

27. - 28. May 2018 • Villagio Globale in Bagni di Lucca, Italy

Experiential Teaching Workshop

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Beyond the Trauma - Live Your Essence

Core Evolution - Integrative • Body-Oriented • Mindfulness-Centered Therapy

The experiential and didactic work of Core Evolution® is aimed to safely access our life energy - our ultimate resource for healing. From this place a person can strengthen healthy self-regulation.

We are born as pulsating human beings with the gift of expressing our life freely. Under difficult or traumatic conditions however, our system reacts with more or less successful adaptations. These processes can then result in chronic stress patterns which influence how we organize and express ourselves and how we process traumatic events. Knowing how to change these patterns allows us to access our essential being and move toward a fulfilling life.

In this workshop we explore and learn about:

Somatic Awareness and the Practice of Mindfulness

How do we structure our experiences on the level of our body, feelings, thinking, mind and in directing our will to realize our potential?

Explore the Matrix of Grounding

The Core Evolution concept to stand on the ground and feel connected to the Universe and to all existence.

Dealing with Difficult Feelings, including shifting of traumatic experiences

Difficult feelings are often perceived as stress. If they become overwhelming, they can become traumatic stress. This can lead into a chronic condition that can effect mood, behavior and health, therefore, it is good to connect with your resources and feel empowered to shift these patterns.

Repression of Expression can cause Depression™

What was the personal dynamic that could not be expressed and lived? Which consequences did this have in the body-mind-field and what attitude and behavior resulted out of it? This is also where we differentiate Shock- or Developmental Trauma.

How does the Personal History Become Visible?

In your personal development you formed inner working models, that influence your emotions, body reactions, thinking, behavior and beliefs. In the work of Core Evolution we call them Personality Reactions Patterns™.

You are guided to feel, see and understand these energetic patterns and how they manifest. This enables us to become aware of the life story in a person.

Find more in-depth material in our 10-page curriculum for the training in Core Evolution.

Core Evolution Interventions

Learn, how you can facilitate physical, emotional and conceptual integration and how a new 'earned' attachment style can be developed on a safe ground that can establish healthy boundaries and can lead to a more fulfilling way of relating.

The Resonance with the Flow of Life is then perceived as a state of love, from where we express heart communication, empathy, authenticity and aliveness.

Neuroscience and our own research document, that a body-oriented approach is very effective. That is why it is now more and more utilized in Trauma work, Mindfulness and other movements. Dr. Gerken is a pioneer in this field and teaches for over 40 years the integration of the body, feelings, thinking into the therapeutic and healing process.

This seminar is designed for participants who feel ready to step out of the cycle of restrictions in their life and for practitioners who want to bring an integrative body-oriented and mindfulness-centered dimension to their work.

Find out how Core Evolution, can benefit any life-situation and profession!

"Your blend of professional competence, powerful interventions, sensitive care, personal dynamic, humor and lightness has been the most influencing source for my own way of working with individuals and groups."

- Joar Skjevdal, MA Civil Engineer, MA Psychologist, Senior Consultant

For registration please contact Villagio Globale info@villaggioglobale.eu

As part of their Master-program but also open to public enrollment
