



The Institute is founded on the understanding that human beings can live full and productive lives experiencing abundance, joy, and connectedness with the Universe, only when they let go of all misconceptions about themselves and life and surrender to the reality of who they are... an ever expanding, non-destructive, enormously creative energy and consciousness.....



PURPOSE OF THIS BROCHURE

The purpose of this brochure is to provide information regarding the structure and procedures of the Institute of Core Energetics Greece and its programs. The Institute provides complete handbook to students upon acceptance into the program. Please contact coreenergeticsgreece@gmail.com for any additional information.

MISSION STATEMENT

The Institute of Core Energetics Greece is dedicated to the education of professionals and the healing of all people who are interested in living authentic lives. With training centers in the Americas, Europe and Australia, Core Energetics is also available in Greece since 2013. The Institute of Core Energetics Greece, appeals to professionals in the fields of Mental Health, Social and Human sciences, as well as to anyone involved in the arts, education and therapy. It also offers programs and other services to people interested in deepening their own personal development.

The Institute offers certified training programs in the Core Energetics modality. These include a 4-year professional training program, a post-graduate training program, a personal development/transformation training program, as well as lectures and seminars. The graduates of the 4-year professional training program can work and give individual Core Energetics sessions. The Institute is certified by PESOPS (Greek National Association for Body Psychotherapists) and EABP (European Association for Body Psychotherapy).

The Institute is further committed to promoting the idea that in order to give life our best, individually and collectively, we have to stop focusing on what makes each of us different and accept our common humanness and the exciting possibilities which emerge when we recognize that we are each other's mirror; when we dare to stretch and develop an identity which has, at its core, the realization that we each, are citizens of the world. To this purpose, the Institute offers training programs and classes in consciousness development. It also offers lectures and other opportunities for in-depth exploration of issues related to the expansion of consciousness and its place in planetary transformation.

WHAT IS CORE ENERGETICS?

Core Energetics was developed by Dr. John Pierrakos based on the work of Wilhelm Reich, a pioneer of body psychotherapy. Core Energetics accepts the psychosomatic unity of the individual and his/her inherent capacity for expanded consciousness and flowing energy. Through the idea of creative evolution, the process of Core Energetics focuses on the physical, emotional, mental and spiritual levels of the individual.

Each of these levels allows an in depth experience and understanding of the way they interact with each other. Working with both cognitive processes and body energy, the individual has an integrated therapeutic experience. An important contribution of the Core Energetics modality is the connection to the spiritual dimension, through which the individual can align with essence...The deepest reality of who one is. Beyond the limitations of the mind and misconceptions from the past, the individual is leaded gradually to connect with the real self.

Teaching includes the study of the Pathwork*, a body of practical spiritual wisdom, which was channeled by Eva Pierrakos, and which offers guidance for a journey of personal transformation and wholeness. (Students who are already following the teaching of another spiritual path are of course welcome to continue following those teachings as well).

(For more information on the Pathwork please go to: www.pathwork.org)

The depth of the self-exploration and authentic expression enables people to fully encounter their essence as a dimension providing guidance and as the source of well-being.

The Institute provides three programs based on the philosophical principles, and application of, Core Energetics principles:

- Professional Training (4 years)
- Post Graduate Training (1 year)
- Transformational Training (1 year)

DESCRIPTION OF THE 4 YEAR TRAINING

The Institute offers a four-year training designed to educate trainees in the specific techniques, theory and practice of the Evolutionary Process called Core Energetics. At the end of the training, the trainees are certified Core Energetics practitioners.

Year 1 - The theme for the first year is the exploration of Consciousness & Energy as the foundation of all that exists, including Human life and experience in the body. The mind, spirit, energy, emotions, personality and defenses are studied as reflections of the souls' journey throughout one's life. The curriculum covers grounding, breathing and sensing, as well as the foundational understanding of energy charge and discharge. The year is the foundation upon which the knowledge of Core Energetics is built. In addition, trainees will learn about themselves, how they block their own creativity, movement, and life force.

Year 2 - The second year of training focuses on the understanding of the various defensive structures as well as the mastery of techniques and methods which release the blocks in the body created by these defenses. Trainees learn theories of energy and apply them to specific techniques for energetic work. The curriculum covers an understanding of basic anatomy as well as the defensiveness as an expression of spiritual "struggle".

Year 3 - The third year of the training represents the year of integration. Trainees study ego development and deepen their understanding negativity and negative intentionality. In addition, neuroscience, countertransference and transference, diagnosis, treatment planning and assessment are emphasized. Trainees integrate and put into practice what they have learned in prior years. By the end of the year, trainees have experienced each phase of the work and have gained the necessary skills to help others on the journey from the penetration of the mask and the recognition and transformation of the lower self to alignment with the higher self.

Year 4 - Introduction to the conceptual structure of Core Energetics therapeutic process: penetrating the mask, freeing the lower self to reach the core, discovering the universal life plan. Training in developing a link between the higher self of the therapist and the higher self of the client; in negotiating during a first intake session with a client; in planning the entire trajectory of a client; and in creating an overview of therapeutic goals for the transformation of character, where the therapist is conscious of the specific needs of the individual client.

DETAILED CURRICULUM

YEAR I

MODULE I:

- A. From Reich to Lowen to the work of John Pierrakos
- B. Energy/consciousness: the universal reality
- C. The soul's journey
- D. Energy dynamics (grounding/charge/discharge)

MODULE II:

- A. The Core Energetic model of personality
- B. The four stages of the Core Energetics journey
- C. Energy dynamics (cont.)
- D. An overview of segmental armoring

MODULE III:

- A. Body observation/ body reading
- B. Penetrating the mask
- C. Images // the idealized self-image**
- D. Soft techniques to invite energy shifts

MODULE IV:

- A. Unity and duality****
- B. The defense
- C. Introduction to the lower self**

MODULE V:

- A. Recreation of childhood hurts
- B. The lower self (cont.)
- C. Principles of energy economy and character structure
- D. Introduction to characterology

DETAILED CURRICULUM

YEAR II

MODULE I:

- A. The schizoid defense
- B. Introduction to negative intentionality**
- C. Armoring in the ocular segment

MODULE II:

- A. The oral defense
- B. Negative intentionality (cont.)
- C. Armoring in the oral segment

MODULE III:

- A. The masochistic defense
- B. Releasing negative intentionality/ forgiveness
- C. Armoring in the cervical segment

MODULE IV:

- A. The psychopathic defense
- B. Armoring in the diaphragmatic and thoracic segments
- C. The higher self **

MODULE V:

- A. The rigid defense
- B. Armoring in the abdominal and pelvic segments
- C. Personality types... an understanding of personality defenses as distortions of essence **

DETAILED CURRICULUM

YEAR III

MODULE I:

- A. The schizoid defense: techniques
- B. Understanding the energy of trauma
- C. Working with the breath

MODULE II:

- A. The oral defense: techniques
- B. Leadership
- C. Body/mind connection

MODULE III:

- A. The masochistic defense: techniques
- B. Introduction to ego development

MODULE IV:

- A. The psychopathic defense: techniques
- B. Sexuality
- C. Working as core practitioner

MODULE V:

- A. The rigid defense: techniques
- B. Introduction to the psychotherapeutic journey
- C. Psychopathology

DETAILED CURRICULUM

YEAR IV

MODULE I:

- A. Stage IV Core. Non-duality and the core energetic journey
- B. Inviting the unconscious to consciousness
- C. Live sessions /supervision

MODULE II:

- A. Stage IV Core (cont.)
- B. Transference
- C. Live sessions /supervision

MODULE III:

- A. The therapeutic stance in non-duality// being sacred mirror
- B. Working with resistance
- C. Live supervision

MODULE IV:

- A. Working with the mind
- B. Countertransference
- C. Live supervision

MODULE V:

- A. Live supervision
- B. Ethics
- C. Closing ritual
- D. Graduation

** The foundation of these topics is the spiritual journey called 'Pathwork'. John Pierrakos studied the Pathwork with his wife, Eva Pierrakos, and introduced its basic teachings to enrich his understanding of the human journey. The Pathwork is a body of practical spiritual wisdom that offers guidance for a journey of personal transformation and wholeness.

TRAINEE INFORMATION (GENERAL)

TRAINING DATES & GROUP SUPERVISION DATES

Academic Year 2025-26

October 16 - 19, 2025

December 4 - 7, 2025

February 12 - 15, 2026

April 23 - 26, 2026

June 18 - 21, 2026

LOCATION, MEALS AND LODGING

The training location for the training modules is Dolphin Hotel in Kalamos, Athens.

Accommodation information and travel information are provided at the beginning of the school year. Sleeping/staying elsewhere is not allowed, because this will not serve the group process and your own process. Bringing one's own food (not using the meals of the hotel) will not result in a discount on the accommodation price.

STUDY PROGRAM

At the start of the school year trainees receive their study program, which gives information per module: teacher(s), themes, required reading and homework assignments. Occasionally some themes will be taught in combined year groups, for instance 3 and 4.

FACULTY

The Institute has a highly trained, diverse group of international faculty members who are chosen for their expertise and unique knowledge of the theme and the material. They all meet the standards of the International Association of Core Energetics. The different styles of the teachers are an important part of the school's commitment to diversity and rich learning opportunities for the trainees. The faculty is presented on the website. A faculty list with e-mail addresses will be provided to the trainees.

BIOGRAPHY

New trainees are asked to write a biography: this may be included in the application or a separate document (Please describe in no more than three pages, the situations and events in your life that had an impact on your (emotional) development. This document will be provided to your group members and your teachers. Please insert a picture of yourself in the document, so your group members and teachers can connect the person with the bio. Please send your biography to the Director, Gyasi Bramos Hantman: coreenergeticsgreece@gmail.com

TIME SCHEDULE : PROFESSIONAL TRAINING MODULES

Each module follows the same time schedule, with some variations throughout the year. The time schedule is posted on the dining hall and classroom doors.

The schedule of the professional training starts on **Thursday at 10:00** and ends **Sunday at 17:00**.

The schedule of the transformation training ends on Sunday after the afternoon class.

ACTIVITY FORMATS

There are several formats of class and all school meetings in a module, each with a specific function:

Opening ceremony (all school)

- On Thursday morning in the opening ceremony the trainees will be welcomed, and faculty will be introduced.

Class process sessions (group)

- Each class has two process sessions per module, facilitated by their assigned teachers. The purpose of the process work is to clear personal themes before the beginning of the classes and at the end of the module before you go home.

Class teaching (group)

- Each of the groups meets with their teachers for teaching on the curriculum topics. Class teachings are for the purpose of conveying specific course material to trainees. They include lectures and experiential components. While the experiential components do indeed encourage and evoke trainees' personal process, the teaching topic will be the primary purpose of the class and personal process that does not forward or illustrate the teaching will be tabled for the process group. Occasionally some themes will be taught in combined groups.

Movement/Bodywork (all school)

- Each day will begin with a required bodywork class. This is an all- school activity and is facilitated by faculty and assistants.

TIME SCHEDULE/PROFESSIONAL TRAINING PROGRAM MODULES

Thursday Night activities

- Thursday night is open to activities which relate to the training itself or to community life and which will be organized by the faculty or the trainees.

Take a risk night (all school)

- The entire school meets for Take a Risk on Friday evening. In Take a Risk trainees can come forward with personal issues and work with that, supported by the community. Also, issues going on between trainees can be brought forward. This is a chance for trainees to expand beyond their comfort zone. The take-a-risk session is open for graduates but not for guests.

Spiritual service (all school)

- The spiritual service is an all school activity on Saturday evening. It is open for guests. It acknowledges the spiritual foundation and affirms the spiritual connection of our work. The year groups will lead spiritual services as follows*:

*(*if there is no year available to do the spiritual service then it will be determined by the Associate Director)*

- Module 1: Teachers / Assistants
- Module 2: 4th year
- Module 3: 3rd year
- Module 4: 2nd year
- Module 5: 1st year

Closure (all school)

- The ending of the module takes also place with the entire community.

TUITION PAYMENT & FINANCIAL ARRANGEMENTS

Trainees will receive a payment contract and invoice before the start of the school year.

There may be increases in tuition to cover raising expenses. Increases will be announced 6 months before the start of a new school year.

The tuition fee is paid to the Institute (by a direct deposit to the Institute bank account or by cash). The trainee can choose to pay the tuition fee in full at once or by installments. The trainee's choice is established in the payment contract.

For each new trainee that a trainee brings on for the 4-year professional training, or the transformation training, the trainee receives a reduction of 10% on the tuition fee for the next school year. Please make sure the new trainee mentions your name in the enrollment form as the one who introduced him/her to the training.

In the 4th year trainees must attend *five group* supervision classes. The fee for these group supervision classes is €125 in total.

Costs for individual therapy sessions and individual supervision are to be agreed upon with the therapist/supervisor.

The costs for room and board must be paid directly to the conference venue. Trainees will receive an invoice from the venue.

Training has a cost of €3,000 /year (€600 per/module + 24%VPA/VAT) for the cycle of 2025-2026. This cost may increase annually and students will be notified several months prior to the start of the subsequent academic year.

Financial assistance/ work study & scholarships are available for those who qualify by demonstrating need and commitment to the program. Scholarships will be awarded after submission of application, interview, and a review process by the Director and/or Associate Director.

ADDITIONAL INFORMATION

REQUIREMENTS FOR GRADUATION FROM THE 4-YEAR PROGRAM

- Completion of all modules in the 4 year program. Missed modules can be made up
- Assigned homework
- Personal process sessions
- Group supervision sessions
- Work with clients
- Individual supervision sessions. Return the therapy forms to the school assistant at the end of year 4, before the last module
- To successfully complete a take-home examination and participate in an in-person evaluation
- Positive evaluation on motivation, consistency and self- responsibility, active participation and personal development. The Director & Associate Director will determine whether any additional work will be required for graduation
- Financial commitments met

WEBSITE

Visit www.coreenergeticsgreece.org for information about training dates, workshops, faculty, therapists and so on.

Graduates who are in good standing with the Institute and work as Core Practitioners may be listed on the website with their contact information. Trainees in the 4th year can be listed as trainee practitioner.

Please contact the school Assistant to be listed or to make changes in your contact information. Graduates are invited to publicize to the Core workshops on the website. The Institute reserves the final right to determine what is published. Please send information to coreenergeticsgreece@gmail.com

CORE ENERGETICS TRADEMARK

Core Energetics Greece and Core Energetics are registered trademarks and cannot be used without the expressed written permission of the Institute of Core Energetics Greece. This includes but not limited to advertising and promotional either digital or print material, workshops, seminars or engagements.