



# **Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice**

*Halko Weiss , Greg Johanson , Lorena Monda*

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Hakomi is an integrative method that combines Western psychology and body-centered techniques with mindfulness

principles from Eastern psychology. This book, written and edited by members of the Hakomi Institute—the world's leading professional training program for Hakomi practitioners—and by practitioners and teachers from across the globe, introduces all the processes and practices that therapists need in order to begin to use this method with clients. The authors detail Hakomi's unique integration of body psychotherapy, mindfulness, and the Eastern philosophical principle of non-violence, grounding leading-edge therapeutic technique in an attentiveness to the whole person and their capacity for transformation.

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Date : Published May 25th 2015 by W. W. Norton Company

ISBN : 9780393710724

Author : Halko Weiss , Greg Johanson , Lorena Monda

Format : Paperback 432 pages

Genre : Psychology, Religion, Buddhism, Neuroscience, Brain

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