



## What is Hakomi Therapy

The Hakomi method is different from other forms of therapy you may be familiar with. In Hakomi therapy you will not spend a lot of time talking about your problems and what you or I think about them. Instead, this method is designed to help you study the processes that automatically create and maintain the person you have become. Hakomi is a method of assisted self-study. It requires that you enter into periods of time where you become calm and centered enough to observe your own reactions, as if you were watching the behavior of another person, a state called mindfulness.

Hakomi is based on the idea that much of our everyday suffering is in fact unnecessary and is produced by long held, unconscious beliefs that are no longer true or relevant. The therapist assists your self-study by creating “experiments” while you are in mindfulness. These experiments are always non-violent and are designed to evoke reactions that will be reflections of habits and beliefs organized outside of your everyday consciousness. These habits are frequently learned in early life and developed in response to compelling and often painful experiences. This automatic operating system can be accessed and updated by developing a calm witness perspective that can observe the habitual behavior that is evoked by different experiments.

The process works best when you learn: (1) to get into a calm inward focused state and relax enough to allow your automatic reactions to happen; (2) to follow and report on your present experience including body sensations, emotions, impulses, and memories; (3) to experience painful feelings and speak about them openly and honestly. Courage and gentleness will be great allies to you in this process.