

NEW - One-Year International

CoreSoma® Touch Training

**Explore the Integration of Somatic Psychology,
Body-Oriented Psychotherapy and Embodied Consciousness**

September 2026 to June 2027 • Zagreb Croatia

Cornelia Gerken, CMP, ECP, HP

Siegmar Gerken, Ph.D., ECP, HP



Before we have words or narrative, before we know our thoughts or even recognize our feelings, we encounter the world through being touched and through touching. Already intrauterine and especially from the moment we are born, we are received through touch—held, embraced, soothed, supported, and, ideally, placed upon our mother's body.

These earliest experiences profoundly shape our sense of safety, trust, self-regulation, and relational attunement. They become the foundation from which our sense of self, belonging, love, and participation in the larger field of life begins to emerge.

Contemporary developmental neuroscience, attachment research, and somatic psychology increasingly underline the significance of these early embodied and largely non-verbal experiences. The imprints formed at this level do not speak the language of cognition or will. They require a different mode of contact—one rooted in embodied presence, attunement, and relational experience—in order to be accessed and integrated.

As therapists, we encounter the living expressions of these early developmental imprints every day. We meet clients whose deepest wounds were formed before language existed, yet continue to shape the organization of the nervous system, musculature, fascia, posture, movement, emotion, and the body-mind as a whole.

The CoreSoma Touch Training teaches subtle, safe, and therapeutically grounded ways of working with these early developmental patterns as they are held within the soma. Through skilled, supportive touch—always fully clothed and applied in sitting, standing, or lying positions—participants learn how the body can begin to soften long-held protective organizations, release traumatic imprints, and reorganize toward greater integration and vitality. In this way, touch becomes a bridge between the non-verbal and the verbal, the somatic and the psychological, the personal and the transpersonal.

The training explores how nourishing and supportive touch can facilitate the integration of early attachment wounds that were formed before language and conscious conceptual understanding. Working beneath the level of cognitive processing, CoreSoma Touch offers pathways for restoring containment, healthy boundaries, embodied regulation, and an increased sense of inner coherence.

Combining theory, demonstration, and experiential practice, the CoreSoma Touch Training offers a comprehensive pathway for integrating therapeutic touch into professional practice. It brings together embodied presence, somatic awareness, therapeutic touch, and clinical understanding within a clear ethical framework rooted in Somatic Psychology, Body-Oriented Psychotherapy, and Embodied Consciousness.

Begin your CoreSoma® Journey

4. - 6. September 2026



CoreSoma®

NEW - One-Year International Training

Beginning September 2026 to June 2027

Zagreb, Croatia

Cornelia Gerken, CMP, ECP, HP

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**Explore the Integration of
Somatic Psychology and Body-Oriented Psychotherapy**

Touch is our first language. From the moment our first cells begin to divide in the womb, to the experience of being born and received onto our mother's body, it is touch that shapes our earliest experience of ourselves, about relationships, about belonging, and about life itself. It forms the living matrix from which our body-mind field develops. As therapists, we work every day with the imprints of these early experiences.

CoreSoma works directly with these early developmental patterns as they continue to live within the body. Through skilled therapeutic touch, embodied awareness, and relational presence, participants learn how these patterns can gradually reorganize toward greater regulation, integration, and vitality.

From this understanding, CoreSoma has evolved as an integrative therapeutic approach. It combines somatic psychology, body-oriented psychotherapy, and therapeutic touch, teaching both practical skills and the clinical discernment needed to know when, how, and why touch becomes a profound therapeutic resource.

CoreSoma is also a journey. Through theory, demonstrations, and shared practice, participants are guided into deepening their own embodied presence.

Whether you are new to therapeutic touch or wish to deepen an established practice, this training offers an experiential and professionally grounded pathway into one of the most fundamental dimensions of human healing. It invites you not only to learn new therapeutic skills, but to cultivate a deeper embodied presence from which healing naturally unfolds.

*This is a 5-Unit Training, which includes
4 In-Person Units, 4 Video Practices and 4 Online Meetings*

Unit 1

Foundations of Therapeutic Touch

In-Person with Cornelia Gerken

4. - 6. September 2026 • Zagreb • Euro 275.-

- Introduction into the basic resonance of our Body-Mind-Fields;
 - Attunement to the different levels of consciousness, including our deep need for touch;
 - Touch as relationship, contact, communication and presence;
 - Accessing Somatic-Consciousness and developing a dialogue with your own body;
 - Bridging the verbal with the non-verbal and pre-verbal;
 - Applying different intentions of touch and how they translate through your hands;
 - Aspects of depth, rhythm and duration of touch;
 - What makes touch safe and ethical for the practitioner and the client;
 - Contraindications for touch.
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Unit 2

Working with Developmental Patterns

In-Person with Cornelia Gerken

9. - 11. October 2026 • Zagreb • Euro 275.-

- Deepening the understanding and application of the spiraling touch for opening our underlying physical and emotional holding patterns;
 - Touch in relation to our early developmental needs, safety, belonging and feeling loved;
 - Working with hypotonic and hypertonic tissue and muscular organization;
 - Understanding protective responses expressed as tension, collapse, or dissociation;
 - Understanding the application of touch in the context of developmental trauma;
 - Interrelation of developmental movements to yield, to reach, to invite, to grasp, gently pull and finally to receive;
 - Movement as an expression of the body field language;
 - Expanding our tools in dialoguing with the Body-Mind-Field.
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Unit 3

Online Integration and Clinical Practice

Online with Cornelia Gerken

6. December 2026 • 10. January 2027 • 14. February 2027 • 14. March 2027

Four live online sessions from 6 to 8:30 pm • Euro 275.-

Each Meeting includes a theoretic paper and an instructional practice video of around an hour that you can read, watch and practice with another student beforehand. The Online meetings are for deepening the understanding, hands-on practice, questions and additional teaching.

- The instructional videos demonstrate four therapeutic applications and when to choose them in relationship to the person's physical, energetic and psycho-emotional state;
 - 1) Working with the energy that is held in and around the bone-structure;
 - 2) Treatment focused on joints and coherence of the Body-Feeling-Mind-Field;
 - 3) Working with stabilization, containment and safety;
 - 4) Applying broad and deep touch.
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Unit 4

Impulse Formation and System Integration

In-person with Siegmar Gerken

2. - 4. April 2027 • Zagreb • Euro 275.-

- Impulse Formation, application and choice of touch in relation to the Cycle of Impulse Formation;
 - Understanding how the bio-psycho-emotional information and energy-movement travel through the Body-Feeling-Mind Field;
 - Establishing coherence and the unity of flow throughout the body;
 - Understanding the interactive complexity of the sympathetic and parasympathetic system and its implications for touch;
 - Learning the principles of how to lead the system to Impulse-Completion and Integration.
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Unit 5

Advanced Practice and Embodied Consciousness

In-person with Cornelia Gerken

11. - 13. June 2027 • Euro 275.-

with Completion Ceremony

- Specific and skillful opening around the joints and inviting the energy into expression and movement;
 - Hands-on techniques to expand inner space;
 - Open to the subtle energies;
 - Attunement to non-local consciousness;
 - Invite the qualities of love and light to permeate the Body-Feeling-Mind Field.
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Who is this training for?

The CoreSoma Touch Training is designed for psychotherapists, psychologists, counsellors, body-oriented therapists, somatic practitioners, healthcare professionals, and advanced trainees who wish to integrate therapeutic touch into their professional work within a safe, ethical, and clinically grounded framework.

CoreSoma understands therapeutic touch not just as a technique, but as an embodied relational language through which the organism can complete developmental processes, reorganize traumatic imprints, and rediscover its innate movement toward integration.

- **Times of the In-Person Units:**

Friday, 4 - 8 pm, Saturday, 10 am to 7:30 pm, Sunday, 10 am to 4 pm

- **The location is at the Center: Snaga Namjere, Raciceva 5/1, Zagreb, Croatia**

- **The CoreSoma Training can only be taken as a full program**

*The training fee can be paid for each unit and is **Euro 275.** -*

The fee must be transferred before the unit or paid at the beginning of each unit.

Since space is limited, please make a deposit of Euro 100 before the very first Unit.

Bank Transfer to European Account:

Intern. Institute of Energy & Consciousness / Core Evolution at:

Wise, Avenue Louise 54, Room s 52, 1050 Brussels, Belgium

IBAN BE54967034506397 SWIFT / BIC: TRWIBEB1XXX

For further information and application, please contact:

Cornelia Gerken at: corneliagerken@gmail.com



Cornelia Gerken, CMP, ECP, HP integrates different psychosomatic and psycho-spiritual approaches. She is the founder of CoreSoma®, as well as the Co-Founder and Trainer at the International Institute of Core Evolution® in Mendocino, California, and Europe. In her work Cornelia brings 4 decades of experience, understanding and practice - interweaving direct therapeutic and nourishing touch work with Psychotherapy.

"I am fascinated and in awe by the consciousness that lives in our bodies, in our cells, that we access through our touch and how essential and powerful it is for our healing."



Siegmund Gerken, PH.D., ECP, HP studied psychology, education and anthropology. He has pioneered body-oriented and mindfulness-centered therapy and Humanistic and Somatic Psychology since 1971 and taught on the faculty of JFK University Somatic Psychology, the Santa Barbara Institute, at Esalen, Big Sur and teaches now at universities and private institutes in Europe, USA, South-America (Mexico, Colombia, Brazil, Chile, Argentina) and Australia on the interconnectedness of psychosomatic processes as they manifest on the levels of body, emotions, mind, will and consciousness.

For further information and application please contact:

International Institute of Core Evolution and CoreSoma

CoreEvolutionInstitute@gmail.com • <http://www.CoreEvolution.com>