



2019-20 Hakomi Professional Training Level 1

Learning Objectives for Weekend #5

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

1. Explain why moving from experience to meaning is essential to the therapeutic process
2. Describe one intervention for moving from experience to meaning
3. Describe one intervention for moving from meaning to experience
4. Demonstrate accessing meaning by working with a somatic indicator (e.g., a facial expression, physical tension, a posture, etc.)
5. List three indicators that the child state might be present
6. Demonstrate deepening and stabilizing a client into the child state
7. Demonstrate speaking in appropriately simple and empathic language to a client in the child state
8. Use touch appropriately with a client in the child state
9. Demonstrate providing a missing developmental experience to a client immersed in the child state
10. Assess a potential core belief of a client immersed in the child state based on the categories of experience you track
11. Assess how the client responds to the missing experience you provide and adjust it accordingly