

## Treating Collective Trauma with Hakomi

### *Listening to the Body*

MANUELA MISCHKE-REEDS

The Hakomi Method is a multidimensional somatic approach to deep healing rooted in an understanding of the silent language of the body. In the moment-by-moment unfolding of their somatic awareness, clients learn to access the unconscious core beliefs that shape their response to trauma, even when it's woven within the larger context of collective trauma. Discover how the therapist's own somatic awareness can help clients untangle the complex area where individual and collective trauma meet, and learn techniques to stay attuned and somatically grounded to effectively work with trauma. In this workshop, you'll explore:

- The key Hakomi concepts of applied mindfulness and somatic awareness to help clients change rigid mental models
- Attachment- and compassion-based skills that facilitate a gentle inquiry into the body's messages
- How to apply gentle interventions that can yield clients' emotional defenses and trauma identities
- How to stay self-regulated, somatically grounded, and open-hearted when working with trauma-sensitive processes

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### **Learning Objectives:**

1. Use the key Hakomi concepts of applied mindfulness and somatic awareness to improve outcomes when treating trauma.
2. Apply attachment- and compassion-based skills that facilitate the experiential process into the body-mind.
3. Develop an experiential mindset to hold the multilayered complexity of trauma in sessions.
4. Demonstrate the essential Hakomi personhood skills that help therapists stay grounded and self-regulated while in therapeutic engagement.

### **Outline:**

1. Implement the key Hakomi concepts of applied mindfulness and somatic awareness to improve outcomes when treating trauma.
  - a. Applied mindfulness is an integrated skills set by the Hakomi therapist to facilitate an in-depth process
  - b. Learning to ask targeted questions to facilitate a safe somatic awareness for clients
  - c. Not all somatic or mindfulness interventions are suitable for trauma clients, learning to differentiate what tool fits which client is essential for treatment success
2. Apply attachment- and compassion-based skills that facilitate the experiential process into the body-mind.
  - a. Hakomi holds the value of loving presence of the therapist as essential to convey compassion to the clients traumatic experience
  - b. Applying attachment theory informed interventions to regulate clients internal somatic states
3. Develop an experiential mindset to hold the multilayered complexity of trauma in sessions.
  - a. Learn what it means to be an experiential therapist by trying out present moment and safe experiments that include play, breath and movement
  - b. Recognize that trauma clients don't fit one treatment approach size fits all

4. Explain the essential Hakomi personhood skills that help therapists stay grounded and self-regulated while in therapeutic engagement.
  - a. The role of the therapist is not just about a skill set but how they embody themselves and stay curious about their own process
  - b. Developing a somatic repertoire to stay grounded in the body when clients trauma feels overwhelming or triggering

## References:

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