

Hakomi Somatics

Mind and body jointly express and reflect deeply held, often unconscious beliefs about oneself and others. Hakomi Somatics helps bring these beliefs to conscious awareness. The body, with its various patterns, is used to access an intelligence that underlies habitual, limiting patterns which can be recognized and understood. This process allows learning and transformation to occur with the support of mindfulness exercises. Topics include the Hakomi principles, character strategies, boundaries, resources, and somatic psychological skill building, which can be applied to daily life. Prerequisite: PSYB325 or PSYB359 or PSYB255 or PSYB208 or PSYB304.

Course Number: PSYB333

Unit: 3.0

Program: UNDG Contemplative Psych