

REALIZE YOUR
POTENTIAL
DEEPEN YOUR
LIFE PROCESS

ADVANCE
YOUR
PROFESSIONAL
COMPETENCE



CORE
EVOLUTION®
&
CORESOMA®

T R A I N I N G S
W O R K S H O P S
R E S E A R C H

USA
EUROPE



DIRECTORS

www.CoreEvolution.com

SIEGMAR GERKEN PH.D.
CORNELIA GERKEN ECP, CMP

*A Relational,
Psychodynamic,
Body-Oriented
Therapy,
Life Coaching
and
Teaching System*

*An Innovative,
Professional
Approach to
Whole Person
Psychology
Based on
Mindfulness,
and Rooted in the
Essence of Being*

CORE EVOLUTION[®]

CORE EVOLUTION is a professional analytic and body-oriented therapy, life coaching and teaching system. Its foundation is the comprehensive understanding that essence and life energy is expressed through our Core – the center of the individuated universal life energy, a wellspring of healing, joy, creativity and wisdom.

CORE EVOLUTION is based on:

- ♦ contemporary scientific research on the interaction of body and mind
- ♦ the therapeutic foundations of relational, emotion-focussed, body-oriented psychotherapy
- ♦ family systems
- ♦ developmental theories of bonding and attachment
- ♦ its own research-based approach to Trauma Therapy
- ♦ incorporating Western and Eastern teachings

CORE EVOLUTION unifies knowledge and intuition, science and the wisdom of the heart, psychology and philosophy. It explores the interconnectedness of life as it manifests in the unity of body, emotions, feelings, mind, will and the field of consciousness.

CORE EVOLUTION provides the basis for a deeper understanding of the dynamic interrelationship of energy and consciousness, how they affect our personal development, the formation of our personalities, as well as our interactions with others and the world, thus influencing our perceptions of reality.

CORE EVOLUTION honors the integrity and wholeness of the person, approaching each individual with mindfulness, empathy and compassion.

*Whenever a thought is perceived or a feeling is felt,
we experience it in the somatic realm.*

– SIEGMAR GERKEN





Life expresses itself in pulsation.

Pulsation is movement.

Movement is change.

Life is continuous change.



Life expresses itself in rhythmic pulsation. A state of emotional and physical wellbeing derives from rhythmic harmony and a balance of self-regulation. When we sense an intrusion into our integrity, we seek to protect this harmony, this state of safety and wellbeing with energetic withdrawal and its corresponding cellular contraction. Often this is expressed in ♦ restricting our breathing ♦ increasing the muscle tension ♦ withholding of our emotional expression and our authentic self ♦ altering our actions and decisions – thus affecting our intra- and interpersonal perception and communication.

It is natural that we protect our essential Being. However, as a chronic condition this will limit the life expression of a person, and compromise resilience. Once a protective pattern is established, every new experience can become colored by the past and will form reaction patterns accordingly. These influence one's attitude towards life and shape our behavior. We often then shy away from the expression of our inner truth, limiting our capacity of giving and receiving love.

*The biological evolution transcends itself
in the meaning we give our search for
love, truth and beauty.*

– SIR JOHN C. ECCLES (NOBEL LAUREATE OF MEDICINE)

Contemporary research about the interaction of body and mind in developmental neuroscience, pre- and perinatal psychology, attachment theories, affect regulation and the expanded observation in early childhood development and other findings, confirm decades of experiences in CORE EVOLUTION.

CORE EVOLUTION *explores and works with:*

- ♦ The physical body – its structure, form 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

On our journey toward wholeness

we walk the path of self-realization.





CORE EVOLUTION *supports you to:*

- ♦ Find the inner ground of knowing yourself and relate to others from your true self
- ♦ Open the patterns of protective withholding and emotional pain
- ♦ Express your feelings in a safe and mindful way
- ♦ Develop the capacity for self-regulation and establish emotional independence
- ♦ Explore, understand and form the many aspects of Self
- ♦ Deepen the trust in life
- ♦ Support the unfolding of your potential
- ♦ Embody your spiritual nature

The essence of Core Evolution moves insight beyond therapy. It is not about adapting or changing, but about understanding and becoming who you truly are.

CORE EVOLUTION *leads the person
to the place of healing.*

Mischka Gerken



*Love is the state in which
personal and transpersonal levels
of existence meet. Feelings of
gratitude, trust and forgiveness
form the personal ground from
which peace, intuition, wisdom,
creativity, joy, oneness and the
experience of the divine emerge.*

– CORNELIA GERKEN

CORE SOMA[®]

CORESOMA is a specialization of CORE EVOLUTION, sharing the same underlying theory and understanding with an expanded focus on:

- ♦ **DEVELOPMENTAL MOVEMENT:** Building the missing links in the developmental movement patterns, which support the integrated functioning of our body-mind interaction in our present life.
- ♦ **HANDS-ON APPROACHES:** Working with the body through direct hands-on touch, specialized psycho-emotional massages and bodywork.
- ♦ **BODYLANGUAGE:** Developing a form of dialogue, inviting the body to speak — and listening for its voices to be heard.
- ♦ **DREAMWORK:** Extending this dialogue to engage the unconscious and the higher intelligence through dreams.
- ♦ **SUBTLE ENERGIES:** Working directly with Subtle Energy Fields: The Chakra System, Color-Light, Color-Puncture and Hands-On Healing

CORESOMA's focus is to deepen into our essence and to open the capacity to love as the most profound state of being human, and making it a cellular and embodied experience.

Present research underlines the importance of our early non-verbal, but embodied experiences. Therefore working with the body directly through touch is enormously rich. There are parts of us that are non-verbal, they do not speak the language of the mind or the will. These parts rely on a different type of contact, communication, and presence in order to be heard. When acknowledged, the body often needs only awareness and mindfulness to reverse or unwind fixations created in the past. Your body then supports you, living each moment with love and pleasure.

Cornelia offers specialized workshops in CORESOMA, which can be taken independently or in conjunction with the CORE EVOLUTION Training.

*I want to express my heartfelt gratitude for your work.
The light you have tapped into is working miracles on those you touch.*

— KARYN ARMSTRONG, THERAPIST, NEW MEXICO

This training was without a doubt the most profound experience of my life.

— STACY SHARLET, DOCTOR OF CHIROPRACTIC, OREGON

THE CORE EVOLUTION TRAINING

It is a certification program taught by pioneers and leaders in the professional field of psychodynamic, body-oriented and heart-centered therapy. The CORE EVOLUTION Training is for people working with people – therapists, body-workers, teachers, consultants and other professionals.

The CORE EVOLUTION Training addresses our multidimensional reality. Its theory and practice developed out of our experience and insights from the following approaches:

- Analytic-based, emotion-centered, body-oriented therapy
- Gestalt, Humanistic, Transpersonal and Integral Psychology
- Family therapy and Systems Theory
- Behavioral approaches
- Buddhist and Sufi Psychology
- Energy and Complementary Medicine.

These essential teachings are unified into a Whole Person Psychology.

The CORE EVOLUTION Training is conducted and applied in:

- Individual and group process
- Lecture and discussions
- Exercises and creative Movement
- Meditation and the practice of mindfulness
- Inquiry into the concepts of Self
- Reading assignments
- Professional application and practice
- Supervision

The International Institute of CORE EVOLUTION • CORESOMA is an acknowledged member of the:

EABP (European Association of BodyPsychotherapy)

Forum (EABP designated group for training standards)

USABP (United States Association of BodyPsychotherapy)

AHP (Association of Humanistic Psychology)

ATP (Association for Transpersonal Psychology)

The Institute is conducting its own cutting edge research in the interconnectedness of psycho-emotional processes and their effect on the body, mind and healing.

www.CoreEvolution.com see: Foundation of Healing

www.CoreEvolution.com

THE CORE EVOLUTION TRAINING CURRICULUM

STRUCTURE OF TRAINING THE GENERAL TRAINING PHASE consists of 10 teaching units of 4 days, with 3 meetings a year. This outline of objectives and content is a shortened overview. Please inquire for the complete 9-page curriculum and further training details.

AN EVOLUTIONARY PROCESS

In the CORE EVOLUTION Training, participants will begin to recognize how their reaction patterns influence their psyche, their body, and their perception of reality.

ENERGY AND PERSONALITY, THE DEVELOPMENT OF SELF & THE EXPRESSION IN LIFE

How we move through life today is in great part the result of our experiences in our personal development.

We explore important therapeutic aspects in the fields of:

- Prenatal and developmental psychology
- Attachment theories
- Neurodevelopmental research
- Object relation theory
- Personal life history
- Functions of the ego
- Theories of personality development
- Basic principles of Somatic Psychology and body-oriented therapy.

Feeling, seeing, and understanding energy patterns and their manifestation gives us information on how we structure and mobilize our feelings, thoughts, actions and behavior. The teaching in these units includes a basic introduction to CORESOMA. www.CoreSoma.com

A DEEPER EXPLORATION OF THE RELATIONSHIP BETWEEN BODY, PSYCHE AND FEELINGS

The perception of our needs from its original state has often been compromised, therefore, training Unit V covers:

- Recognition and differentiation of needs
- Boundaries and containment
- Principles of self-regulation

CORE EVOLUTION ANALYSIS AND THE APPLICATION OF CORE EVOLUTION PRINCIPLES IN THE PROFESSIONAL REALM

- Transference and countertransference
- Stages of CORE EVOLUTION practice
- Sessions in diads and triads
- Supervised practice in the group, a.o.

VII

CORE EVOLUTION INQUIRY – A PERSONAL PROCESS INTENSIVE

Participants are guided into the CORE EVOLUTION principles of inquiry. By the end of this training unit, trainees will have gained a solid understanding of the interaction of body-mind processes. Trainees will also have a good foundation in basic therapeutic skills to practice mindful body-oriented therapy and consulting.

VIII

CORE EVOLUTION AND TRAUMA WORK

CORE EVOLUTION has developed its own body of work in relation to traumatic situations held in the human system. In facilitating CORE EVOLUTION Trauma Work you will learn the interactive approach, in recognizing and differentiating the multi-layered tapestry of traumatic experiences.

IX

PERSONALITY DISORDERS WITH FOCUS ON BORDERLINE & NARCISSISM – BASIC ANALYSIS & RECOGNITION OF DISTORTIONS. THE USE OF DSM & ICD

Our focus will be on the psychological behaviors and energetic conditions of these personality disorders. This includes the exploration of a body-oriented approach and the development of competence by understanding the possibilities of using CORE EVOLUTION techniques.

X

CENTERING IN THE CORE – RESONATING WITH THE FLOW OF LIFE

- ♦ Advanced communication skills for therapy and consulting, utilizing analysis and intuition
- ♦ Understanding Empathy ♦ Passion ♦ Compassion
- ♦ Expanding the dimensions of personal realization

The training not only was a tremendous advance in my professional career; it also contributed significantly to my personal development.

– PROF. DR. DIRK REVENSTORF, UNIVERSITÄT TÜBINGEN

The program has been a turning point in my life.

– BJORN HOLM, ACADEMY FOR LEADERSHIP, OSLO, NORWAY

My work with Cornelia and Siegmar provided dynamic integration of many years of personal growth, and I have a renewed sense of harmony and oneness.

– PATRICIA HEEB, PROFESSOR OF PSYCHOLOGY, CALIFORNIA, USA

THE CORE EVOLUTION TRAINING CURRICULUM

CERTIFICATION PHASE (CP)

STRUCTURE OF CERTIFICATION PHASE:

4 teaching units of 5 days

LOVE, SEXUALITY AND RELATIONSHIP

Love is the resonance with the flow of life. In sexuality, the whole body, feelings, and the psyche are activated. A person in love and sexual harmony communicates and creates from a place of well being, peace, joy and a sense of fulfillment. Therefore it is important to understand how we interact and relate from this place of love, sexuality and relationship.

CP
I

CORE EVOLUTION SUPERVISION & SESSION INTENSIVE

This is a unique and professional setting designed to apply interventions and practice sessions with clients to receive live supervision in the group.

CP
II

EXPANDING THE CORE EVOLUTION APPROACH IN THERAPY & HEALING

- PSYCHOSOMATICS
- PHYSICAL AND EMOTIONAL HEALTH
- DREAMS

(To read more about our investigation in this area, please visit www.COREEVOLUTION.com and go to Foundation of Healing.)

CP
III

THE UNITY OF BEING:

ESSENCE • CORE • INTENTION • POTENTIAL

Realization as a Human Being requires a body, a vessel for this journey. That is why CORE EVOLUTION is body-oriented and has developed its own methodology. The human experience moves through developmental stages – a necessary process in a physical and socially interactive world. This human process is influenced by and at the same time influences the expression of Essence. By understanding our personal life processes we reconnect with the unity of all existence in our embodied duality of being – we begin to practice unity in duality.

Today's scientific findings influence the theory and practice not only of psychology, mental health and our understanding of psychosomatic processes, but of all human sciences.

CP
IV

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 – ORGANIZATIONAL CONSULTANT/PSYCHOLOGIST

www.CoreEvolution.com

SIEGMAR GERKEN, PH.D, ECP, HP

(Psychotherapy) studied psychology, education and anthropology. He has pioneered body-oriented and heart-centered therapy and Humanistic Psychology since 1971 and is the founder of the Energy & Consciousness Programs (www.EnergyandConsciousness.com) and of CORE EVOLUTION (www.CoreEvolution.com).

Siegmar is adjunct teaching faculty at the Santa Barbara Graduate Institute at the Chicago School of Professional Psychology as well as at the Esalen Institute, Big Sur, California, the renowned Institute for the development of the Human Potential. He conducts body-oriented therapy and mindfulness-based trainings at the Behavioral Therapy Training Institute in Hamburg, and specialized Management and Coaching Seminars at Systema Management Trainings. Besides his own trainings in CORE EVOLUTION, he lectures and 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 spirit.

CORNELIA GERKEN, CMP, ECP, HP

(Psychotherapy) completed her university studies in Göttingen, Germany with a degree in education and further studies in psychology. Cornelia integrates different psychosomatic and psychospiritual 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 Institute of CORE EVOLUTION and CORESOMA.

*Love is the resonance
with the flow of life.* – SIEGMAR

*We understand our
commitment and work
of over thirty-five years
in CORE EVOLUTION
as a contribution to an
emotionally integrated,
peaceful society.*

*In our work with
individuals,
couples and groups,
professional trainings,
organizational consulting,
conflict resolution and
personal healing,
we facilitate a
deeper understanding of
our present day life issues
to raise the consciousness
and quality of life.*

*We search to touch the
essence of a person
with competence, love
and joy, supporting
the full potential
to be realized.*



*Love is the only therapy, the only truth.
Love is what we are.*

– CORNELIA



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CORESOMA®

T R A I N I N G S
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R E S E A R C H

*You can experience
CORE EVOLUTION
in lectures, introductory
workshops, individual
sessions and
personal intensives,
and in our popular
International Intensives.
See our Calendar of Events.*

D I R E C T O R S
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