

# Core Evolution® Professional Trainings

Integrative Body-Oriented and Mindfulness-Centered Therapy and Consulting

Begin in October 2018 in Marin, California

A Certification Program with Pioneers and Leaders in the Field of Somatic, Humanistic and Transpersonal Psychology

Directors of Trainings: Siegmar and Cornelia Gerken

## 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 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 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.

*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.*

## Body-Wisdom, Emotional Regulation and Self-Realization Workshops

July and October, 2018  
in California

These workshops are for participants who want to expand their consciousness and choices in life and for practitioners who want to bring an integrative body-oriented and mindfulness-centered dimension to their work.

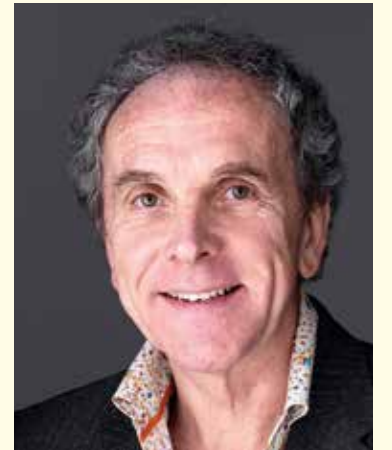
To inquire for our comprehensive 10-page curriculum and further information: [Info@CoreEvolution.com](mailto:Info@CoreEvolution.com)

## Who we are

With over 40 years of teaching experience, we are pioneers in the field of Body-Oriented Mindfulness-Centered Therapy, Somatic, Humanistic and Transpersonal Psychology, with expanded studies in psychodynamics and behavioral approaches. Teaching at the cutting edge of research and the application in our field, we search to touch the essence of a person with competence, love and joy, supporting the full potential to be realized.

**Siegmar Gerken, PHD, ECP** studied psychology, education and anthropology. He is on the faculty of the JFK University Somatic Psychology Department, the Esalen Institute, and the Behavioral Therapy Training Institute in Hamburg. He teaches at universities and private institutes worldwide, on the interconnectedness of psychosomatic processes as they manifest on the levels of body, emotions, mind, will and consciousness. His research in energy field documentation with Prof. F. Popp on psycho-emotional states opened new horizons to scientists and practitioners. He is co-founder of the Scientific Committee of the EABP. Dr. Gerken is a lecturer, therapist, trainer and supervisor.

He also leads the specialized **Core Evolution Trauma Trainings; Management Teaching in Authority and Leadership and the Energy & Consciousness Programs™ for Applies Psychology, Spirituality and Science.**



**Cornelia Gerken, CMP, ECP** completed her university studies in Göttingen, Germany with a degree in education and further studies in psychology. Cornelia integrates different psychosomatic and psycho-spiritual approaches. She developed her own synthesis, CoreSoma, which looks at somatic reality as the foundation of our lives. In her work she shares her compassion and joy for life, bringing a deep presence of the feminine. Cornelia is also a dancer and artist. With her husband she is the Co-Founder and Co-Director of the International Institutes. Cornelia & Siegmar have been married for 42 years and have three adult children. **Cornelia is especially known for her women's workshops: Empowerment • Freedom • Maturity; her Awaken Your Body-Dream-Process™ and her teaching series in the specialized program of CoreSoma®**

## In Core Evolution we work with all topics that the process of life brings. This addresses:

- **Physical health** – a general healthy condition of movement, functioning of the organism, good sleep, dynamic energy condition, and other, et al.;
- **the Psychological level** – feelings, thoughts, learning, body-expression, behavior, self-esteem, et al.;
- **the capacity to act and be creative in life** – being able to integrate developmental trauma and other trauma, experience of joy and flow, et al.;
- **Social connections** – meaningful personal and professional relations; supportive contact and touch, developing the capacity for nourishing sexual exchange, et al.;
- **Living and natural environment** – freedom, physical and financial safety, healthcare, protection of nature, et al.;
- **Spiritual realization and freedom of religion**

## Many streams contribute to a sense of 'Quality of Life'.

If you want to deepen your search or discovery in life or want to find more creative answers and dynamic integration for personal or professional questions or decision making processes concerning your quality of life, we are available for private consultations worldwide online, in our international teachings or in our practice in Mendocino and San Rafael, California.

*Global peace and individual joy, Cornelia and Siegmar Gerken*



International Institute for Core Evolution® and CoreSoma™

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