

The Certification Process

The Certification Option

Upon completion of the Hakomi Comprehensive Training, you will receive a diploma stating that you are a Hakomi Graduate. In addition, The Hakomi Institute offers certification as a Hakomi Therapist or Practitioner (CHT/CHP.)

What is Certification?

Status as a Certified Hakomi Therapist (CHT) or Certified Hakomi Practitioner (CHP) means you are recognized by the Hakomi Institute as being fully competent in the Hakomi Method. It entitles you to receive referrals from the Hakomi Institute Central Office, to be listed in Directory of Practitioners on the Institute website, to use the Hakomi logo in your advertising, and to state that you practice the Hakomi Method and state that you are a Hakomi Therapist or Practitioner. Not all graduates elect to pursue certification. Many are content to integrate Hakomi principles and techniques into their work in a variety of different fields, which include psychotherapy, coaching, bodywork, etc. and may say this in their advertising, even if they are not certified. Although the Hakomi Institute encourages graduates to pursue certification, as we prefer to have more people available on our website in different geographical areas who are certified and who have achieved this level of competence, we also completely support the choice of graduates who choose not to do so, and congratulate people for their dedication in completing the training.

What is the difference between a CHT and a CHP?

Until recently, all certified individuals were called Certified Hakomi Therapists. However, in 2008, the California licensing board (BBS) raised formal objections to unlicensed psychotherapists using the word “Therapist” in the CHT title. Now, certified people in California and elsewhere may elect to use the title “Certified Hakomi Practitioner” instead, and many do. The Hakomi Institute’s website has a Directory of Practitioners that lists CHT’s/CHP’s and clarifies this, and also states that both titles imply the same level of competence in the Hakomi Method. When you are certified, in deciding which title to use, you will want to find out about the laws of your state in terms of which titles are protected, e.g. “therapist”, “counselor”, psychotherapist, etc.

How do I become certified?

To become certified, you must ultimately demonstrate competence in the Method to two different Hakomi Trainers. Before starting this process, we suggest you approach a trainer to evaluate your readiness and options. Also, toward the end of the Comprehensive Training, ideally you will have an individual conference or exit interview with your trainer(s). They will let you know how close you are to being certified, and what you need to work on. Occasionally there are students ready to be certified when they complete the training. More often, a period of at least six months of practice is recommended after completing the training and before seeking certification, as most students require varying amounts of additional time to integrate the many elements of the work. The timing of Certification differs from person to person, and is best viewed as a next educational step, and not as a testing process.

Criteria for certification:

There are two options:

- 1) **Submit two videos** of yourself doing two complete Hakomi therapy sessions with two different clients. These will be reviewed by two of our trainers.
- 2) **Two trainers can watch you work live** in a training, supervision group, or individual setting (or one can watch you work live and one on video, etc.) These Trainers may certify you based on either the live sessions or videotapes. If they feel that you are not ready to be certified, they will provide detailed recommendations on which aspects of the Hakomi Process they feel you need to develop further. Certification may involve further learning or practice, or specific personal growth work, and certain issues may be identified at the beginning of certification work, whereas others may emerge during the process itself.

During the process, you will need to demonstrate skill with the theory, practice, techniques and principles of Hakomi. . A list of these is provided in the document called *Guidelines for Certification*. Ideally over the course of two sessions you would demonstrate all stages of the Hakomi process (e.g. if you do not work with the child in one session, ideally you would do so in the second session).

Trainers may also gather contributing information about your level of competence through discussions; observing you as a student or Teaching Assistant in a training; feedback from other staff members; and so on. Each Trainer may employ one or more of these various avenues of evaluation, and will discuss with you their specific availability or preferences for assessing your work. However, regardless of the particular combined elements of anyone's certification path, all certification processes will carefully adhere to the collective criteria that the Hakomi faculty has established.

Students are free to choose to work with ANY Certified Hakomi Trainers, regardless of geographical location, or whether or not you have worked together previously. Trainers with whom you have studied before have the advantage of already being familiar with your work, while new Trainers can offer you fresh perspectives on the Method and your skills. *You may not be certified by a Trainer who is also your therapist.*

It is the policy of the Hakomi Institute that certification is based entirely on competence in the Hakomi Method. However, some Trainers prefer to work on certification with individuals who also hold a master's degree in psychology, psychotherapy, counseling, or social work, Before deciding to work with a particular Trainer, you may wish to ask about this.

Supervision:

In working towards certification it is usually recommended that a student receive supervision, and there are a number of avenues. To allow for the unique needs, resources, and circumstances of each student, the actual pathway towards Certification may vary from candidate to candidate:

Potential avenues to Certification include:

- **Individual:** For Hakomi students and graduates this means that your sessions, either live or on video, are watched by a trainer, teacher, or other Certified Hakomi Therapist who gives you feedback along the way and supports and assists you at choice points. The cost varies. depending on the supervisor. Because the process may be highly

individualized, some students may find it useful to develop a mentoring relationship with a trainer and/or an advanced teacher/supervisor. A personalized learning plan can then be developed, and the student can receive ongoing support and guidance both in reaching a “certifiable” level of competence, as well as in cultivating their own unique style. For other students the learning structures themselves, such as making videos or attending supervision, may be entirely sufficient for their Certification needs.

- **Group:** During the training you will be part of a study group. After the training you may continue with the same study group or form a new one with other students. The group may then contract with a trainer who will supervise the group either occasionally or on a regular basis (e.g. monthly). The group may be set up so that each student works for part of the group each time, and receives supervision. The members also have the advantage of learning by watching one another work, and of sharing the trainer’s fees.

- **Advanced Training:** Students may choose to attend an Advanced Training after completing the Comprehensive Training. For example, the format offered in Boulder is four 3-day weekends meeting over a period of 5-6 months, and costs about \$1600.00. There are a maximum of 8 students per training, and the focus is entirely on supervision. At the end of the training, the trainers may tell you that you are ready to be certified, or they may make recommendations as to how you need to proceed and develop your work to become certified.

It is our intention that towards the end of each training, faculty and students will work together to form an appropriate structure for all those students wishing to pursue certification. This structure could take the form of establishing support/practice groups of students; scheduling ongoing supervision; setting specific goals and time lines; and/or other creative ideas. Trainers and students together will be responsible for creating structures and/or options for pursuing supervision and/or certification before the training ends.

Factors contributing to how soon a person becomes certified:

There has been much discussion about this among our faculty, and the factors tend to vary: Some believe that **background as a therapist** is a reliable predictor; other faculty point out that sometimes there are students with less background whose skill is far ahead of established therapists in their group. Some faculty feel that **seeing more practice clients** is a good predictor, whereas others feel that this is less of a factor than a **natural aptitude for the work**. Other faculty feel that a **master’s degree** is an essential aspect of the identity of the therapist, and that this identity supports certain qualities that are essential for certification – however, again, the policy of the Hakomi Institute is that certification is based on demonstrated competence in the Method alone. **A decision to actively pursue certification** is a clearly positive factor. Students who take the initiative to do this, actively involving themselves in supervision and certification groups are far more likely to be certified sooner than students who postpone this process for long, or who view the process as very difficult.

The uniqueness of each person means that the specifics of your certification - the exact length of time, the formats used, the specific areas of focus - will also be unique. Whatever the process, you can expect to be treated professionally and respectfully, with careful attention to your learning edges and your commitment to attaining competence in the Hakomi Method. We encourage you to view the Certification Process as a vital

part of learning and maturation in your professional application of Hakomi, and a potentially very satisfying completion.

Once you are certified by two trainers, one will contact the Hakomi Institute Central Office, inform us that you're certified, and ask us to send you the **Certification Form**. This form must be submitted to the Institute with a certification fee of \$100.00, after which you will receive your certificate, certification documents, and will be listed on the **Hakomi Institute website** and the **Central Office Referral List** for a period of up to one year. The following calendar year, CHT's and CHP's must pay *annual dues* of \$100.00 to remain on the Referral List and website (there is also an option to put a 35-word description of your practice on the website for an additional \$35). We do receive calls and emails from people all over the country and from other countries seeking Hakomi Therapists, so it is worthwhile to remain listed, particularly if you are seeking clients. Also, the Hakomi Institute is a non-profit organization entirely funded by these annual dues. *There is no charge, however, to retain one's certification.*

Notes re videos:

- The tapes must be of good quality with both client and therapist clearly visible and audible. If this is not workable, be sure that at least the client's face is clearly visible, with both voices clearly audible.
- The depth of the therapeutic connection and "trance state" pacing in the client/therapist relationship sometimes does not translate well through the video medium. Please do not be concerned about this, as the trainers do keep this in mind while reviewing certification videos.
- Ideally, the tapes should include a minimum of a half-page of typed notes for each session in which you describe the major strengths and weaknesses in your ability to implement the certification criteria. Use a counter or put a visible clock in the background so that you can indicate what your comments relate to.
- The faculty prefers that no more than one of your two sessions be with a client who is familiar with the Hakomi method as a student. However, in an Advanced Training or other supervision situation, you may be certified on the basis of the trainers seeing you work with two people who are in your group.