving in the direction of providing those Missing Experiences.</p> <p>And when they can't happen, we explore and discover “what gets in the way” of receiving that Emotional Nutrition.</p>
October	<b>INDICATORS AND BELIEFS</b>

**2nd YEAR**

	<p>Beliefs are expressed in each person through what we call:</p> <p><b>Indicators:</b> These can be postural habits, gestures that we repeat, permanent expression on the face, language patterns, the tone of voice and its musicality... anything that seems to be part of each person's unique style.</p> <p>In a state of Mindfulness we give ourselves the necessary time to explore these Indicators by observing them, increasing them, showing them, doing/undoing them, letting them act as a mirror for us, etc. In this way we obtain information about the memory implicit in these habits and about the Core Beliefs, that is, we discover what these indicators are expressing.</p> <p>Once explored, the possibility arises of exploring new expressions that help us have experiences different from the usual ones (the Missing Experience).</p>
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**Program 2026****3th YEAR**

<b>February SYSTEMS AND PROFESSIONAL ETHICS</b>	
	<p>In Hakomi we call <b>Systems</b> the patterns of perception, feelings, behaviors, interactions and "relationship styles" that occur between two or more people and reinforce each other in a circular, feedback-generating way. Systems They occur in families, in intimate relationships and in therapeutic processes.</p> <p>Most of the time these systems are outside the reach of consciousness; they often crystallize the possibilities in the relationship, and can prevent therapy from progressing very far... They are related to the concepts of Transference and Countertransference so widely used in psychotherapy.</p> <p>Being able to discover these systems, name them and get out of them will give us the possibility of generating new types of interaction between people.</p> <p>When we are accompanying people, it is very important to take into account the Power Differential that is generated and the <b>ethical and deontological</b> implications that it entails. We need to be aware of the impact of our actions and words (often different from our intention), as well as the different vulnerabilities present. For this, the Right Use of Power™ Model provides us with a very interesting framework for Self-Study.</p>





## 3th YEAR

	<p>At Hakomi we always explore and want to discover “how do we relate to...?”. In this case, we explore the Power Differential, shame, boundaries, giving and receiving feedback, dual relationships, difficulties and conflicts, and last but not least Self-care.</p> <p><b>Curiosity and Tracking</b>, honesty, the ability to sustain and giving space to the uncomfortable will be key again in this part of the training.</p> <p>“The Hakomi Method is the essence of Power with Heart. It uses Mindfulness, Body and Non-violence in an integrated way in Psychotherapy” (Cedar Barstow - The Right Use of Power).</p>
June	<b>PERSONAL INTEGRATION</b>
	<p>The work of Self-Discovery and the assimilation of these Missing Experiences requires integration.</p> <p>We will work on how to use the information obtained from experiments, the discoveries about our Core Beliefs, and also on identifying when we may be preventing the Missing Experience from occurring.</p> <p>We will see <b>how new ways of being in the world are “embodied.”</b> We will give space for these new experiences to be assimilated, to settle, and to give rise to a new way of living.</p> <p>This “new” material and states of mind can become part of our nature and the range of possibilities available in our daily lives. This will lead to a kinder relationship with ourselves and a life of greater freedom.</p>
October	<b>INTEGRATION IN WORK WITH PEOPLE</b>

**3th YEAR**

Loving Presence requires constant repetition and tracking to identify when we are in this state and when we are not. What are the habits that get in the way of the expression of this Loving Presence?

Whether in therapeutic work, in helping professions or in our own families, we must be alert to the most difficult situations. What attitudes make me more reactive?

How do I relate to other people's suffering? To their resistance to change? To the other's pace of development?

We will see how Hakomi is easily combinable with almost any other type of work with people. We will identify when I am in "Hakomi mode" and when I am not. And we will have the freedom to consciously choose between the options available to us.

Working with **Resistances**, with the motto "Your Resistances are welcome here" will lead us, through **Curiosity**, to explore and discover what the usefulness of these resistances is. By recognizing and appreciating them, we can "embrace these resistances" and favor the Cooperation of the Unconscious.

This will lead us to discover whether or not those resistances are appropriate at this time. And, in the best case scenario, to the generation of the Missing Experiences that those resistances are preventing.

**Information and contact****Web page.**

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