

Leading by Following: The Hakomi Method A Taoist Approach to Psychotherapy



September 20, 2010

With Beth Falch-Nielsen, RCC, CHT

“Hakomi is an excellent system for learning key emotional intelligence skills.”

- Daniel Goleman, author of “Emotional Intelligence”

The Taoists say that the best leader, follows. Carl Rogers introduced us to a way of doing therapy that was client-centered. Hakomi combines these two views in a precise way of tracking the client’s inner experience; listening for the voice of the unconscious, through the body, thoughts, emotions, stories, and memories of our clients, and then "lubricating" the process by taking leadership that supports the unfolding of their inner world.

We can only lead as well as we have followed. This is in contrast to our Western way of diagnosing, prescribing and fixing. The attitude of the therapist, and the ability to sit in the place of not-knowing and not-doing, waiting, like the crane for the moment that is right to take action, may be foreign to most of our traditional ways of being and learning in psychotherapy, but it is very learnable, and profoundly impacts the therapeutic experience.

Through the use of short talks, demonstrations and experiential exercises, you will be introduced to:

- **The Spiritual/attitudinal principles of Hakomi**
- **The use of Mindfulness as a therapeutic tool**
- **Gaining Co-operation of the Unconscious**
- **Staying in the Present by managing consciousness**
- **Using present experience to change psycho-emotional patterns**
- **Recognizing and using Somatic Experience as an Access to Core Material**
- **This workshop will give you skills that you can take into your practice, as well as give you some more understanding about yourself.**

This workshop counts as a prerequisite for the Hakomi Professional Training beginning February 2011.

Beth Falch-Nielsen, RCC, CHT

Beth is a Registered Clinical Counsellor and Certified Hakomi Therapist and Trainer. She has 30 years experience as a therapist, and group facilitator. Currently, Beth sees private practice clients in B.C. and Alberta and teaches Hakomi internationally.

**For more information or to register, contact Hakomi Organizer:
Diane Priebe, R. Psych. @ (780) 707-5711 or diane.priebe@shaw.ca**

Leading by Following:

“A Taoist Approach to Psychotherapy”

with Beth Falch-Nielsen, RCC, CHT

(This workshop is recognized as a pre-requisite for the Hakomi Professional Training beginning February 2011)

TIMES

Monday, Sept. 20, 9:00 a.m. - 5:00 p.m.

INVESTMENT

Early bird fee \$165.00 + gst = \$173.25

*Register before August 13, 2010

“Regular Fee” \$195.00 + gst = \$204.75

Student fee \$145.00 + gst = \$152.25

LOCATION: T.B.A. Edmonton, AB

For more information or to register, contact Diane Priebe
(780) 707-5711 9313 - 95 St., Edmonton, AB T6C 3X1

Please make cheques payable to: Hakomi Edmonton

www.hakomiedmonton.ca or email: diane.priebe@shaw.ca

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WORKSHOP REGISTRATION FORM

Refund Policy: No refunds after Sept. 1, 2010. Refunds prior to Sept. 1 are subject to a \$50 admin fee.

Name _____ (Please print)

Address _____

City _____ Province: _____ Postal Code _____

Home phone (____) _____ Work phone (____) _____ Cell (____) _____

Email: _____

How did you hear about this workshop? _____