

Touch can reach you
where words fail.



Hakomi

Touch is
the first sense to develop in utero and
the last to fade in dying.

Maybe it's important.

Touch. Change.

A Hakomi therapist will invite you to become curious about your experience and your senses. The pace is set by the readiness of your system, your body & mind. At times your logic may be ahead, rushing you to get 'better' - and yet somehow your body shows fear or hesitation.

A Hakomi therapist will help you study your experience in mindfulness - they may or may not use touch. If using touch, a therapist may suggest an experiment: you push your hand forward while she holds it back. Important sensation or inner 'rules' may arise which then get folded into the therapy ... the experience can embed new learning - while empowering you.



Lack of childhood touch and play has been linked with difficulties with depression, social isolation and aggression in adulthood – Therapy with touch, used by a skilled therapist, can help repair missed experience.

(Skottet)

There are models of therapy that have incorporated the use of skilled touch into psychotherapy

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Hakomi Mindfulness-Centered Somatic Psychotherapy is one.

HakomiOT

Calgary, AB, Canada
www.HakomiOT.com

Reassuring, Nurturing, Effective

"Physical touch, with the explicit permission of the patient each time anew, is the most reassuring intervention when the body undergoes [crisis] . . . patients naturally want to avoid [crisis and] verbal reassurance is not always enough ... Touch at the right moment allows a patient to endure such experiences of extreme panic and pain without bolting."

—BerLevin (198)



What does the Research Say?

Therapy is done with pacing, and respect - in mindfulness...

no matter how troublesome your symptoms are



Accessing Core Belief: Maybe Keep your head up at all costs.



Touch can establish safety. Touch can allow your mind and body to dip below the understanding of words, to inner, deeper knowledge of yourself.

Hakomi therapists have been trained to use touch as part of therapy and follow a code of ethics. Touch may help you mindfully study the sensations, urges or maybe the holding pattern of tensions in your muscles to get at meaning and core beliefs. Often touch (and slow pace) gets to what words haven't been able to.

You may have a core belief that you have to keep going, keep your head up. This belief may limit you, exhaust you, and give you few options. With mindful, non-violent self-study, you can feel new choices and possibilities.

Wain, Monda, Johnson (2011)

A researcher named Geib interviewed clients about their touch experiences in therapy. Four things ensure that touch is beneficial for clients:

- if the client has a sense of being in control of the contact (the therapist asks permission)
- if touch was a response to the need of the client rather than the therapist's
- when the touch experience was spoken about verbally afterward
- when the intervention matched the client readiness and sense of comfort with therapist.

In any therapy you have the right to discuss what is a fit for you and what is not.