

Seattle Hakomi Education Network

Experiential Method Criteria for Skillfulness and Certification

Self and coaching evaluation criteria checklist

Ability to sustain and demonstrate an attitude of loving presence in keeping with the spirit of Hakomi

Evidence of healthy self awareness and effective use of personhood skills

Ability to sustain a focus of attention in present moment experience

Ability to keep client in present moment experience

Ability to respond appropriately and effectively to strong emotions

Ability to recognize opportunities and timing to go for meaning

Ability to recognize and respond appropriately to a need for a nourishing experience

Ability to recognize the dynamics of a system and “jump out of the system”

Evidence of the ability to track and influence the client’s state of consciousness

Evidence of appropriate hypotheses regarding client’s model of self

Evidence of appropriate hypotheses regarding client’s models of the world

Effective use of probes (offerings) to make conscious any limiting beliefs

Effective delivery of probes (offerings) including tracking the client’s reaction

Demonstration

of the ability to track client's verbal expression

of ability to track a client's nonverbal expression

of the effective use of contact statements and acknowledgments

of directing the therapeutic process through accessing techniques

of effective and appropriate use of taking over techniques

of the ability to recognize and adapt to unconscious needs

of an experimental attitude and effective use of little experiments in mindfulness

of timely interventions to go for meaning

of a sustained focus on "what wants to happen here"

of skillfulness in stabilizing and integrating the therapeutic experience

of skillful and appropriate pacing and completion of the session