

Our Appreciation for Hakomi:

Mindfulness-based Reflective Practice has evolved from integrating a number of different approaches including the Hakomi Method as created by Ron Kurtz:

We are grateful to the Hakomi Method and to Ron Kurtz (www.ronkurtz.com) for this pioneering approach to *psychotherapy as assisted self-discovery using experiments in mindfulness*. This method offers practical tools for both reflection and for reflective presence which have applications far beyond the realm of psychotherapy. Hakomi also integrates well with other coaching and/or therapy approaches, as well as with experiential learning, group dynamics, and with personhood and leadership development. See www.hakomi.ca.

Donna Martin, M.A. has integrated the Hakomi Method of assisted self-discovery with her background in stress reduction, pain management, working with children (teaching, parenting), meditation and yoga, working with addictions, optimal performance training (OPT), and community-building (peacemaking). She also uses the Hakomi Method with her own Family Triangles approach co-created with Dr. Paul Brenner (*Seeing Your Life Through New Eyes*).

Marlena Field, PCC, CPCC, has integrated the Hakomi Method with her background in teaching, parenting, stress management, relationship counseling, and therapy, including an integrated Hakomi and Jin Shin Do approach, and particularly with life coaching to create her own approach to Body-Centered Coaching. She has a book and e-book by that title, along with a series of cds of live body-centered coaching demonstrations.

What Hakomi teaches is a way to use mindful awareness for self-reflection in the present moment, by applying simple experiments that reveal how our experience is organized by habits and beliefs. By slowing down, quieting the mind, shifting attention to present experience and noticing bodily sensations as well as thoughts and feelings, we can begin to bring reflective practice into the moment and interrupt the automatic flow of reactive thinking and behaviour that typically moves us through life.

If you can observe your own experience with a minimum of interference, and if you don't try to control what you experience, if you simply allow things to happen and you observe them, then you will be able to discover things about yourself that you did not know before. You can discover little pieces of the inner structures of your mind, the very things that make you who you are.

(Ron Kurtz)