



Core
Energetics
— G R E E C E —

Core Energetics Greece is founded on the understanding that human beings can live full and productive lives with greater abundance, joy and connection when they move beyond limiting misconceptions and surrender more fully to the reality of who they are: ever-expanding, creative energy and consciousness.



PURPOSE OF THIS BROCHURE

This brochure provides an overview of Core Energetics Greece, its training programs, and the structure of the academic year. Students receive a complete Student Handbook upon acceptance into the program. For additional information, please visit coreenergeticsgreece.org.

MISSION STATEMENT

Core Energetics Greece is dedicated to professional education, personal development, and the practice of Core Energetics. Core Energetics has been taught internationally for decades, and the Greece training program has been offered since 2013. The training center welcomes mental health and helping professionals, educators, artists, and others who wish to deepen their personal and professional development.

Core Energetics Greece offers a four-year Professional Training Program, postgraduate learning opportunities, transformational programs, workshops, lectures, and seminars. Our approach supports the development of embodied awareness, emotional authenticity, relational capacity, and a deeper connection to the creative life force within each person.

Graduates who complete the certification requirements may use the title Certified Core Energetics Practitioner (CCEP) and integrate Core Energetics into their professional practice within their qualifications.

We are committed to creating a diverse learning community grounded in shared humanity, personal responsibility, curiosity, and respect. The training invites participants to explore consciousness in depth while developing the capacity to meet themselves and others with greater presence, honesty, and compassion.

WHAT IS CORE ENERGETICS?

Core Energetics was developed by Dr. John Pierrakos and grew from the pioneering body psychotherapy work of Wilhelm Reich and Alexander Lowen. It understands the individual as a psychosomatic unity and works with the physical, emotional, mental, and spiritual dimensions of human experience.

Through cognitive inquiry, emotional expression, movement, breath, and energetic work, Core Energetics helps people recognize how defensive patterns are held in both mind and body. The work supports greater awareness, freer energy flow, and a more integrated experience of the self.

A distinctive contribution of Core Energetics is its inclusion of the spiritual dimension. The process invites a gradual movement beyond defensive patterns and limiting beliefs toward greater contact with essence, creativity, and the deeper reality of who one is.

Teaching also draws on the Pathwork®, a body of practical spiritual wisdom associated with Eva Pierrakos. Students who follow another spiritual path are welcome to continue doing so. More information about the Pathwork is available at pathwork.org.

The depth of self-exploration and authentic expression within Core Energetics supports people in encountering their essence as a source of guidance, well-being, and creative possibility.

Other learning opportunities are offered separately:

- Postgraduate learning
- Transformational programs
- Workshops / Seminars

DESCRIPTION OF THE 4 YEAR TRAINING

Core Energetics Greece offers a four-year Professional Training in Core Energetics theory, methods, and experiential practice. Completion of the training and its requirements leads to preliminary certification; full practitioner certification has additional requirements described in the Trainees' Handbook.

Year 1 — Exploration of Consciousness and Energy

The first year explores consciousness and energy in human life and embodied experience. Trainees study the relationships among mind, spirit, emotion, personality, and defenses. Grounding, breath, sensing, body awareness, and energetic charge and discharge provide a foundation for Core Energetics practice. Trainees also notice how they may block their creativity, movement, vitality, and life force.

Year 2 — Defensive Structures and Energetic Transformation

The second year explores defensive structures and the physical and energetic blocks associated with them. Trainees apply theories of energy through body-based techniques, study foundational anatomy, and examine defensiveness as a psychological and bodily adaptation as well as an expression of spiritual struggle. Experiential work connects character, body structure, energetic patterns, and defense.

Year 3 — Integration and Therapeutic Application

Trainees integrate their learning from the first two years, studying ego development, negativity, and negative intentionality. The curriculum also develops their understanding of neuroscience, diagnosis, assessment, and treatment planning. Through practice with the phases of Core Energetics work, they learn to recognize and transform the Lower Self and move toward alignment with the Higher Self.

Year 4 — The Core Energetics Therapeutic Process

Trainees deepen their understanding of penetrating the mask, freeing the Lower Self to reach the Core, and discovering the universal life plan. They learn to conduct an initial intake, plan a client's therapeutic trajectory, and set goals for character transformation while responding to individual needs. Training includes the connection between practitioner and client and work with transference and countertransference in the therapeutic relationship.

PROGRAM AT A GLANCE

TRAINING DATES — ACADEMIC YEAR 2026–27

Academic Year 2026-27

October 15 - 18, 2026

December 3 - 6, 2026

February 11 - 14, 2027

April 15 - 18, 2027

June 10 - 13, 2027

LOCATION, MEALS AND LODGING

Continuing trainees meet at the Dolphin Resort & Conference Hotel in Kalamos, Attica, Greece. The residential format is an important part of both the individual and group process.

Annual tuition for 2026–27 is €3,000 plus 24% VAT (€3,720). Accommodation and meals are separate from tuition. Additional information regarding lodging, meals, transportation, and arrival is provided to trainees before the beginning of the academic year.

STUDY PROGRAM

At the beginning of the academic year, trainees receive a study program identifying the faculty, themes, required reading, and assignments for each module. Some themes may be taught in combined year groups.

FACULTY

Core Energetics Greece works with a diverse international faculty selected for their experience, training, and areas of expertise. Exposure to different teaching styles is an intentional part of the learning environment. Current faculty members and their biographies are available on the Core Energetics Greece website.

NEXT STEPS

There is no new Year 1 cohort opening in October 2026. Ask us about future entry opportunities. Program details and applications are available at coreenergeticsgreece.org.