



Core Evolution Trainings®

October 11 - 13, 2019 Zagreb, Croatia

October 25 - 27, 2019 Lisbon, Portugal

**Integrative Body-Oriented and Mindfulness-Centered Psychotherapy and Consulting™
In the field of Humanistic, Somatic, and Transpersonal Psychology**

Directors of Trainings: Siegmar and Cornelia Gerken

**The International Institute for Core Evolution & CoreSoma is an
accredited Institute by the EABP and EAP**

Core Evolution is recognized as a scientific modality by the European Association for Body-Psychotherapy (EABP) and by the European Association of Psychotherapy (EAP). A complete training in Core Evolution leads to certification in Integrative, Body-Oriented and Mindfulness-Centered Psychotherapy, which allows to become a full member in the EABP and to apply for the European Certificate of Psychotherapy (ECP).

The Training is held in English with translation if needed.

Core Evolution explores and works with:

- The physical body – its structure, and the dynamic expression through movement;
- Emotions and Feelings – how we process our inner and outer impulses;
- The Mind – in understanding, knowing, being aware and structuring our thinking;
- The Will – the faculty that gives energy its direction;
- Expanding the limitation of the personality, realizing choices;
- Forming our intentions in life, accessing insight, inspiration and vision;
- Practice in Being – Awareness and Mindfulness;
- The Field of Consciousness – allowing us the perception of the totality of existence, which is perceived and expressed as the flow of love and experienced as essence, unity and oneness.

Core Evolution theory and practice:

Developed out of our experience and insights as well as from the following approaches:

- Depth-psychology and body-oriented therapy, with individuals, couples and groups
- Gestalt, Somatic, Humanistic, Transpersonal, Existential and Integral Psychology
- Attachment and Bonding Theories, our own Trauma Research and Theories
- Family systems, family therapy and work with constellations
- Affective, cognitive and social neuroscience and the development of the social brain
- Behavioral approaches and Systems Theory
- Eastern and Western Teachings and Shamanic Approaches
- Psychosomatics, Subtle Energies and Dreams
- Our own original research on the energetic dynamics of emotional and somatic processes.

Core Evolution teaches many therapeutic tools for transformation to:

- Find the inner ground of knowing yourself and relate to others from this true self;
- Safely move patterns of protective withholding into enriching creativity;
- Guide the expression of feelings in a safe and mindful way;
- Increase the capacity for self-regulation and further emotional independence;
- Explore, understand and if needed restructure the many aspects of Self;
- Deepen the trust in life and support the unfolding potential of a person;
- Embody your spiritual nature;
- Center in Mindfulness.

Our theory is at the cutting edge of science. Our psychodynamic experiential practice is based on over 40 years of experience.

The essential teaching of Core Evolution is integrative. We unify knowledge and intuition, science and the wisdom of the heart, psychology and philosophy. We explore the interconnectedness of life processes as they manifest in the unity of body, emotions, mind, will, and consciousness.

Certification is in *Core Evolution*®

Integrative Body-Oriented and Mindfulness-Centered Psychotherapy and Consulting

International-Croatia-Slovenia Training

October 11 - 13, 2019

The training is assisted and organized by:

Jagor Tomašević, pozitivnanamjera@gmail.com, phone (+385) 99 4410257

International - Portuguese Training

October 25 - 27, 2019

Training organized by Jaime Maers, jaimemears@gmail.com, +351 9390 63186

Please inquire for the detailed 10-page curriculum and further information:

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