

# CERTIFICATION GUIDELINES

We've written the guidelines below to feel personal, organic, mindful, and holistic, and to make the certification process seem less like an academic test. These guidelines cover the basics of a good session, although we know that all of these aspects won't be demonstrated in every session. Please don't be overwhelmed if the guidelines seem to assume a perfect session. We're quite aware that no one *ever* has a perfect session. The point is to be aware of your strengths and weaknesses. It's also important to develop the ability to notice when you go off course and redirect the session. As is true when becoming a "black belt," Hakomi certification might be considered the *beginning* of your learning. True mastery takes many years of experience, and you don't need to be a master to be certified as a Hakomi therapist or practitioner.

## I. PRINCIPLES

- Demonstrate an ability to create and maintain a relationship with the client through the entire session that reflects the Hakomi principles.
- Know how to be in the principles in a natural, spontaneous way.

### 1. Unity

- We're in this together (equality).
- I can shuttle in and out trying on my client's experience.

### 2. Organicity

- I can guide in both deepening present experience and in studying the organization of experience without problem solving or trying to fix with nourishment.
- I can trust and facilitate the natural unfolding and reorganization of my client's experience.

### 3. Nonviolence

- I can actively take charge of the process and leave my client in charge of me.
- I can recognize, study, and support protective systems in a way that allows deeper material to emerge (increased safety).
- I can see and facilitate where my client's process wants to go.
- I don't need to help or rescue; rather I can be a sensitive, present attendant and companion.
- I can accept and respect all parts of my client's experience.

### 4. Mindfulness

- I can attain and maintain a witnessing state of mindfulness in myself and my client.
- I can facilitate learning the skill of mindfulness when necessary.
- I can recognize the presence or absence of mindfulness in my client in the moment.

## **5. Body-Mind Holism**

- I recognize and utilize the body as a source of information and an avenue of exploration for my client.
- I can use touch in a sensitive and appropriate manner.

## **II. TECHNIQUE**

Ability to demonstrate consistent, high-level application of Hakomi Mindful Somatic Psychology

### **1. Contact**

- I utilize nonverbal contact and contact statements throughout the session.
- I maintain present, engaged and connected with my client throughout the session.

### **2. Accessing and Deepening**

- I can turn my client inward.
- I can utilize the range of accessing/deepening techniques, i.e., accessing questions, probes, taking over, experimental attitude, create experiments, etc.

### **3. Processing**

- I can recognize and work within deep states of consciousness, i.e., mindfulness, child, rapids.
- I can utilize the options at the nourishment barrier to facilitate insight and transformation.
- I can recognize, stabilize and study core material with my client.
- I can avoid using nourishment too much or too soon.

### **4. Integration and Completion**

- I can help my clients to understand their experience and relate it to the actuality of their lives.
- I can help my clients to stabilize their experience and return to ordinary consciousness.

## **III. THERAPEUTIC PROCESS**

### **1. Managing the Process**

- I remember to choose an access route and follow it.
- I investigate barriers carefully.
- I stay focused on the material that organizes character.
- I keep my finger on the thread of present experience and stay with it.
- I can move from the fine grain of what is going on to the big picture.
- I am learning to recognize a system and jump out of it when I have been in it for a while.

### **2. Managing Consciousness**

- I recognize and can facilitate within the following four states of consciousness: ordinary awareness, mindfulness, child state and riding the rapids.

### **3. Therapist as Own Instrument**

- I am aware of and comfortable with my own character process and how it relates to the therapeutic process.
- I can stay mindful of my own process as well as my client's process.

### **Additional General Requirements for Certification**

- Knowledge of theory and principles of Hakomi Mindful Somatic Psychology
- Demonstrated effective use of Hakomi skills
- Facility with mindfulness and present moment awareness
- Awareness of the impact of your own character in the therapy process
- Quality of personhood and loving presence
- Ability to respond to and use feedback gracefully and effectively