



Jaci Hull: An Introduction to the Hakomi Method: Mindfulness-Centered Somatic Psychotherapy



Jaci Hull is a Licensed Marriage and Family Therapist and a Senior Trainer at the Hakomi Institute. In this session, discover the basics of the Hakomi Method of Mindfulness-Centered Somatic Psychotherapy and develop somatic investigatory skills to open relational freedom in the body.

TOP EMBODIMENT TIP: We're designed to be relational. Feel your world.

The Body as Systems:

- **Personalities are systems created from early childhood experiences.**
- These systems can be benevolent, or limited (with deficits). The deficits of a system affect development of an individual in both psychological and physiological domains.
- Hakomi attunes to bringing awareness and repatterning to these systems.

The Five Principles under Hakomi:

- **Mindfulness:** the field from which Hakomi inquiry is conducted.
- **Non-violence:** how the field is maintained.
- **Unity:** the unity of all parts to the self, of self onto the world. All living systems are connected.
- **Organicity:** impulses which emerge autonomically; often oppressed in childhood.
Hakomi restores **inner-knowing**.
- **Mind-body integration:** The self-creation cycle of body and mind flowing harmoniously.

Accessing the Deeper Narrative:

- **Look for indicators.**
- Turn away from the content of the story and look for body language cues that indicate the real story.
- Often linked to limbic events.

Repatterning:

- **You can explore somatic patterns by isolating and moving different body parts.**
- Stories are contained in the tissue. Fore-ground the story by changing the position of an affected body part; exaggerate the posture anomaly, or assume a powerful postural alignment.
- Pay attention to any words, or sensations present in the area.

Resources

- ❖ **Website:** hakomiinstitute.com



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