



# Core Evolution® Professional Trainings

Integrative Body-Oriented and Mindfulness-Centered Therapy and Consulting

**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.***

Certification is in Core Evolution® – Integrative Body-Oriented and Mindfulness-Centered Psychotherapy and Consulting

***Please inquire for our comprehensive 10-page curriculum and further information:***

*Info@CoreEvolution.com*

December 7+8, 2017 in Ljubljana, Slovenia or Zagreb, Croatia

## Professional Introduction to Core Evolution

For all people who are still interested in the professional [Training in Slovenia/Croatia](#) and who have not participated in any professional introduction. You can then still join the training December 8–10, 2017. After this meeting the training will be closed.

You can also just participate in this introduction without joining the training.

**Times: December 7 (10.00–20.00) + December 8 (9.00–13.00)**

**Fee: Euro 210.-      Place: will be announced with registration**

---

## International European Professional Core Evolution Training

Our next Training with participants from different European countries begins 15–18 November 2018. Please get on the list for further updates and details.

Since almost everyone has to fly, we usually meet at warm, nice, economic places for 4–6 days and with that also accelerate the time of training.

*Please inquire for our 10-page comprehensive curriculum.*

---

## Core Evolution Trauma Trainings

**An Integrative, Body-Oriented and Mindfulness-Centered Approach**

1-year specialized Trauma Trainings (4 x 3 days or 3 x 4 days) are held in different parts of Europe and can also be coordinated for Organizations or Training Institutes.

*Please inquire for our specialized curriculum.*