

Hakomi and the Re-Creation of the Self

“Therapy is the art of not having a conversation.” Ron Kurtz, Ashland training, 2005

Often when clients arrive at therapy, they have already done lots of thinking about their problems. Hakomi and the Re-Creation of the Self focus on all aspects of a person’s present experience, not only thoughts (the principle of **holism**). One way of thinking about this is to say that Hakomi and R-CS focus on the storyteller rather than the story. And we believe that the storyteller’s (client’s) present experience is the most real, accessible and reliable way of discovering how meaning is assigned to life events. In other words, studying present experience leads to awareness of automatic and often unconscious beliefs, dispositions and patterns (core material) that shape a client’s response to life. A simple example of core material in action is when a person knows what to do to accomplish a desired goal but does not take the actions necessary.

In the Hakomi or R-CS session, the client is guided by the therapist to establish mindfulness which is relaxed, alert noticing of the internal world (thoughts, emotions, body posture, sensations and impulses, memories, energy or spirit) being experienced at the present moment. The therapist will suggest experiments such as asking a client to notice their immediate reaction to an affirmation or too slowly reach out their hand) and this process gradually leads to awareness of core material. Core material learned in response to acute and chronic stress limits us as we react to the world with outdated perception and strategies. This causes unnecessary suffering. When in awareness, core material can be processed and transformed. At this stage the therapist often provides some experience that has been missing in the person’s developmental process. Finally, the new way of seeing and being in the world is practiced and applied to current life situations. With awareness and new experiential learning comes the freedom to develop in ways that create greater satisfaction both in how you express yourself and how you receive what life has to offer.

This process allows the client to change in the direction of their own inner wisdom (principles of **nonviolence** and **organicity**). The therapist holds the client in **loving presence** and stays aware of the interdependency of all parts within the whole (**unity**) as that is experienced in therapy.

Re-creation of the Self therapy is built on the same principles and skills as Hakomi. It is different in that it provides a comprehensive mapping of the Self, precisely describing our innate wholeness and resources and our pursuit of ongoing personal wishes towards further experiences and ever expanding self expression. RCS focuses on assisting clients to embody and apply the already present and immediately available structures and resources of the ideal Self and secondly, to shift to the Ideal Self from habitual fragmented trances states (or aspects of the self). By shifting states and re-embodying wholeness, we re-create our experience of Self.

Hakomi and R-CS therapies build a connection to our true core selves where there is groundedness, compassion and wisdom, independent of our historical experience. From this place life is meaningful and good.

Principles

(of Hakomi and the Re-Creation of the Self therapeutic models)

Mindfulness: a receptive state, curious and non-judgmental; focused attention on what is happening internally in the present moment.

Nonviolence: change without force; deep respect for the integrity, needs, strengths and limits of the other.

Organicity: within each person is the natural impulse towards growth and change; we honor the inner wisdom that directs the process of healing and development.

Mind-body holism: the mind, body and spirit are an interwoven whole; the body reflects important information from the whole person.

Unity: we are equal in worth; we impact one another and we are, ultimately, all in this together.

Loving Presence: a calm, open-hearted and attentive state of emotional connection; finding contentment in being with another.