



2019-20 Hakomi Professional Training Level 1

Learning Objectives for Weekend #6

At the end of this session, you will be able to:

1. Explain the difference between developmental psychological wounds and trauma
2. Discuss the “window of tolerance” and its relevance to processing trauma
3. List three behavioral cues that a client is outside the window of tolerance
4. Apply at least one resourcing technique to bring a traumatically activated client within the window of tolerance
5. Describe the three different levels of "active somatic resourcing" for clients
6. Explain what “titration” means as related to processing traumatic events
7. Explain what “pendulation” means as related to processing traumatic events
8. Demonstrate titration and pendulation while processing a traumatic event
9. Demonstrate working at an appropriate pace with trauma-related sensory input and motor activity
10. Explain the difference between strong emotions due to traumatic activation and those associated with the “riding the rapids” state of emotional release after a transformational experience
11. Describe how to work differently with patterned emotions clients go back to repeatedly vs. non-patterned emotions emerging spontaneously during accessing
12. Demonstrate somatically resourcing a client using the "4-step" accessing technique
13. Demonstrate providing a relevant missing developmental experience capable of creating new core beliefs that generate new behavior