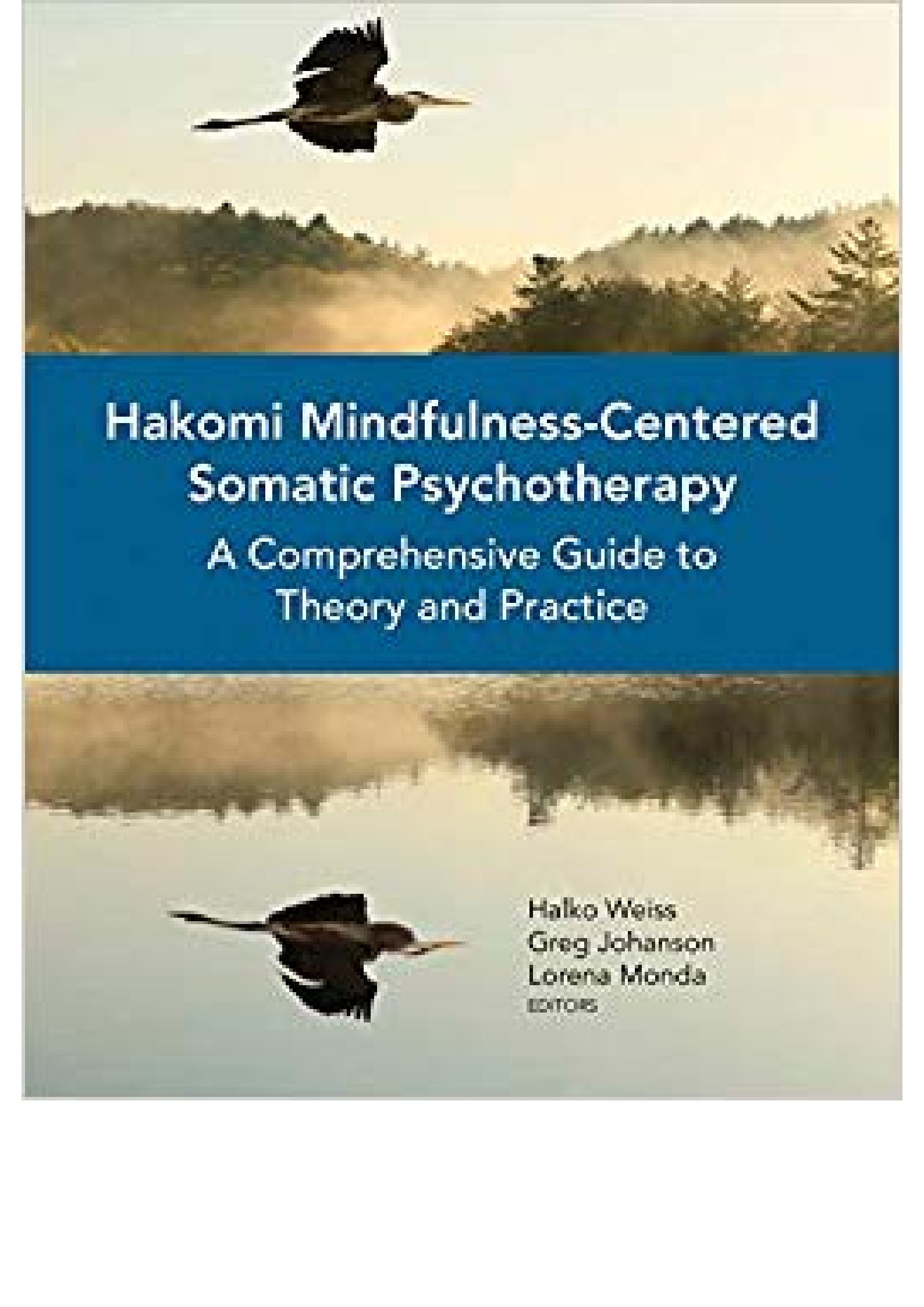
The background of the book cover is a photograph of a misty landscape. In the foreground, a body of water reflects the light. In the middle ground, there are silhouettes of trees and bushes. In the background, a range of mountains is visible, partially shrouded in mist. A bird, likely a heron or egret, is captured in flight, its wings spread wide, flying from left to right across the upper half of the image. The sky is a pale, hazy blue.

Hakomi Mindfulness-Centered Somatic Psychotherapy

A Comprehensive Guide to
Theory and Practice

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Halko Weiss
Greg Johanson
Lorena Monda
EDITORS

Halko Weiss and

Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice



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The authoritative text on Hakomi methods, theory, and practice. This publication, created and edited by users of the Hakomi Institute? the world's leading professional training curriculum for Hakomi practitioners?and by practitioners and teachers from across the globe, introduces all of the processes and procedures that therapists need to be able to begin to use this method with clients. Hakomi is an integrative technique that combines Western psychology and body-centered methods with mindfulness concepts from Eastern psychology. The authors detail Hakomi's exclusive integration of body psychotherapy, mindfulness, and the Eastern philosophical basic principle of non-violence, grounding leading-advantage therapeutic technique within an attentiveness to the complete person and their convenience of transformation.



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Praise for an outstanding book. It's rather a very hand-off reference on the shelf.... Five Stars Powerful, Insightful, Mindful and Loving. It really is one of the unique mindfulness-based psychotherapies and offers flown beneath the radar for much too long. Ideally this elegant and amazing book changes that. This wonderful approach to therapy that is growing and becoming refined since the 1970's is now being presented in an structured, articulate and well referenced volume that emulates the depth, humanity and style of it's teaching and procedures. Now that psychotherapy as a field provides broadly approved mindfulness as a recovery technique, the next query is, "If mindfulness is usually a given, what, particularly, can we do with it during therapy periods? Hakomi has been offered from person to person for decades. As a Hakomi trainer, I have already been waiting for this reserve for a long time. Despite its age group, the Hakomi method presents options for integrating mindfulness straight into the flow of the therapeutic process that remain cutting edge. The multiple authors create a coherent and articulate volume that I hope becomes a doorway for most into this transformative practice. This book can be timely to what is certainly going on now in the fields of neuroscience, trauma, attachment theory and emotional regulation. It is one the initial psychotherapies to incorporate mindfulness in to the therapeutic process and yet has remained generally unknown despite the meteoric rise of mindfulness as a recovery modality. However now it's time has come. The time because of this book is at this time. I would like to thank the devoted group of people who put this publication together. It is timely. If you are looking for an experiential technique that creates real modification in unconscious beliefs and behaviors in a collaborative and non-pathologizing way, Hakomi is that technique. Great in case you are interested in Hakomi I am not a big Hakomi fan, nonetheless it did provide some insight and tools to use in my counseling journey great source for understanding Hakomi better lots of repetition which . Now that the question is ripe, the time for this publication has come. After that it goes on to offer practical tools for using the therapeutic tools Hakomi has to offer with a special focus on Hakomi's usage of mindfulness to gain usage of the underlying organizing structure of conscious encounter. In this quantity are chapters that tie Hakomi to the theoretical bases of psychotherapy, developmental psychology, neurobiology, Buddhist psychology, and systems theory. This is an ambitious and successful volume that seeks to both present useful tools to therapists and to define Hakomi's rightful place in the bigger psychotherapeutic dialogue. I quite definitely appreciate that this publication is written from the individual viewpoints of a variety of Hakomi trainers. Through their overlapping narratives a mosaic shows up that defines provides three-dimensional, living portrait of what Hakomi is normally. And, as a Western practitioner of Hakomi currently working in Taiwan and China, I am specifically taken by the Hakomi method's synthesis of both Eastern and Western believed. This is simply not a hegemonic, Western strategy, but a strategy that functions respectfully across cultures. I am excited that the Hakomi method will today reach a more substantial audience and no longer be confined to the cognoscenti who have been lucky enough to encounter this method by person to person. Five Stars Beautifully written. I can't recommend this compassionate and effective modality strongly enough. The appendix offers case studies that There is particularly helpful in my function. It adds a definite perspective in to the discussion of what is relevant psychotherapy and in ethics. When I initial encountered Hakomi, I understood that I had discovered something deep, effective, and very important to the spiritual awakening and emotional work that I had been doing with customers and with myself. An incredible recovery modality that addresses body/mind issues with loving kindness. The technique is no longer ahead of its time. 9 months and a Hakomi professional training later, my love and gratitude for Hakomi provides only grown. a comprehensive guide to doing awesome therapy Wow. I am so impressed by this publication. As a current pupil of Hakomi, I could readily say that it has recently enhanced my learning. Highly recommended! This book embodies the characteristics that I experienced learning Hakomi with some of its senior-most teachers: an excellent mind-heart intelligence, a very clear pedagogy, a radically integrative approach to the art and technology

of healing, a true respect for the ways that human beings become limited and the trip back toward greater fullness, a commitment to present moment experience. Interspersing case studies with discussions of underlying concepts, technique, theory, and relevant research, this book serves as a comprehensive guide to doing amazing therapy.! Both theoretical framework and micro abilities could be grasped conveniently by reading this reserve.. Highly recommended for those who would integrate mindfulness in psychotherapy. Hakomi changed my entire life. It is fascinating to see that the worlds of neuroscience, Mindfulness, dharma and psychology established a confluence that is in the DNA of Hakomi and is currently becoming more visible to the mainstream. Excellent Read! great resource for understanding Hakomi better lots of repetition which is good to let it all soak in, in various ways Jenni Fox Four Stars exactly what we are expecting! Hakomi is a profound and effective method of somatic psychotherapy. This reserve clearly articulates the concepts and healing power of Hakomi.Ron Kurtz, the founder of the method, would be proud. The World is Catching up to Hakomi The world is finally catching up to Hakomi. This publication captures the depth and center of the therapeutic process. Finally, a thorough guide to a lovely method of psychotherapy! Though I have already been reading this gradually since it first came out, I've gained so many helpful skills and insights from this book less than halfway in. I have already been studying Hakomi for the past five years and am so grateful to the countless writers of the book for this great guidebook. Each chapter targets a different facet of the technique, from the core principles to specific skills and the model of character structure. This content is accessible and will be grasped by anyone who has a mind to read it. Strongly suggested!" In the last 30 years Ron Kurtz and the Hakomi trainers who emerged up under him have already been honing and developing their answers to the question...! Both the theoretical framework and micro skills could be grasped conveniently by scanning this book Very clear, comprehensive and systematic.



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