**Hakomi is an integrative method that combines Western psychology and body-centered techniques with mindfulness principles from Eastern psychology.**  Hakomi method of mindfulness-centered somatic psychotherapy) is an experiential, somatic treatment approach.  Unlike more traditional forms of talk therapy, the Hakomi Method relies primarily on body awareness and dynamic mindfulness. he concept of mindfulness dates back thousands of years, originating in Eastern meditation practices.  It refers to a relaxed, non-judgmental, focused awareness and acceptance of what you’re feeling, thinking, and experiencing in the present moment.  Essentially, mindfulness is a heightened state of consciousness that facilitates access to the unconscious influences that shape your life. The somatic or “body-centered” aspect of the Hakomi Method is based on the premise that your body holds an incredible amount of valuable information.  Everything you’ve experienced over the years including trauma, physical and emotional pain, and happy memories as well as sad, have been stored in the cells of your body.  Unfortunately, negative experiences such as unresolved trauma can become “trapped” in your body, manifesting in myriad emotional and physical problems such as muscle tension, fatigue, depression, anxiety, and chronic pain.

The combination of dynamic mindfulness and body awareness in the Hakomi Method is what makes it such an effective form of psychotherapy.  The approach promotes healing by allowing you to discover these stored memories – the core material – and change the aspects that have been causing problems in your life.

Here is how Hakomi works: the practice of loving presence helps the client feel safe and understood. That makes mindfulness possible. The therapist then finds ways (little experiments) to evoke experiences in mindfulness. The meaning of the evoked bodily experiences are understood as direct expressions of core beliefs (models of self and the world that organize all experience). When these core beliefs are made conscious and understood, change becomes possible. Where core beliefs are limiting, destructive, unbalanced or painful, they can be challenged. New beliefs can be tried and new experiences evoked. I call these missing experiences. Safety, peace, freedom, aliveness are a few.

It explores the sensorimotor interventions to improve sexual health for women.

Mize, S. J. S., & Iantaffi, A. (2013). The place of mindfulness in a sensorimotor psychotherapy intervention to improve women's sexual health. Sexual and Relationship Therapy, 28(1-2), 63-76. https://doi.org/10.1080/14681994.2013.770144