



26. + 27 May 2019 · Villagio Globale in Bagni di Lucca, Italy

**Experiential Teaching Workshop**  
with Siegmar Gerken, Ph.D.

## **Beyond the Trauma - Live Your Essence**

### **Core Evolution**

**Integrative · Body-Oriented · Mindfulness-Centered Therapy**

In his Integrative Trauma Therapy Training you will learn the interactive approach in recognizing and differentiating the multi-layered tapestry of traumatic experiences.

Traumatic situations in early or later phases of life can have a strong influence on the forming forces in the personal development and the coping mechanism of how a person lives the daily life. Traumatic experiences are then often becoming 'frozen patterns of history'. These patterns manifest on the emotional, somatic and cognitive level of our life and limit our capacity for harmonious self-regulation, secure attachment, deep contact to ourselves and to the natural free expression of ones life-force.

Neuroscience and our own research documents, that a trauma is not just held in the brain, but in the whole Body-Mind system. Therefore we provide an expanded understanding of the field of Trauma Therapy including Neuroscience, Mindfulness, somatic processing and resource activation to address *individual, family, generational, intergenerational, national and collective Trauma*.

**In this workshop we explore and learn about:**

**Somatic Awareness and the Practice of Mindfulness**

**Explore the Matrix of Grounding**

**Dealing with difficult feelings, including shifting of traumatic experiences**

**Repression of Expression can cause Depression™**

**How does the Personal History Become Visible?**

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.)*

**The Core Evolution Integrative Trauma Therapy** provides the ground for a life-affirming direction of one's personal energy and the rediscovery of personal interests and meaning in life.

Dr. Gerken is a pioneer in this field and has taught for over 40 years the integration of traumatic experiences 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.

*"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](mailto:info@villaggioglobale.eu)**

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

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