

## Seattle Hakomi Education Network Peer Evaluation

Client \_\_\_\_\_ Therapist in training \_\_\_\_\_

Coach \_\_\_\_\_ Date \_\_\_\_\_

### Therapist's Attributes:

1. Compassionate
2. Present
3. Patient
4. Calm
5. Attuned
6. Respectful
7. Curious
8. Creative
9. Humorous
10. Comforting

### Client's Attributes:

1. Willingness to self-study
2. Ability and willingness to stay with and name present experience
3. Ability and willingness to self-notice (mindfulness), especially the...
4. Ability and willingness to notice and report reactions to experiments
5. Ability and willingness to engaged with therapist, to accept attunement and to consider suggestions.
6. Willingness to ask for what they need, etc.

### Components of the Hakomi Method:

1. Tracking
2. Contacting
3. Finding indicators
4. Offering and doing experiments, like...
5. Doing probes and...
6. Taking over
7. Supporting mindfulness
8. Offering and giving nourishment
9. Following signals and clues given by the adaptive unconscious
10. Being silent when appropriate