

Hakomi Mindfulness-Centered Somatic Therapy

Integrating scientific, psychological, and spiritual sources, Hakomi has evolved into a complex and elegant form of psychotherapy that is highly effective with a wide range of populations. The method draws from general systems theory and modern body-centered therapies including gestalt, psychomotor, Feldenkrais, Focusing, Ericksonian, Hypnosis, Neurolinguistic programming, and the work of Wilhem Reich and Alexander Lowen. At its most basic level, Hakomi is the therapeutic expression of a specific set of Principles: Mindfulness, Nonviolence, Unity, Mind/Body Integration, Organicity; these tenants inform every aspect of the work.