

## ***Articles, Books, Research related to Hakomi Therapy***

### ***Hakomi Research Related Materials***

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### ***Dissertations and Theses Dealing with Aspects of Hakomi Therapy***

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- Williams, Paris. (2011). A Multiple-Case Study Exploring Personal Paradigm Shifts Throughout the Psychotic Process from Onset to Full Recovery. Ph.D. dissertation, Saybrook Graduate School and Research Center.

- Jess Helle-Morrissey. (2010). *Profound Wholeness: A Client's Experience in Hakomi Mindfulness-Based Somatic Psychotherapy*. MSW and Holistic Health Dual Degree Clinical Research Paper, School of Social Work and Department of Holistic Health Studies, St. Catherine University & University of St. Thomas, St. Paul, Minnesota.
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- Inge Mylle Myllerup. (2000). *From Mind Body Fragmentation to BodyMind Wholeness*. Cand. Psyk. Afhandling (Dissertation), Institute of Psychology, University of Aarhus, Denmark.
- Gregory J. Johanson. (1999). *Making Grace Specific: The Renewed Chapter of Spirituality in the History of White, Mainline, Protestant Pastoral Care in America*, Ph.D. dissertation Drew Graduate School, Madison, NJ, 1999. (UMI Microform 9949072)
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### ***Evidence for the Effectiveness of Body Psychotherapy of Which Hakomi is a Subset***

#### ***A. Articles Reviewing Body-Psychotherapy Research***

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- Loew, T.H., Tritt, K., Lahmann, C. & Röhricht, F. (2006). *Körperpsychotherapien - wissenschaftlich begründet? Eine Übersicht über empirisch evaluierte Körperpsychotherapieverfahren*. [Body Psychotherapy– scientifically proved? An overview of empirically evaluated body oriented psychological therapies.] *Psychodynamische Psychotherapie* 5, 6-19.
- Frank Röhricht (2009). *Body oriented psychotherapy. The state of the art in empirical research and evidence-based practice: A clinical perspective*. *Journal of Body, Movement & Dance in Psychotherapy*, 4/2, 135-156

### **B. Journal Articles (peer-reviewed) on Body-Psychotherapy Outcome (efficacy and effectiveness) Research Projects**

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### ***EABP Bibliography of Body-Psychotherapy On-Line***

**Search** the new on-line version of the EABP Bibliography of Body-Psychotherapy, a database with over 4,000 listings of various types of Body-Psychotherapy publications: Just type 'Research' (or any other key word) into the 'Search' box on the EABP website. There are listings for: Chapters & Books, Journal articles, Conference reports, Theses & dissertations, Film/tapes/video, and Websites.

## ***Books by Hakomi Authors***

### **Pre-publication praise for:**

#### ***HAKOMI: Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice Weiss, H., Johanson, G. & Monda, L. (Eds.)***

NY: W. W. Norton, 2015

ISBN 978-0-393-71072

*A powerful compendium of Hakomi philosophy and body techniques that wonderfully highlights the fact that body work is fundamentally mindful and always had been well before mindfulness rose to popularity. I highly recommend this to all readers interested in what life is all about and how to make its possibilities realized.*

**Albert Pessa** Author of  
*Experience in Action. Psychomotor Psychology*

*“This anthology (textbook) is indeed destined to be a landmark volume, not only in the advancement of the healing arts of Hakomi, but also in the wider fields of somatic psychology and bodymind therapy. The articles presented here are not only clearly written, deeply thoughtful and readily accessible to both student and seasoned practitioner, but comprise a beautiful balance of theory and clinical practice, of philosophical grounding and therapeutic application. In short, this volume is invaluable and definitely one of the top ten “must read” books for anyone committed to mindfulness and somatic psychotherapy.”*

**Barnaby B. Barratt, Ph.D., DHS**  
Former, Professor of Family Medicine, Psychiatry and  
Behavioral Neurosciences at Wayne State University.  
Author of, *The Emergence of Somatic Psychology and Bodymind Therapy*  
and *Psychoanalysis and the Postmodern Impulse*

*I strive to understand the meaning infants make of themselves in the world, meaning made without reflection or symbols but simultaneously with every level of their being (metabolic, immunologic, physiologic, stress regulatory, emotional, behavioral). These*

*multilevel meanings are then dynamically integrated into polymorphic bundles of meanings which make up infants' states of consciousness. In reading this volume about Hakomi I find myself thinking that it aims to bring infant multi-level meaning making processes, which we all still possess, into the co-creative exchange of adults who now have expansive capacities for mindfulness, reflection and symbolization, while trying at one and the same time to overcome these adult capacities' tendency for imperialist dominance and constriction of somatic multilevel experience. Thus this book is a challenge to each of us both personally and professionally as we try making meaning of our own changes and therapeutic change processes. Taking on its challenge is more than worth the effort.*

**Ed Tronick, Ph.D.**, University of Massachusetts Boston,  
Director of the Infant-Parent Mental Health Program,  
and author, *The Neurobehavioral and Social Emotional  
Development of Infant and Children*, Norton Press, 2007.

*The field of psychotherapy has just been substantively enriched by the publishing of this impressive book. (title of book) gracefully navigates the very tricky task of multiple authors, gifting us with an elegant symphony of voices that thoroughly and thoughtfully communicate what is involved in powerful healing experiences. The authors also skillfully connect the legacy of Hakomi's founder, Ron Kurtz, with important emerging developments from a wide range of disciplines, such as neuroscience, attachment theory, emotional regulation, stress and trauma, and evidence-based practices. Both scholarly and easily accessible, this book can be read by anyone interested in a comprehensive overview of mindfulness, the body's role in healing, relational repair, and unraveling past imprints in order to engage in the present moment with embodied attention and action. I highly recommend it, and will ask all my students to read it, as it captures all the important essentials of the journey from 'just managing' to holistic well-being.*

**Christine Caldwell, Ph.D., LPC, NCC, ACS**  
Founder and faculty in the Somatic Counseling Psychology Program  
Naropa University, Boulder, CO, USA  
author, *Getting Our Bodies Back*

**Read this book!** *In this era of cookie cutter therapy "Hakomi" stands head and shoulders above the fray. Dr.'s Weiss, Johanson, and Monda have assembled a masterful collection of writing about the Hakomi method, which distinguishes this approach to healing from many other works.*

*The contributors have related the Hakomi method to how this healing approach is being illumined by current psycho-neuro-biological research. There is a reason why this approach to healing is so powerful, and the research of medical science is illustrating it!*

*The beauty of this volume is its emphasis on the: 1) integration of a strength-focused perspective. People are not problems. They are stories and struggles that need to be heard and allowed to heal; 2) the importance of the therapist state of presence as essential to the healing experience. There is much a therapist can learn regarding how the therapist is not separate from the process, rather her presence is what facilitates the healing; and 3) mindfulness is an experience that empowers the healing process, not merely a technique to be used indiscriminately. This book respects the practice of mindfulness with great reverence. The way mindfulness is utilized here, maintains its integrity as a profound experience that reconnects the person (client and therapist) to their true and common humanity. It is when an individual feels truly joined by another on*

*their healing journey that the depth of healing is realized. Weiss, Johanson, and Monda, and the contributing authors have elegantly captured this essence!*

*The Buddha, Milton Erickson, Carl Whitaker, Gandhi, and of course, Ron Kurtz, et al. are all smiling down upon us as their wisdom regarding the nature of the human condition and what is necessary for true healing and wholeness is not being forgotten!*

**Thomas Roberts, LCSW, LMFT**  
author, *The Mindfulness Workbook*

*This book has finally arrived! The Hakomi Method is one of the earliest efforts to integrate mindfulness into therapy, beginning in the 1960's. It is a fascinating approach that includes body awareness, investigation of core beliefs, compassionate presence of the therapist, embracing the unconscious, and collaborative investigation. A unique contribution of Hakomi to mindfulness-oriented therapy is the emphasis on exploring the structure of the personal "self" and the causes of its suffering. This book is comprehensive in every way—historical background, theory, method, interventions, case illustrations, clinical applications—and deserves to be read by anyone seriously interested in psychotherapy and its many, wonderful expressions.*

**Christopher Germer, Ph.D.**  
Clinical Instructor, Harvard Medical School  
Author, *The Mindful Path to Self-Compassion*  
Co-Editor, *Mindfulness and Psychotherapy*

*With its combination of psychodynamic, experiential, somatic and mindfulness approaches, Hakomi therapy was integrative and mindfulness-based long before these orientations became popular. This book provides both a fine introduction and overview to this intriguing therapy.*

**Roger Walsh M.D., Ph.D.**  
University of California Medical School,  
Editor, *The World's Great Wisdom:  
Humanity's Heritage of Timeless Teachings*  
Author, *Essential Spirituality:  
The 7 Central Practices to Awaken Heart and Mind*

*I started "HAKOMI" wondering if I would just be learning about mindfulness as has often been expressed by therapists turning East. What I found instead was a profound complex depth of understanding of human self and the healing process rooted in the wisdom of Lao Tzu and nothing has been lost in how these authors translated Taoism into the world of psychotherapy. Reading of works by these authors evoke image of Chuang Tzu's dream of a butterfly that cuts through the Cartesian heaviness of linear logic. The image of therapists exploring the unconscious through the body and gestures with non-judgmental awareness of the self is refreshing. But more so, it offers as a critique of the current world operated on the capitalistic assumption. Hakomi is much more than a therapeutic corrective of what has gone wrong. It is a way of being in this complex reality. It is philosophically and existentially therapeutic. "HAKOMI" is provocative, informative, and simply refreshing for shepherds of the souls.*

**Siroj Sorajjakool, Ph.D.**  
Professor of Religion, Psychology, & Counseling  
Loma Linda University  
Author, *Do Nothing: Inner Peace for Everyday Living*  
*Wu Wei, Negativity and Depression: The Principle of Non-Trying*

*This book presents a thorough depiction of the theory and praxis of Hakomi. It highlights Hakomi's foundational principle of mindfulness - way beyond popular trends – while describing active and skilful practices to work with engrained psychological and physiological structures. This text documents Hakomi's elegant interweaving of somatic explorations, emotional and attachment dynamics, neurophysiological undercurrents, and patterns of meaning making - hence a powerful road to integrate aspects of the personal self, while touching into the depth of being. It provides an introduction for the lay person, a textbook for the student, and a reference book for the clinician.*

**Theresa Silow, Ph.D, LPCC,**  
Director, Somatic Psychology Program  
JFK University, Pleasant Hill, California

*Hakomi is a treasure trove of therapeutic wisdom gleaned from a wide spectrum of orientations that represent the best that psychology has to offer. This textbook will be a fountain of knowledge for therapists of all persuasions.*

**Louise Sundararajan, Ph.D., Ed.D.**  
Past President of APA Div. 32, Society for Humanistic Psychology

*In encountering "Hakomi" the reader will encounter far more than simply a handbook on somatically-mindful psychotherapy. Beyond its sheer comprehensiveness one gains an interdisciplinary and supremely practical therapeutic resource that is profoundly wholeness-affirming and fully personhood centered! I suspect it will become an invaluable resource for clinicians for years to come.*

**William S. Schmidt, Ph.D.**  
Loyola University Chicago  
Author, *The Development of the Notion of Self:  
Understanding the Complexity of Human Interiority*

***Weiss, Johanson and Monda have,** after a long and what must have been quite complicated labor, brought forth a deeply rich volume reflecting the best of Ron Kurtz and the Hakomi Therapy that is his legacy. As a practitioner and teacher of body psychotherapies for almost 40 years, I have watched Hakomi grow and proliferate over most of that time. Kurtz is unusual among early body psychotherapy leaders in that he has clearly encouraged his faculty as well as his students to think for themselves and add their unique contributions to his. This volume reflects a deep emotional-spiritual orientation reflected in interfaces with neuroscience, mindfulness practices, systems theory, and object relations, etc., as each of the 28 chapters takes on an aspect of that interface. A rare combination of theoretical and case material makes it intellectually stimulating and at the same time delightfully enlivened. Described variously as a textbook and a reader in Hakomi, it is a path breaking compendium. And, it even includes a glossary, an index, and lots of meaty references. I hope that other modalities of body psychotherapy will shortly follow this auspicious lead.*

**Jacqueline A. Carleton, Ph.D.**  
Editor: *International Body Psychotherapy Journal:  
The Art and Science of Somatic Praxis*

*This essential collection presents the work of Hakomi in a clear light and illustrates the threefold effective integral path of a scientific attitude, heart presence that takes deep interest in another person, and skilled attention to the body's wisdom. The author-practitioners herein describe a method that is healing for the therapist as well as the*



*client, a method that is deceptively simple, yet infinitely complex in subtlety, thus providing a lifetime of learning.*

*I and many of my graduate students have experienced the therapeutic work firsthand of these authors. I know them to be fully present and to practice what they preach and walk their talk. Among dozens of somatic psychology approaches that I have practiced and taught students over the years, I place Hakomi's effectiveness at the top. It requires mutual transformation of both therapist and client. The pages inside this cover are gems. Anyone who wishes to serve another in self-development will find easy-to-read ideas that work. In a world of increasing stimulation, Hakomi provides a healing balm. I am grateful to have such a resource.*

**Edmund Knighton, Ph.D.**

Associate Professor, Department Chair  
Clinical Psychology, PhD & MA Programs  
Somatic Psychology Concentration  
The Chicago School of Professional Psychology

*Like Hakomi itself, this exemplary book brings a clear attentive focus on the present moment with a deep understanding of how the past informs the present. From the early development of Hakomi to current innovations, it offers a comprehensive guide to a psychotherapy modality that artfully balances mindfulness, embodied awareness, and compassion into a process of facilitated self-study. Students of somatic psychology will find it an invaluable resource in understanding one of the finest body-centered psychotherapy approaches yet developed, and seasoned clinicians will appreciate having such a thorough and sophisticated explication of Hakomi theory and practice. This book deserves a place on the reading list of any practitioner, trainer, or researcher interested in learning more about how mindfulness and embodiment can be integrated into a process of personal development and therapeutic change.*

**Rae Johnson, Ph.D., RSW, RSM**

Associate Chair of the Somatic Studies Concentration in Depth  
Psychology at Pacifica Graduate Institute. Former Director of  
the Body Psychotherapy Program at Naropa University

### **Praise for Hakomi Therapy**

*"Hakomi presents some astounding methods for getting to core material. It is well grounded in theory and revolutionary in its results."*

— **Association of Humanistic Psychology**

*"Hakomi is an excellent system for learning key emotional intelligence skills."*

— **Daniel Goleman,**  
author of *Emotional Intelligence*

*"Hakomi has been a major force in promoting mindfulness in psychotherapy."*

— **Babette Rothschild, M.S.W.**  
author of *The Body Remembers*

*"Hakomi is the absolute cutting edge of modern therapeutic technique."*

— **John Bradshaw**  
author of *Bradshaw on The Family*

*“A visionary contribution in bringing mindfulness to our therapeutic community.”*

— **Daniel Siegel, M.D.**

author of *The Developing Mind*, and *The Mindful Brain*

***HAKOMI: Mindfulness-Centered, Somatic Psychotherapy:  
A Comprehensive Guide to Theory and Practice***

edited by

**Halko Weiss, Greg Johanson, & Lorena Monda**

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**Pat Ogden with Janina Fisher. (2015).**  
***Sensorimotor Psychotherapy:***  
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NY: W. W. Norton

**Michael Harrer, Halko Weiss.(2015).**  
***Wirkfaktoren der Achtsamkeit-***  
***wie sie in der Psychotherapie verändern und bereichern***  
(Erscheinungsdatum 21.12.2015) Schattauer Verlag

**Manuela Mischke-Reeds. (2015)**  
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**Halko Weiss, Michael E. Harrer, Thomas Dietz. (2014).**  
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San Francisco: Sky's Edge Publishing**

**Yvonne de Bruijn. (2012).  
*The Voice, the Body and the Brain - The Art of Resonance*  
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**Susanne Weik. (2011).  
*Kraftquelle Inneres Kind: Was uns nährt, tröstet und lebendig macht*  
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**Halko Weiss, Michael E. Harrer, Thomas Dietz. (2010).  
*Das Achtsamkeitsbuch Grundlagen, Anwendungen, Übungen*  
Stuttgart: Klett-Cotta**

**Roland Kopp-Wichmann. (2009).  
*Frauen wollen erwachsene Männer:  
Warum Männer sich ablösen müssen, um lieben zu können.*  
Kreuz-Verlag.**

**Ingeborg und Thomas Dietz. (2008).  
*Selbst in Führung*  
Paderborn: Junfermann**

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Saarbrücken, Germany: VDM Verlag,**

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*Mindfulness Centered Therapies: An Integrative Approach.*  
Seattle, WA: Silver Birch Press.

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*Trauma and the Body.*  
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**Fisher, Rob (2002).**  
*Experiential psychotherapy with couples:  
A guide for the creative pragmatist.*  
Phoenix, AZ: Zeig, Tucker & Theisen, Inc.

## Reviews

*“Rob Fisher has outlined an extraordinarily innovative approach to the treatment of couples. Thoughtful and provocative, his book bring together a wealth of disparate perspectives to generate a clinical framework that is altogether original.”* **David Wallin, PhD.** Co-author of *Mapping the Terrain of the Heart: Passion, Tenderness and the Capacity to Love.*

*“Rob Fisher has developed a host of effective ways to resolve gridlock by tapping into experience that the partners often don’t even know they are having. Its hard to read his new book without repeatedly thinking ‘That’s how I should be doing couple therapy’”.* **Daniel B. Wile, PhD.** Author of *Couples Therapy: A Non-Traditional Approach.*

*“Rob Fisher has performed the delicate task of integrating classical theories and techniques of couples psychotherapy with such important innovations nonviolence, mindfulness and body-mind holism. His advocacy of freeing ourselves from character strategies that cripple our capacity for relatedness rings true. Using lots of clear clinical examples, he guides the reader through experiential methods of assessing couples problems, and the experiential means to unravel them. Accessible and imminently useable, this book can be used by therapist and couple alike to plumb the depths of relational intimacy. I plan on assigning it to both my students and clients.”* **Christine Caldwell, PhD.** LPC, Director, Somatic Psychology Department, Naropa University. Editor, *Getting in Touch: The Guide to New Body-Centered Therapies*

*“Whether they want to learn a new system or to supplement their existing approach(es), therapists of many persuasions will find *Experiential Psychotherapy with Couples: A Guide for the Creative Pragmatist* to be an aptly named treasure trove. Both theoretically sophisticated and full of “how to” techniques and illustrating case examples, it’s also fun to read. I recommend it enthusiastically!”* **Michael Hoyt PhD.** Author of *Some Stories are Better than Others*, *Brief Therapy and Managed Care*, *Interviews with Brief Therapy Experts*, and *The Present is a Gift*.

*“Well written and filled with clear examples and exercises, this book offers practical guidelines to therapists interested in applying an experiential orientation to couples work and in integrating it with other schools of family therapy.”* **Richard C. Schwartz, PhD.** Author of *Family Systems Therapy*, co-author of *Family Therapy: Concepts and Methods*.

**Douglas, Leisha. (2001).**  
**Bardo & Becoming: Poems.**  
Katonah, NY: Leisha Douglas & Leslye Smith.

**Lorena Monda. (2000).**  
***The Practice of Wholeness:***  
***Spiritual Transformation in Everyday Life.***  
Placitas, NM: Golden Flower Publications.

**Review By:**  
**Basia Kruszewska, Ph.D., *Wholeness Here and Now.***

*My initial experience with this book was probably a classical example of why the author says spiritual transformation does not come easily to most people. I read the book voraciously. The prospect of the wholeness that Lorena Monda described was enticing. The concepts she spoke of were universal. In every section, I found something that resonated: Hiding your grief from your friends because they think you should be over it. Dividing ourselves into “us” and “them.” How to be ourselves while at the same time be willing to change for another.*

*But in spite of the author’s insistence that this book was intended to be used as a workbook, I skimmed or skipped through most of the exercises. I had lots of excuses: I didn’t have the time; they were for people who had never done much therapy; I couldn’t see how doing them would help me; I was already knee-deep in “real” homework. So when I closed the book it was with a deep respect for the author’s wisdom, but (not surprisingly) nothing had changed for me. For as Lorena points out repeatedly throughout the pages of this book, insight is not enough. Transformation is in the practice.*

*In the days after my first reading, I would remember a sentence, a thought, and for a fleeting moment I would again be drawn to the possibility that things could be different from what they are now. I found myself returning to a certain section, a chapter, re-reading parts that had brought tears to my eyes. And most importantly, I found myself peeking at the exercises with curiosity. Thinking, well if she’s as wise as she sounds, then*

*she must know what she's talking about when she says this book is meant to be used as a workbook...*

*So now, I am slowly, cautiously going back, and practicing. Sometimes playfully, sometimes painstakingly, but practicing. In a sense, writing this review is part of my practice of wholeness. One night, I caught myself thinking, "I'll be able to write a great review for this book when my own transformation is complete." And immediately Lorena's words came to mind: We think we'll find happiness once we work through these issues...or we complete that project...or find that soulmate. My transformation is far from complete, but practice has made me mindful of the fact that wholeness is available here and now.*

*Do the exercises if you can. But even if insight is all you're after right now, pick up this book. Reading it is a delight. Gentleness and patience are interwoven into every word. You can't help but learn to pay more attention to your body, as Lorena skillfully weaves together Oriental Medicine, Western psychotherapy, the teachings of Thich Nhat Hanh, and a deep belief in the interconnectedness of being.*

*I'm giving copies of this nourishing book to several friends*

**Paul Brenner & Donna Martin (2000)**  
***Seeing Your Life Through New Eyes:  
InSights to Freedom from Your Past***  
Hillsboro, OR: Beyond Words Publishing

**Richard Heckler (1998).**  
***Crossings:  
Everyday People, Unexpected Events, and Life-Affirming Change.***  
NY: Harcourt Brace.

**Richard Heckler (1994).**  
***Waking Up, Alive:  
The Descent, the Suicide Attempt, and the Return to Life.***  
NY: Ballantine.

**Norris, Gunilla. (1991)**  
***Being Home: A Book of Meditations.***  
New York: Bell Tower.

**Greg Johanson with Ron Kurtz. (1991).**  
***Grace Unfolding:  
Psychotherapy in the Spirit of the Tao-te ching.***  
New York, NY: Bell Tower

## Reviews



*“It takes half a lifetime to realize what all spiritual masters have taught us—that true power comes from the synthesis of opposites. Save yourself a lot of time and read this remarkable book!”* —**JOHN BRADSHAW**, author of *Bradshaw of The Family and Homecoming*

*“A joy...like breathing clear mountain air. As I read it from the viewpoint of either therapist or client, I felt safe—in a world I could trust, sure that I would be understood and have the space to grow.”* — **ALBERT PESSO**, author of *Movement in Psychotherapy, and Experience in Action*

*“a fascinating blend of Eastern spirituality, Western psychotherapy, feminist consciousness, and real caring. In a clear, gentle, and sometimes humorous voice, it speaks to us of therapy as partnership, as “being in communion” with the task of the therapist to help us be more aware of our unique individuality, our connection with all life, and —above all— our own inner wisdom.”* --**RIANE EISLER**, author of *The Chalice and the Blade*

*“easy to read, yet profound, and it is a pleasure to have Lao Tzu made so accessible and related to psychotherapy. This is a welcome focus on the yin of therapy, at a time when the expectation that therapists be doing, asserting, directing, medicating, and treating is so heavily weighted. . .I resonate with the very sensitive, gentle way (the book) attend(s) to the body and use(s) body-information to identify and amplify the therapeutic content.”* --**DELDONE ANNE MCNEELY**, author of *Touching: Body Therapy & Depth Psychology*

*“A grace-full treasury of wholistic, therapeutic gems from a wise guide of the ancient East; gently related, with illuminating clinical examples, to healing & wholeness methods for use by both clients and therapists! Balances, corrects, and complements the healing wisdom of analytic and problem-solving Western Psychotherapies!”* --**HOWARD CLINEBELL**, author of *Basic Types of Pastoral Counseling, and Well Being*

*“It’s a lovely, amazingly clear book. Only those who know therapeutic ways of working deeply from inside can describe them this well.”* --**EUGENE GENDLIN**, author of *Focusing*

*“a real gift to clients and their therapists. Full of wise teaching, this book can help us gain trust in ourselves and in the exciting process of change. Grace Unfolding is a wonderful contribution to the field of psychotherapy.”* --**GUNILLA NORRIS**, author of *Being Home, Inviting Silence, Sharing Silence*

*“a delightful tool for refreshing in the spirit of ancient wisdom.”*  
--**DAVID FEINSTEIN**, author of *Personal Mythology, and Rituals for Living and Dying*

*“a great idea...It helps bridge two great traditions in a creative way that is quite unique.”* **CLYDE RIED**, author of *The Return to Faith: Finding God in the Unconscious*

*"This wonderfully insightful book is about the process of human transformation. (It) teaches how to allow health to emerge through trust and awareness of what already is. It speaks with clarity about seeing "resistance" as a door to wholeness."* --TILDA NORBERG, author of *Stretch Out Your Hand*

*"This is **not** a typical self-help book! It is rather a gift which allows us to sink into ourselves, as non-clinging observers of our own experience. This book models a path of liberation for all of us, clients and therapists alike, inviting us to trust the flow of life and its healing."* --WILLIAM S. SCHMIDT, Professor of Pastoral Care and Counseling, St. Stephen's College of the University of Edmonton

*"Its quiet voice, wise, compelling, speaking to both clients and therapists, is remarkably effective."* --DAVID LOYE, author of *The Sphinx and the Rainbow*.

*"Grace Unfolding is an inspirational book for every person in ministry and psychotherapy to read as a reminder of our true calling."* --JEANNE D. WEIKERT, *Journal of Pastoral Care*

*"Grace Unfolding has re-inspired me to listen more closely, to allow myself as both therapist and client to move only in accordance with the what is that is taking place."* --LYNN VAUGHN, *Transactional Analysis Journal*.

*"Following the simple profundity of the Tao-te ching, Johanson and Kurtz offer both client and therapist a delightful tool for refreshing themselves in the spirit of ancient wisdom."* --DAVID FEINSTEIN, Author *Personal Mythology, Rituals for Living and Dying*

*"This book is a real gift to clients and their therapists. It will help us recall that we are very human and worthy to be taken seriously, non-violently and compassionately. Both therapist and client are changed and enriched when together they can study the organization of experience. **Full of wise teaching, this book can help us gain trust in ourselves and in the exciting process of change.** Grace Unfolding is a wonderful contribution to the field of psychotherapy."* --GUNILLA NORRIS, Author of *Being Home, Becoming Bread, Journeying in Place, Inviting Silence, Sharing Silence, A Mystic Garden, and Simple Ways Toward the Sacred*.

*"I read it thoroughly and enjoyed tremendously. Grace Unfolding is excellent and should be published and delight the reading public."* --CHARLES CHU: Professor Emeritus of Chinese, Connecticut College Author (In Yale's Far Eastern Publications series) *A Sketch of Chinese Geography, Campus Talks, Ch'i Pai-shih, Contemporary Chinese Writings*.

*"I read Grace Unfolding with great interest. It is a fine piece of work. I found it **helpful in coping with everyday living**. The book certainly demonstrate(s) that the ancient Eastern wisdom is still useful in our Western society. As it said, "it is used and used but is never exhausted." I am sure that this small and charming volume*

*will receive a wide readership. . . .Please send me a copy when published.  
I would like to recommend it to my students."*

--**JUNG YOUNG LEE**, Professor of Systematic Theology,  
Drew Graduate School; Author of *The Theology of Change,  
Death and Beyond in the Eastern Perspective, An Emerging  
Theology in World Perspective*;: *Commentary on Korean  
Minjung Theology; Cosmic Religion: The Principle of  
Changes: God Suffers With Us*, and more.

*In his work on non-directive counseling about a half century ago, Carl Rogers invited therapists to rely on the innate healing power of each client. Yet we still held onto models that we must use our knowledge and wisdom to repair the broken psyche of the client. Grace Unfolding by Johanson and Kurtz helps us fine-tune our skills so that we can enable the client to feel so safe, so understood, and so accepted that his or her enormous healing power emerges in a way never before possible. This is **a breakthrough book needed by all counseling professions**. It gives a new dimension of clarity and effectiveness to a profession badly in need of improved results."*

--**KEN KEYS, JR.**, Founder: Ken Keyes College  
. Author, *Handbook to Higher Consciousness and  
The Power of Unconditional Love*.

**Kurtz, Ron. (1990)**

***Body-Centered Psychotherapy: The Hakomi Method.***

Mendocino, CA: LifeRhythm,

### **Reviews**

*"This book is an absolute must. Ron Kurtz is a healing transformation looking for a place to happen. Hakomi is the absolute 'cutting edge' in modern therapeutic technique. Kurtz belongs to the masters. Perls, Berne, Lowen, Bandler and Grindler would certainly call him brother". **John Bradshaw**, author of *Bradshaw on The Family and Homecoming**

*"In Body-Centered Psychotherapy Ron Kurtz explains how he developed this unique approach and how and why it works. I find it a beautiful expression of the partnership model: a way of healing that recognizes not only the essential partnership between body and mind but between therapist and client; that shows that inclusion, empowerment and nonviolence make it possible for us to listen to ourselves and move to new levels of consciousness".  
**Riane Eisler**, author of *The Chalice and the Blade**

*"An extraordinary book that skillfully looks into the therapy process. Ron is a master therapist and a brilliant and sensitive teacher who is able to pass on his skills to others. The simplicity clarity and humor of his writing enables the reader to easily absorb his profound insights into what makes a therapist truly effective. This book is a breakthrough in integrating principles of meditation and holism into psychotherapy and in offering many new and exciting techniques. The innovative approach*

*here is far ahead of other therapist in enabling the client  
to discover and set aside his defensive postures and  
self imposed limitations"*

**Swami Ajaya, Ph.D.**, author of *Creative Use of Emotion*.

*Hakomi is a Hopi Indian word which means "How do you stand in relation to these many realms?" A more modern translation is, "Who are you?" Hakomi was developed by Ron Kurtz, co-author of The Body Reveals. Some of the origins of Hakomi stem from Buddhism and Taoism, especially concepts like gentleness, compassion, mindfulness and going with the grain. Other influences come from general systems theory, which incorporates the idea of respect for the wisdom of each individual as a living organic system that spontaneously organizes matter and energy and selects from the environment what it needs, in a way that maintains its goals, programs and identity. Hakomi also draws from modern body-centered psychotherapies such as Reichian work, Bioenergetics, Gestalt, Psychomotor, Feldenkrais, Structural Bodywork, Ericksonian Hypnosis, Focusing and Neurolinguistic Programming. Hakomi is a synthesis of philosophies, techniques and approaches that has its own unique artistry, form and organic process.*

**Dyrian Benz and Halko Weiss, (1989).**

*To the Core of Your Experience.*

Charlottesville, VA: Luminas Press.

**Barstow, Cedar. (1985).**

*Tending Body and Spirit:*

*Massage and Counseling with Elders.*

Boulder: CO. Many Realms Publishing,

**Ron Kurtz and Hector Prestera (1976).**

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NY: Harper & Row/Quicksilver Books

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