Core Evolution® Training

Integrative Body-Oriented Therapy,
Somatic and Humanistic Psychology and
Whole Person Consulting

Relational • Psychodynamic • Mindfulness-Centered

Certification in: Integrative Body-Oriented Therapy – Core Evolution®

with Siegmar and Cornelia Gerken and Team

Core Evolution is based on contemporary scientific research on the interaction of body and mind, the foundations of body-oriented therapy, family systems, neuroscience, trauma theories, incorporating western and eastern teachings.

Core Evolution is a professional analytic and body-oriented therapy, life coaching, consulting and teaching system. Its foundation is the comprehensive understanding of essence, and the recognition that life energy is expressed through our Core, our essential self—the wellspring of all healing, joy, creativity, and wisdom.

Core Evolution trainings unify knowledge and intuition, science and the wisdom of the heart, psychology and philosophy, with mindfulness, empathy and compassion. We explore the inter-connectedness of life processes as they manifest in the unity of body, emotions, mind, will, and consciousness.

Core Evolution trainings uniquely encompass both teaching and personal process, which enables participants not only to study and learn but also to experience and practice the work. In experiencing the teaching, participants will develop a deeper understanding of their own growth and competence in the professional application.

Core Evolution addresses the wholeness of the person – the personal qualities and unique potential. Our work is not aimed to change who we essentially are. All life affirming qualities are there and want to be expressed through your essential being. From this trust in our inherent power of love, goodness, creativity and capacity for self-healing, we attend to the obstacles a person may face in life to freely unfold these qualities and move toward self-realization.

Core Evolution honors the essence as an inherent quality as well as a process, and attends to a person’s process with professional knowledge, care, research, competence, intuition, empathy, mindfulness and presence.

Core Evolution trainings invite participants to learn in a group of people from many walks of life and professional backgrounds who share the calling to work with others. Participants will join therapists, body-workers, teachers, leaders, consultants, and other professionals, expanding energy and consciousness and expressing as much of their human potential as possible.
Core Evolution trainings provide the basis for a deeper understanding of the interrelationship of energy and consciousness. Energy and consciousness penetrate our existence and affect our personal development, our interactions with others, and the world, influencing our perception of reality.

Recent research confirms that energy emanates from all living systems. We live in a field of energy and consciousness, which means that for each physical manifestation in the body, there is an energetic correspondence. Every human being has a particular energetic constitution based on the interaction of genetics, biology, body physiology, and his or her personal and social environment.

Core Evolution trainings address our multidimensional reality. Its theories and practice developed out of our experience and insights from the following approaches:

- Depth-psychology and body-oriented therapy, with individuals, couples and groups
- Gestalt, Humanistic, Transpersonal, Existential and Integral psychology
- Attachment theories
- Family systems, family therapy and work with constellations
- Affective, cognitive and social neuroscience
- Behavioral approaches
- Buddhist and Sufi psychology
- Energy medicine and Eco-Psychology
- Our own original research on the energetic dynamics of emotional and somatic processes.

The International Institute for Core Evolution & CoreSoma and their trainings are recognized by:

- European Association of BodyPsychotherapy (EABP)
- European Association for Psychotherapy (EAP)
- Deutsche Gesellschaft für KörperPsychotherapie (DGK)
- US-Association for BodyPsychotherapy (USABP)
- Association for Humanistic Psychology (AHP)
- Association for Transpersonal Psychology (ATP)

Professional Testimonials
The training was not only a tremendous advance in my professional career, it also contributed significantly to my personal development.
- Prof. Dr. Dirk Revenstorf, Universität Tübingen

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, Santa Rosa, California

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, Oslo

Core Evolution has pioneered the field of Integrative Body-Oriented Therapy for over 30 years. That is why practitioners from different schools and professional backgrounds come to our trainings. Participants’ previous trainings and competence find their
integration in the development of their own style of work and practice. We look forward to welcoming you.

For further information including a curriculum, training details and an application form, please contact:

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