

# **VANCOUVER HAKOMI EDUCATION NETWORK (VHEN) PRESENTS**

## **30 DAYS OF HAKOMI TRAINING IN VANCOUVER**

**September 06 to June 07**

### **DATES**

2006

September 16th & 17th

October 26th, 27th, 28th & 29th

November 11th & 12th

December 7th, 8th, 9th, and 10th \*\*

2007

January 13th & 14 th

February 8th, 9th, 10th & 11 th

March 17th & 18th

April 12th 13 th, 14th, and 15th

May 19th & 20th

June 7th, 8 th, 9th & 10th \*\*

\*\*Donna Martin teaches Dec 06 and June 07

### **LOCATION**

UBC Botanical Gardens – Garden Pavilion

### **WHAT IS HAKOMI?**

The Hakomi Method is based on the lifelong work of Ron Kurtz, the originator of Hakomi, who continues to develop and refine the work. It is essentially a method of assisted self-study and emotional healing based on loving presence and mindfulness.

The principles and techniques of Hakomi offer a powerful framework for facilitating self-study. Through focused attention on present experience in all its forms (thoughts, feelings, body sensations, and memories) we can become aware of the deep habits through which we live life, and the beliefs that are their roots. Such beliefs shape and color our experience of life, and often are the cause of unnecessary suffering. Once they are brought to awareness, new experiences are possible. New experiences give rise to new beliefs which in turn can bring about more life-giving habits.

Under the guidance of Ron Kurtz and Donna Martin, VHEN's training model is a multi-level learning experience which includes new, continuing and advanced students. Each training session presents Hakomi holistically... the essence of the whole method being present in each session, with participants learning at their own rate. The "level" of each participant depends upon previous training and experience, as well as the person's own natural aptitude and affinity for the method.

### **WHO WOULD BENEFIT FROM HAKOMI TRAINING?**

This training would benefit anyone who has an interest in understanding themselves and others and in working with present mind-body experience. It is suitable for people new to Hakomi and students learning at more advanced levels of the Method. We welcome Hakomi therapists, teachers and trainers, as well as therapists, bodyworkers and yoga teachers. Anyone in a care-giving or people-based work (medicine, nursing, counseling) will find within this method techniques to enhance their professional practice and to help prevent burnout.

### **LEVELS OF TRAINING:**

A diploma of completion in the basic Hakomi method requires a minimum of thirty days.

The advanced level training requires twelve days of instruction.

Certification as a Hakomi therapist involves basic training, advanced training, coaching with a certified trainer, and then demonstration of competency live or via videotaped sessions to at least two trainers. This usually takes from one to five years. Until this certification is completed, the person may call him or herself an advanced student of Hakomi.

**COST:**           \$125 per day plus GST

**TRAINERS:**

[Ron Kurtz](#) is the originator of the Hakomi Method of mindfulness based psychotherapy and a preeminent influence in progressive psychotherapy.  
[www.ronkurtz.com](http://www.ronkurtz.com)

[Donna Martin](#) is a certified Hakomi therapist and international trainer who has collaborated with Ron Kurtz since 1990. Donna has many years of experience as a bodymind therapist and stress management specialist, yoga and meditation teacher, psychotherapist and addictions counselor.  
[www.hakomi.ca](http://www.hakomi.ca)

[Bob Milone](#) is a certified therapist and international trainer who was taught personally by Ron Kurtz and Donna Martin. Bob is the lead trainer in Vancouver and currently trains Hakomi groups in England and Mexico.  
[www.hakomi.ca](http://www.hakomi.ca)

[Jeff Chernove](#) is a certified therapist and trainer who was taught by Ron Kurtz and Donna Martin. He teaches Hakomi in Canada and internationally and works in private practice in Vancouver.  
[www.amindfulway.ca](http://www.amindfulway.ca)

[Georgia Marvin](#) and [Lorraine Reaveley](#) are certified Hakomi therapists and teachers in private practice in Vancouver, BC. Having trained with Ron Kurtz and Donna Martin, they organize Hakomi workshops in Vancouver, and they assist Donna with international Hakomi trainings.

[Carlin Favell](#) is a certified Hakomi therapist and teacher, and Donna Martin's personal assistant. She has trained with both Donna Martin and Ron Kurtz, and assists Ron at trainings in Ashland, Oregon. Carlin has worked for 20 years in the field of mental health and addiction treatment.

**Information and Registration:**

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To unsubscribe, please send an email to [hakomi2@gmail.com](mailto:hakomi2@gmail.com) with the subject line "unsubscribe".

To be added to the VHEN contact list, please send an email to [hakomi2@gmail.com](mailto:hakomi2@gmail.com) with the subject line "subscribe".