



INSTITUTE OF CORE ENERGETICS-GREECE

We are happy to announce, and invite you to consider, a five-module series of master classes beginning in January of 2022.

These classes will be taught by an international faculty of senior core teachers. If attended in their totality, they will fulfill the requirements of a fifth/graduate year. This is determined by the international association of core energetics to be a prerequisite for moving on to being eligible to assist, and eventually teach, in any of the core energetics institutes worldwide.

One, of course, can choose to take one or more of these classes individually, without signing on for the whole program.

Below you will find a description of these offerings and biographies of the teachers.
Classes will be offered at hotel dolphin, at Kalamos, Greece.

Tuition is as follows:

Fee for the entire program will be €2,500

Fee for individual classes will be €600 each

In addition, there will be board and room fees (TBA)



CURRICULUM

MODULE I. JANUARY 12-15, 2023

Psychosomatics in the Core Energetic mode of healing With Kuno Bachbauer

Psychosomatics is the study of the complex connection between mind, emotions and bodily expressions in health and illness.

In this course we will explore the body as a laboratory of the soul. We will explain the latest research regarding the mind/body connection and the original psychosomatic theories in the context of the theories of characterological development.

Utilizing an “interrupted sessions” format, we will create an experiential laboratory to explore how Core Energetics can be enhanced by your understanding of the latest science of energy, body & brain. Starting with a short overview of the history of Psychosomatic theories (Alexander, Engel, Reich, et al.) we will explore contemporary developments and applications of Psychosomatics. Based on the work of John Pierrakos, MD, we will further explore modern interpretations of the psychosomatic “Specificity Theory” (Alexander) from a Core Energetics perspective. You will learn how it can be used as a modern transformational tool for overcoming psychosomatic manifestations in the client. The last phase is dedicated to practical applications, experiments, and supervision. Psycho-emotional history taking, working with grounding, de-stress & relaxation techniques, applications of the Core Energetics process to various health challenges, and an exploration of the spiritual meaning of illness.

KUNO BACHBAUER, MD, LMFT

I graduated from University of Vienna Medical School in 1978. Unsatisfied with the scope of traditional medicine, I soon focused on exploring various personal growth methods that included the body, emotions, and spirituality. I am working as a holistic psychotherapist in the Washington, DC area. As a Senior Faculty of Core Energetics, I specialize in the understanding of the “Mind-Body Connection” and Psychosomatics. I have been teaching students in the USA, Brazil, Canada, Mexico, and Australia. I aspire to be an innovative, creative, and dynamic teacher that can lead students to their “next level”.

MODULE II. February 23-26, 2023

Understanding Narcissism and Borderline Conditions With Anna Timmermans

In this module, we will explore:

- Your family history and how your sensitivity was created.
- How to protect this sensitivity and how to use your antennas
- Differences in healthy and distorted narcissism.
- Pitfalls for the therapist in working with a narcissistic client
- Ego and self-development
- Borderline clients and their difficulties.
- Different treatments.

Therapeutic skills relating to this topic:

- To stay with an open heart even when you are tested.
- Willingness to be genuine.
- To be clear and strict and with this you are given healthy boundaries

ANNA TIMERMANS

Anna is founder, owner and director of the Netherlands Institute of Core Energetics (NICE). Since 1982 she is a methods teacher and has her own practice. She followed the Bio Energetics Analysis training and is trained in Core Energetics by John Pierrakos. Anna teaches also in Mexico, Italy and Poland. Her passion is to train Core Energetic therapists and to develop Core Energetics as an autonomous method of Body Psychotherapy



MODULE III March 30-April 2, 2023

Being therapist ...Offering a “sacred mirror” to the client With Warren Moe,

“ Seeking balance between tension and relaxation opens me up to the struggle with my ordinary “I.” When I am relaxed and have sensation of all of myself, I am not separate from my inner being, I am one. In my true being, already I am, and I am free.” Jeanne De Salzmann

In this offering we will enjoy the exploration of *our own unique sense of being*. The emphasis of the work is to connect with the sensation of ourselves, being the book that needs to be read. As a Ray of Creation our path is laid out before us, the gift to be unwrapped to expand into the union of our truth and goodness.

If we are the way the truth and the light, the question remains how to follow our inner path even when the outer world, inner thoughts and feelings distract us away from our inner being. Hopefully we will deeply understand the necessity to develop our “observer self”, *to become two from one, to experience our unity*. We will explore our existential experience, from the illusion of separation to our unity with all, from the void of nonexistence to the sensation of eternal life. Along the way we may even have a deeper understanding of our soul’s journey.

WARREN MOE, MS, CCEP, LMHC,

Warren has been a teacher and practitioner of somatic centered modalities for nearly 25 years. Traditionally trained as a clinical psychologist, he transitioned his interest into somatic therapy in his thirties influenced by Wilhelm Reich, Alexander Lowen, Eva and John Pierrakos and the teachings of G.I. Gurdjieff, P.D. Ouspensky, Maurice Nicoll and Jeanne De Salzmann. He has maintained a diverse practice in NYC, and both teaches internationally and facilitates workshops. Being passionate about the work he assists clients and groups to experience themselves more completely and authentically in their everyday lives. The basis of his work has been the consciousness and spirituality of Core Energetics principles, and he brings the fullness of his personal and professional experience to his colleagues, clients, and students. He provides a deeply grounded and heart-centered perspective.



MODULE IV May 11-14, 2023

Meeting Clients in the Belly of the Whale.... Addiction and Depression as Portals to Connecting with Soul. With Erena Bramos

Addiction and depression ... two of the most often encountered dis-eases in society and in our practices today. Complex and painful experiences which can best be understood if addressed not only as the result of personality deficit and manifestations of early childhood traumatic experiences but also as reflections of a deep longing to aligning with one's deepest nature... gone awry.

In this module participants will have the opportunity to learn what working with clients, who suffer thus, requires from the therapist in order to be truly of service to the healing of these dis-eases. Participants will be invited to understand etiological factors and explore treatment modalities. In addition, they will be guided, with the use of fundamental Core principles, to recognize addiction and depression as spiritual quests both by discussing the journey of clients they are working with as well as looking into how these expressions are manifesting in their own lives.

ERENA BRAMOS, MA, CCET, CG

Erena is Educational Director and Co-Founder of Core Energetics Greece and formerly Director of Education at the New York Institute for Core Energetics. She has been psychotherapist in private practice for over thirty years. Interested in the exploration of Non-Dual Consciousness in the realm of psychotherapy, she teaches therapists at the Institute for Transformational training in New York, which she has founded and directs. She also teaches at Core Brasilia, in Brazil, and the Core Institutes in Mexico, the Netherlands, Poland, and Italy



MODULE V June 8-11, 2023

Swimming Upstream to Support Client Healing: Working with Boundaries, Erotic Transference and Countertransference with Doug Wirth

Establishing and employing clear boundaries serves the practitioner and the client, as it helps to create an unambiguous set of ground rules upon which to build trust and guide the behavior of both parties. A multitude of therapeutic boundaries – which support a client’s ability to react as well as the opportunity to explore those reactions – will be explored. Making light of boundary crossings forgoes an opportunity for a client to make historical connections that lead to greater consciousness about defensive strategies to avoid deep experience and authentic connection.

During a deep dive, Core Energetics practitioners will be encouraged to share their wisdom and experience with transference and counter-transference issues. Should a practitioner seek primarily to support positive transference, the work is robbed of the goldmine of negative transference. Each practitioner will be asked to present one countertransference challenge that’s up for them during a Peer-Supervision session.

Erotic transference (ET) in therapeutic work is common – after all it’s normal to experience an attraction toward the person who is intently listening to you. And yet, therapeutic attraction is paradoxical. A client’s relationship with their Practitioner can feel both deeply intimate and profoundly safe, which can become extremely sexy and intensely alluring. This can lead a client to want to give herself/himself/theirself to the Practitioner. In one sense, the client wants to be surrounded by this great intimacy and safety. Yet if the client were to give themselves away sexually, and were the Practitioner to “take” it from the client, the very safety and intimacy would be largely crushed, destroyed. The class will deal with barriers to dealing effectively with ET. A framework will be offered for understanding and working with ET. Experientials will be offered to build resiliency around ET issues.

Doug Wirth, MSW/AACEP/EMM

Doug Wirth brings master’s level social work (MSW), advanced Core Energetics (AACEP) and Exceptional Marriage/Relationships Mentor (EMM) training into his teaching. Doug is a faculty member of the Institute of Core Energetics in New York, a guest presenter at colleges from New York to Portland, and a former American Psychological Association senior faculty member. Doug has led or co-led trainings across the United States and in Europe. Besides therapeutic work with individuals, groups and couples, Doug’s passions include photography that has been featured in galleries and healing centers across the US, and which was also the focus of his 2009 book *Flowering Stories: Tending to What Nature Nurture*