

A Five-Day Introductory Workshop on the...

Refined Hakomi Method

September 14 ~ 19, 2010



Who is leading the workshop?



Ron Kurtz: Ron developed the Hakomi Method and has been teaching it for forty years. He has been leading workshops since 1968 and trainings since the mid-1970's. In 1981, he founded the Hakomi Institute.

In 2008, he received a Lifetime Achievement Award from the USAPB and an honorary doctorate from the Santa Barbara Graduate Institute.

What is the *Refined Hakomi Method*?

Ron describes it as: Mindfulness-based, Assisted Self-discovery. He describes the unique contribution of the Hakomi method this way:

“The method contains, as a necessary element, precise experiments done with a person in a mindful state, the purpose of which are to evoke emotions, memories and reactions that will reveal or help access the implicit beliefs, early experiences and adaptations that influence the person's non-conscious, habitual behaviors.”

What are the workshop essentials?

This workshop will teach the basic elements of the method, using short talks, demonstrations and a series of experiential exercises. Those elements include these six skill sets: State of Mind, Relational, Observational, Modeling, Experimental, and Support for Healing.

For each of these elements, there are techniques to learn and small group exercises.¹ The key elements are as follows:



Assistants Supporting a Client

- ❖ **Loving Presence:** This is about the state of mind and body of the practitioner. It is the basic context for working with clients. We will talk about and do a series of short experiential exercises that teach both compassion and presence.
- ❖ **Nonverbal Awareness:** Essential for using this method is a well developed ability to focus on and understand a client's nonverbal behaviors. These behaviors are used as starting points for self-study. Ron will demonstrate this many times and we will do several exercises that teach this skill.

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- ❖ Assisted Self-study and the Use of Mindfulness: Refer to the statement above on the uniqueness of the method.
- ❖ An Experimental Attitude and the Use of “Probes”: Our approach in assisting clients is to evoke reactions (always in nonviolent ways and with the client’s express permission). The reactions evoked reveal to the client, his or her long-term adaptations and unconscious beliefs. The reactions also provide opportunities to heal long-term emotional issues. We’ll practice this and Ron will demonstrate this many times.

Practicing the Method

- ❖ Support for Healing Processes: During a healing process, which allows for expression of emotions and integration, we offer, and when permitted, provide comforting touch. This is done by trained assistants who are usually known to the client. We can expect several such processes will happen within this workshop.

All of these elements will be demonstrated several times.

Location, Lodging and Pricing:

Location: Hummingbird Ranch in the beautiful and lush foothills of the Sangre de Cristo Mountains of Northern New Mexico.

Tuesday, September 14th ~ Sunday September 19th, 2010

Cost of 5-day Workshop: \$485

Food and Lodging: \$325 ~ \$525 depending on accommodation choice. Please refer to the corresponding registration for full details.



A handbook containing the exercises will be included in the workshop fee.

For more information, contact Robert Griffin
575-387-5877; Robert@globalfamily.net

A program of Hummingbird Living School: www.hummingbirdlivingschool.org