

Hakomi's "Hox Genes"

Hox genes are evolution's tool box. They control the unfolding of embryonic development in individual organisms. By analogy, Hakomi also has a tool box. These are the basic techniques, attitudes and rules of thumb that influence the unfolding process of every session. It is the use of these tools that makes therapy out of theory.

Evolution's hox genes are defined this way:¹

- Any of the developmental control genes involved in establishing the anterior-posterior axis and the identity of each body segment in organisms, especially during early embryonic development.
- One of a subgroup of homeobox genes that are found in clusters on the chromosomes of vertebrates. These are referred to as Hox clusters in mammals. Hox clusters play a role in directing embryonic development.
- One of a group of genes with a shared nucleotide segment that are involved in the formation of bodily segmentation during embryonic development.

In other words, hox genes are "tools" with which control other genes during the embryonic development of a living being (animal or plant). For example: they control the development of limbs on vertebrates, making them longer in giraffes, shorter for dachshunds, with hooves on one and paws on the other. Just as a fully equipped carpenter can make a jewel box or a three story house, these genes make animals of different sizes, shapes and brain sizes.

This short outline is about the tools hakomi therapists use to shape the sessions they do? Here's a list:

1. **Loving presence** used throughout to establish and maintain the emotional context and to serve as a foundation for the relationship.
2. **Tracking** used throughout to follow the changing experiences of the client..
3. **Contact Statements** used throughout to establish and maintain the client's conscious and unconscious understanding that the therapist is present and aware of the client's present experience.
4. **Finding Indicators** essential to creating experiments.
5. **Using Mindfulness** helping to create it, recognizing when the client is in it, also essential to creating experiments.
6. **Experimental Attitude** essential to enacting the method as assisted self-study.
7. **Taking Over** provides support for emotional management and used extensively in experiments.
8. **Using Touch** to signal support for emotional states; used when taking over.
9. **Using Assistants** extremely helpful for experimenting and when comforting clients during a healing process.
10. **Comforting** essential to creating missing experiences and supporting spontaneous integration.
11. **Silence** proper use supports contact and relationship; essential during spontaneous integration.

¹ Definitions found on the web.