



HAKOMI

EXPERIENTIAL PSYCHOTHERAPY



[www.cmagerl.com.au](http://www.cmagerl.com.au)

## IN AND OUT OF CHARACTER: From Protection to Connection

**TRAINER:** Jules Morgaine, Hakomi Institute, NZ

**VENUE:** Melbourne

**DATES:** Segment 1: 18—21 November 2010

Segment 2: 31 March —3 April 2011

Character styles are formed early in life in response to our environment, around core human issues of contact, safety, need, dependency, separation, self-esteem, control, sexuality, competition and competence. These character styles create protective and supportive defences in our childhood, which later become unconscious and therefore outside our awareness. In adulthood, these patterns become limiting, making it difficult or impossible to fully achieve our potential in relationships, work, parenting and other aspects of our life.

WORKSHOP



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## IN AND OUT OF CHARACTER: From Protection to Connection

Clients come to therapy wanting change in some way, to let go of certain feelings, thoughts and behaviours that do not work for them. They also come for something less easily articulated, but often expressed in this way “I want to find my real self” or “I want to know who I am”. What often gets in the way is “Character”.

There are typical patterns of behaviour, body and beliefs that have been described since Reich first talked of ‘character armour’. Character styles are patterns of thinking, feeling, behaviour, belief, relating patterns imprinted in the body and in the neurophysiology as much as in the psyche. Present day knowledge of character is drawn from developmental theory, object relations, bioenergetics, self-psychology and neurophysiology. In Hakomi psychotherapy a knowledge of character processes assists the therapist to be sensitive to individual clients, and provide effective therapy within the principles of Hakomi.

This series of 2 workshops, of 4 days each, will help you understand human behaviour more deeply and compassionately. We will explore 8 different character patterns, both in relation to ourself and clients we work with. I will offer teaching on ways to work effectively with each character pattern in order to enable clients to more fully embrace the potential of their lives. We will also explore the way our own character patterns can limit our effectiveness as therapists and learn ways to move beyond this in the therapeutic relationship. The workshops are designed for therapists, those interested in learning more about their own character styles, but also for people working in corporate or education areas where an understanding of human behaviour is useful.

The workshop presenter, **Jules Morgaine**, is a certified Hakomi therapist and Hakomi Trainer with the Hakomi Institute South Pacific Team. She has over 20 years experience as a psychotherapist and currently works in private practice offering therapy and supervision. She leads Hakomi workshops in Australia and New Zealand and leads Hakomi Trainings in New Zealand and Perth.

WORKSHOPS



# IN AND OUT OF CHARACTER:

## WORKSHOPS EXPLORE:

- The creation of character styles that protect us, but at the same time limit our potential, and prevent real connection with others.
- Character styles which consist of states of consciousness, behaviour patterns, emotional tendencies, core beliefs about the self and the world as well as typical body structures and postures.
- The influences that shape our typical defensive patterns.
- How to recognize character styles in ourselves and others.
- The ways in which character impacts on others, bringing forth responses that tend to reinforce the core beliefs.
- How to relate to others in a way that maximizes the chances of real connection, and reduces the likelihood of being caught in destructive relationship systems.
- The application of this knowledge to psychotherapy practice, and relevance for relating in a variety of settings.

## WORKSHOP CONTENT - 2 WORKSHOPS OF 4 DAYS EACH (6 HOURS DAILY)

### 1. BRINGING THE LOST ONE HOME: FROM ABSENCE TO BEING

Looking at:

- The absent person
- The intellectual
- The expert
- The workaholic
- The perfectionist

Introduction to creation of character defences. Character styles covered – schizoid (withdrawn), phallic (industrious)

Addressing the lack of trust in relationship, sense of being wrong, feeling of inadequacy that underlie the need to withdraw, escape, overwork and over-achieve. Creating safety and contact to enable intimate relating.



# IN AND OUT OF CHARACTER:

## 2. ATTENDING TO NEED : FROM HEARTACHE TO CONTENTMENT

Looking at:

- The helpless person
- The attention seeker
- The desperate one
- The dramatic one
- The compulsive helper

Character styles covered – oral (dependent), hysteric (sensitive-emotional and attracting), compensated oral (self-reliant)

Addressing the longings and nourishment barrier, sense of hopelessness, feeling of hunger and deprivation that underlie the need to cling, seek attention, deny own needs and caretake others. Creating space to grieve what was lost, to experience the nourishment and attention that is available.

## 3. RISKING WHAT'S REAL : FROM CONTROL TO LETTING GO

Looking at:

- The control freak
- The stubborn person
- The passive aggressive one
- The deceiver and charmer
- The blamer
- The compliant person

Character styles covered – masochistic (burdened), psychopathic 1 (tough), psychopathic 2 (adaptive, deceptive, seductive)

Addressing the feeling of being trapped, sense of being criticised, feeling of shame, that underlie the need to dominate, resist, blame, lie, and over-adapt. Honouring and accepting vulnerability, making space for the direct, spontaneous expression of what is real, including love and anger and asking for what is needed.

A comprehensive book on character styles will be given out.

# REGISTRATION



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### Workshop

In and Out of Character: From Protection to Connection

Jules Morgaine, Hakomi Trainer, Hakomi Institute, NZ

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### Venue

Moonee Ponds Mind Body Health Centre

21 Gladstone St, Moonee Ponds, Vic. 3039

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### Registration Costs

Per Workshop: \$695 (full fee) or \$425 (student fee)

Early Bird: \$525 (by October 18th 2010 and March 1st 2011, respectively)

Limited scholarships available on application.

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### Application Form

Name .....

Address .....

Contact Number .....

Email Address .....

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### Payment

Payment Amount .....

**Cheque** Payable to Raelene Bartram, Hakomi Account

**Direct Deposit or EFT (Westpac Bank, North Essendon)**

Account Name: Raelene Bartram, Hakomi Account

Account Number: 272900 BSB: 033-068

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### Send Application Form To

Raelene Bartram, 56 Hayes Rd, Strathmore, VIC 3041

Enquiries: Raelene Bartram 0413 816 610 OR < raelene@hakomi.com.au >