

BEYOND THE TRAUMA REACHING INTO ESSENCE

**THE CORE EVOLUTION APPROACH TO ALLEVIATE STRESS
AND HEAL TRAUMA WITH SIEGMAR GERKEN, PH.D.**



Siegmär Gerken, Ph.D. studied psychology, education and anthropology. He pioneered body-oriented and heart-centered therapy and Humanistic Psychology since 1971.

Siegmär conducts trainings and workshops worldwide (see www.CoreEvolution.com). He trains professionals and organizations in Emotional Competence® and in the interconnectedness of psychosomatic processes as they manifest on the levels of body, emotions, mind, will and spirit.

PLEASE INQUIRE FOR THE FREE 8-PAGE
MAGAZINE INTERVIEW WITH DR. GERKEN ON
LOVE, SEXUALITY AND RELATIONSHIP.

SEATTLE, WASHINGTON

APRIL 30, 2009: LIVING YOUR ESSENCE WITH THE WILL OF YOUR HEART

CORE EVOLUTION AND THE CYCLE OF LIFE

FREE LECTURE/EXPERIENCE - 6:30 PM TO 8:30 PM

EAST WEST BOOKSHOP, 6500 ROOSEVELT WAY, NE 2 CEU'S

MAY 1, 2009: INDIVIDUAL SESSIONS / COACHING, CALL FOR APPOINTMENTS

MAY 2 - 3, 2009: BEYOND TRAUMA-REACHING INTO ESSENCE 17,5 CEU'S

\$195 if enrolled by March 30, 2009; \$245 thereafter

contact: Institute of Core Evolution at tel: (707)-937-1825 or info@CoreEvolution.com

Locally: **Aylee Welch Tel: (206) 910-9766 ayleewelch@bodypsychotherap**

The last decade of trauma research and neuroscience brought us a wealth of new insights into trauma and trauma responses. We now use this term widely for a multitude of past and present events in our life. Often however, the suffering person or the practitioner cannot differentiate shock or developmental trauma and their interwoven nature, which form a tapestry of experience. With the sole focus on a traumatic event or experience, we may lose the contact with our original pulsation of being; our dynamic resource that sustains our resilience.

The experiential work of Core Evolution is aimed to access in a safe way the withheld life energy, feelings and balance our affect regulation. From this place a person can reach again into Essence and strengthen the individual potential to move the rediscovered stream of life towards self-regulation and personal realization.

This seminar is didactic and experiential. It is aimed for people who feel ready to step out of the cycle of limitations and restrictions in their life and for practitioners who want to bring a body-oriented and heart-centered dimension to their work.

CORE EVOLUTION® TRAININGS

IN WHOLE PERSON PSYCHOLOGY AND BODY-ORIENTED THERAPY

Begin: May 18 -21, 2009 • Please inquire for additional dates.

**DEEPEN YOUR LIFE PROCESS • ADVANCE YOUR PROFESSIONAL COMPETENCE
EXPAND ENERGY & CONSCIOUSNESS • REALIZE YOUR POTENTIAL**

Core Evolution is a professional body-oriented therapy and a life coaching 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, and psychology and philosophy with mindfulness, empathy and compassion.

COMPLETE 9-PAGE CURRICULUM AND FURTHER TRAINING INFORMATION AVAILABLE UPON REQUEST.

INTERNATIONAL INSTITUTE OF CORE EVOLUTION® • CORESOMA®

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