

GETTING CERTIFIED IN HAKOMI

Upon completion of both years of Hakomi Comprehensive Training or Hakomi Professional Training, you will receive a Certificate of Completion stating that you are a **Hakomi graduate**. Being a Hakomi graduate accords certain rights outlined later in this document.

To become a **Certified Hakomi Practitioner** or a **Certified Hakomi Therapist** is a further step. Certification is competency-based and essentially means that the Hakomi Institute will vouch for the quality of your work.

Certification Options

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 Certified Hakomi Therapist or CHT (for licensed mental health clinicians) or a Certified Hakomi Practitioner or CHP (for other helping professionals).

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 Hakomi Mindful Somatic Psychology. Certification entitles you to receive referrals from the Hakomi Institute central office, to be listed in the directory of practitioners on the Institute website, to use the Hakomi logo in your advertising, to state that you practice Hakomi Mindful Somatic Psychology or Psychotherapy, 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, we also completely support the choice of graduates who choose not to do so, and congratulate participants for their dedication in completing the training.

What's the Difference Between a CHT and a CHP?

The title Certified Hakomi Therapist or CHT is typically reserved for mental health clinicians, but varies in accordance with the laws of the region in which you practice. The title Certified Hakomi Practitioner or CHP is used by coaches, non-licensed spiritual counselors, health professionals, body workers, educators and other helping professionals who use Hakomi's principles and practices in their work. Both titles infer the same level of competence in the Hakomi Method. The Hakomi Institute's website at www.Hakomi.org features a Directory of Practitioners that lists both CHTs and CHPs. When you become certified in Hakomi, you'll need to research the laws and/or regulations of your state, region, or country in to assess which titles are protected (e.g., "therapist", "counselor", "psychotherapist," etc.)

How Do I get Certified in Hakomi?

To get certified, you must ultimately demonstrate competence in the Hakomi 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 your second year of Hakomi 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.

Showing Trainers Your Work

Certified Hakomi Trainers can certify you based on either the live sessions or videotapes. To show trainers your work, you can choose one of three options:

1. Submit two videos of yourself doing two complete Hakomi sessions with two different clients. These will be reviewed by two of our trainers.
2. Arrange for two trainers to watch you work live in a training or supervision group or an individual setting.
3. Submit one video featuring a complete Hakomi sessions and arrange for a second trainer to watch you work live.

If one or both of the trainers reviewing your work feel that you're not yet ready to be certified, they will provide detailed recommendations on which aspects of the Hakomi process you need to develop further. In such cases, certification might involve further learning or practice or specific personal growth work. Certain issues to work on might be identified at the beginning of certification work, whereas others may emerge during the certification process itself.

During the process, you will need to demonstrate skill with the theory, practice, techniques and principles of Hakomi. Ideally over the course of two sessions you would demonstrate all stages of the Hakomi process (e.g., if you don't 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 participant or teaching assistant in a training, receiving 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 activities will carefully adhere to the collective criteria that the Hakomi faculty has established.

Choosing a Certified Hakomi Trainer

You're free to choose to work with ANY certified Hakomi trainer, except for a trainer who is also your therapist. You're welcome to choose a trainer to from any geographical location, regardless of whether or not you've worked together previously. Trainers with whom you've studied have the advantage of being familiar with your work, while new trainers can offer you fresh perspectives on Hakomi and your skills.

It is the policy of the Hakomi Institute that certification is based entirely on competence in Hakomi Mindful Somatic Psychology. 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 might wish to ask about this.

Potential Avenues to Certification

The pathway towards certification may vary from candidate to candidate to allow for the unique needs, resources, and circumstances of each individual. We recommend that all candidates for certification receive supervision, which is available through a number of avenues.

Individual supervision: For Hakomi students and graduates this means that your sessions, either live or on video, are watched by a Certified Hakomi Trainer, a Certified Hakomi Teacher, or a Certified Hakomi Therapist who gives you feedback along the way and supports and assists you at choice points. 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 individuals, the learning structures themselves, such as making videos or attending supervision, may be entirely sufficient for their certification needs.

Group supervision: During Hakomi 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). Group members also have the advantage of learning by watching one another work and the trainer's supervision fees.

Advanced training: Students may choose to attend an advanced training after completing Hakomi Comprehensive or Professional Training. For example, the Boulder Regional Training Center offers and advanced training of four 3-day weekends meeting over a period of 5-6 months. (See www.HakomiInstitute.com for more information.) At the end of such advanced trainings, trainers may tell you that you're ready to be certified, or they may make recommendations on specific things to work on to become certified.

It is our intention that towards the end of your training, faculty and students 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.

Video Quality and Content

- Videos should be of good quality with both client and therapist clearly visible and audible. If this is not possible, 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 doesn't always translate well through the video medium. Please don't be concerned about this, as our trainers do keep this in mind when reviewing certification videos.

- Ideally, you should include a minimum of a half-page of typed notes with each videotaped session describing your major strengths and learning edges in your ability to implement the certification criteria. Use a counter or put a visible clock in the background so you can indicate which section your comments relate to.
- Our 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 both familiar with Hakomi.

Factors Affecting How Soon You Get 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 potentially a very satisfying completion.

What to Expect Once You're Certified

After getting certified by two trainers, one will inform the Hakomi Institute central office that you're certified and ask us to send you a Certification Form. You'll need to submit this form to the Institute with a certification fee of \$100, 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, CHTs and CHPs 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.) The Institute receives calls and emails from people all over the country and from other countries seeking Hakomi therapists and practitioners, so it's worthwhile to remain listed, particularly if you're seeking clients. There is no charge, however, to retain your certification.