

Hakomi Education Network Certification for Practitioners

Certification is a one-time recognition of a high level of competency in the demonstration of Hakomi with a client. It signifies that the person has the right to call themselves a Hakomi Practitioner. It is in no way a *license* to practise and practitioners must understand that they may only offer Hakomi professionally within the local legal parameters and conditions depending on where they live. There is a need for trainers to be very clear with students about the criteria, the process, the limitations, and the cost.

Hakomi Certification Process:

The applicant needs to demonstrate, either in person or by recorded video sessions, skillfulness in the criteria described below to the satisfaction of at least two Hakomi trainers. The applicant is first viewed by or submits a video with written commentary to their home trainer – a trainer who has taught and observed them over a period of time. The home trainer would then invite a second trainer to review the submission. The second trainer would be someone who has not worked so closely with the applicant and may be from another training. This process usually requires several submissions with coaching and supervision by the home trainer over a period of several months to a year and occurs following completion of a training, (although it may be possible for this process to begin during the latter part of the training.)

The recording submitted to a trainer should include one full session start to finish (30 – 60 min) along with a written commentary and self-evaluation. The session needs to have good audio quality or be accompanied by a written transcript to ensure that everything can be heard and understood. Both the practitioner and the client need to be visible. The home trainer sets a fee for the review of recorded sessions and feedback as well as the fee for the second trainer. (This requires appropriate payment for 2-3 hours of time per trainer.)

We are looking for specific competency in the following elements of the method following a Hakomi training combined with extensive practical experience and supervision with a trainer:

We expect a Hakomi session to have the following four key characteristics:

1. Relational co-regulation and limbic resonance based on the state of mind of loving presence, skillful tracking and contact. This is the element of personhood and relational attunement.
2. A consistent focus of attention on present embodied experience and nonverbal expression.
3. Assisted self-study and self-discovery using relevant experiments done in mindfulness.
4. Creation and integration of an appropriate nourishing missing experience.

Hakomi Education Network: Criteria for Certification

The following specific Hakomi elements must be skillfully demonstrated to at least two trainers:

1. Understanding and acceptance of HEN ethical framework.
2. Ability to sustain and demonstrate an attitude of loving presence and relational attunement in the spirit of the principles of Hakomi.
3. Evidence of healthy self-awareness, including awareness of limitations and a willingness to access mentoring as well as to refer to another therapist when appropriate.
4. Ability to sustain a focus of attention on present experience.
5. Ability to help the client get into, stay with and report from present experience.
6. Ability to describe, evoke or cultivate and use mindfulness effectively.
7. Ability to track client's state of consciousness and embodied experience.
8. Ability to facilitate self-regulation and support client's capacity to self study.
9. Ability to track client's nonverbal expression and embodied experience.
10. Effective use of contact statements and acknowledgements.



11. Ability to track client's indicators (re models of self and the world).
12. Ability to have hypotheses about client's indicators (re models of self and the world).
13. Ability to create and implement effective verbal and nonverbal experiments in mindfulness.
14. Effective use of verbal and nonverbal taking over techniques when appropriate.
15. Ability to recognize and adapt to unconscious needs.
16. Ability to respond appropriately and effectively to strong emotions.
17. Ability to recognize opportunities and appropriate timing to go for meaning from experience.
18. Ability to recognize and respond appropriately to what's needed – to offer comfort when necessary and create the "missing experience".
19. Ability to recognize the dynamics of a system and to "jump out of a system". This might be expressed by skillful tracking and management of the relationship, by maintaining or recovering relational connection, attunement and safety when necessary.
20. Ability to provide a suitable environment with appropriately timed interventions to facilitate the discovery and transformation of limiting core beliefs.
21. Skill in stabilizing/integrating the therapeutic experience.
22. Skillful and appropriate pacing and completion of the session.

We strongly recommend that Hakomi training is at least partially in-person when that becomes a possibility - as well as online. We may eventually decide to require a certain **percentage** of the training to be in-person but the online training that current students are receiving needs to be acknowledged and recognized as legitimate because of the necessity for online training at this time. Currently **online supervision** for certification and zoom recordings of sessions is necessary. We might want to require that students be supervised and certified working in person with someone. Some trainers are looking at ways to teach and demonstrate in person even while most of the training must be online during current conditions.

To maintain a high level of **consistency** between trainers and training sites about the level of competency and what is required for practitioner certification, regular trainer peer meetings and discussions are recommended, including regular sharing of recorded sessions of applicants and at times including a trainer from another training as a second or third trainer in the certification process.