

HAKOMI THERAPY: Q & A

WITH MONICA DRAGOSZ RSW

What is Hakomi?

As a therapy method, Hakomi uses mindfulness and body awareness as the portals for engaging the deepest parts of the self. It works with awareness of one's experience of the present moment, exploring where we feel habitually limited and what might be possibilities for opening up and living more fully.

What that looks like in practice is that if you come to me and say you are having a relationship problem, instead of having you tell me the blow-by-blow of a recent argument, I would have you slow down and start to notice the felt sense in your body – the subtle or not-so-subtle sensations you may be feeling in this very moment as you think about this issue. I am a guide in this process and assist you in unpacking and exploring those aspects of your life experience that surface while in this mindful state. We start to understand what kind of core beliefs are contributing to your specific experience of relationships with other people and to life in general: how you are “organized”, your patterning from the inside out. While developing behavioural patterns may be an inevitable part of being human, we can change them, and mindful embodiment is often a key component.

Are there specific concerns that you would recommend addressing with Hakomi rather than with more 'traditional' psychotherapeutic approaches?

Hakomi can be used to address virtually any issue, as it goes beyond superficial understandings and assumptions that both therapist and client may initially have. It isn't an approach that defines the therapist as an expert; in this case, the therapist is truly more of a facilitator or guide. When therapist and client are both able to bring curiosity and a willingness to explore to the process, it opens up the potential to arrive at a much deeper appreciation of the client's needs. While working in this way comes quite naturally to those who already have a mindfulness practice (eg., yoga, meditation) and more creative, right-brained types of people, most people can learn to work with — and therefore benefit from — their connection to their bodies.



Monica is a Psychotherapist and Yoga Instructor. She has a strong skill-set for trauma resolution, and specializes in the areas of depression, anxiety, grief and loss, stress management, interpersonal issues, and personal/spiritual development. In addition to private sessions, Monica teaches weekly Yoga: Heart & Mind classes.