

**Train in a Certification Program with
Pioneers and Leaders in the Fields
of Somatic, Humanistic and Transpersonal Psychology!**



**New Core Evolution® Slovenia/Croatian Training
beginning in Zagreb: 14. - 16. September 2018**
(in English with translation if needed)

Directors of Trainings: Siegmar and Cornelia Gerken
Integrative Body-Oriented and Mindfulness-Centered Psychotherapy and Consulting™

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.

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.

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.

Since experience has shown, trainees in Croatia and Slovenia speak very good English. Thus we encourage interested people from all other European countries to also enroll in this training. Another European Training in Core Evolution will begin in 2019.

Certification is in Core Evolution®

Integrative Body-Oriented and Mindfulness-Centered Psychotherapy and Consulting

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

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Early enrollment specials available for all Trainings.
