



Core
Energetics
— G R E E C E —

The Institute 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 the Institute 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

The Institute of 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 Institute welcomes mental health and helping professionals, educators, artists, and others who wish to deepen their personal and professional development.

The Institute 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.

The Institute is certified by PESOPS (Greek National Association for Body Psychotherapists) and EABP (European Association for Body Psychotherapy). Graduates of the four-year Professional Training Program can work and offer individual Core Energetics sessions.

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.

The Institute offers three principal training pathways:

- Professional Training (4 years)
- Postgraduate 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 theory, techniques, and practice of the Core Energetics evolutionary process. At the completion of the training, graduates who have fulfilled all program requirements are certified Core Energetics practitioners.

Year 1 — Consciousness & Energy

The first year explores Consciousness and 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 understood as expressions of the soul's journey throughout life. The curriculum includes grounding, breathing and sensing, as well as the foundational understanding of energy, charge, and discharge. Trainees begin to understand the Core Energetics model and explore how they may block their own creativity, movement, and life force.

Year 2 — Character & Defense

The second year focuses on understanding the various defensive structures and developing techniques and methods that help release the blocks held in the body. Trainees deepen their understanding of energy and learn to apply specific techniques within Core Energetics work. The curriculum also explores basic anatomy and the defensiveness that can arise as expressions of spiritual struggle.

Year 3 — Integration

The third year is the year of integration. Trainees study ego development and deepen their understanding of negativity and negative intentionality. In addition, they explore neuroscience, countertransference and transference, diagnosis, treatment planning, and assessment. Trainees integrate and apply what they have learned in the previous years, experiencing each phase of the work while developing the skills necessary to support others on the journey from the penetration of the mask, through the recognition and transformation of the lower self, toward greater alignment with the higher self.

Year 4 — Practitioner Development

The fourth year introduces the conceptual structure of the Core Energetics therapeutic process: penetrating the mask, freeing the lower self to reach the core, and discovering the universal life plan. Training develops the practitioner's capacity to maintain an active link between the higher self of the practitioner and the higher self of the client; work with negative intentionality during an initial intake session; plan the trajectory of a client's process; and develop therapeutic goals for the transformation of character while remaining conscious of the specific needs of the individual client.

DETAILED CURRICULUM

YEAR I

MODULE I:

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

MODULE II:

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

MODULE III:

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

MODULE IV:

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

MODULE V:

- A. Re-creation of childhood hurts
- B. The lower self (continued)
- 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 (continued)
- C. Armoring in the oral segment

MODULE III:

- A. The masochistic defense
- B. Releasing negative intentionality and 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 and 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 a Core Energetics 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
- B. Non-duality and the Core Energetics journey
- C. Inviting unconscious material into consciousness
- D. Live sessions and supervision

MODULE II:

- A. Stage IV Core (continued)
- B. Transference
- C. Live sessions and supervision

MODULE III:

- A. The therapeutic stance in non-duality
- B. Being a sacred mirror
- C. Working with resistance
- D. Live supervision

MODULE IV:

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

MODULE V:

- A. Live supervision
- B. Ethics
- C. Integration, closing ritual, and graduation

PATHWORK FOUNDATION

Several curriculum themes draw on the Pathwork teachings introduced into Core Energetics by John Pierrakos. The Pathwork offers practical spiritual perspectives that support personal transformation, responsibility, and wholeness.

TRAINEE INFORMATION (GENERAL)

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

Training modules are residential and take place at the Dolphin Resort & Conference Hotel in Kalamos, Attica, Greece. The residential format is an important part of both the individual and group process.

Accommodation and meals are arranged separately 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

The Institute 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 Institute website.

BIOGRAPHY

New trainees are asked to prepare a brief personal biography describing significant experiences that have influenced their emotional development. Instructions for completing and submitting the biography are provided as part of the admissions and onboarding process.

TIME SCHEDULE : PROFESSIONAL TRAINING MODULES

Each residential module generally begins on Thursday at 10:00 and concludes on Sunday at 17:00. The detailed schedule is provided during each module and may vary according to the curriculum and the needs of the training community.

ACTIVITY FORMATS

The training combines several learning formats, each with a specific purpose.

Opening ceremony (all school)

- The community gathers at the beginning of each module to open the training, welcome participants, and introduce faculty.

Class process sessions (group)

- Each class has dedicated process sessions facilitated by its assigned teachers. These sessions provide space for trainees to work with personal themes, integrate learning, and prepare for or close the module.

Class teaching (group)

- Teaching sessions combine theory, demonstration, and experiential learning. Their primary purpose is to develop and integrate the curriculum material. Personal process may emerge during teaching, but material that does not directly support the learning theme may be held for the process group.

Movement/Bodywork (all school)

- Training days include embodied practice designed to support grounding, awareness, energetic movement, and readiness for learning. These sessions are facilitated by faculty and assistants.

TIME SCHEDULE/PROFESSIONAL TRAINING PROGRAM MODULES

Thursday Night activities

- Thursday evening may include activities related to the training itself, community life, or experiential work organized by faculty or trainees.

Take a risk night (all school)

- The entire school community gathers for Take a Risk on Friday evening. Trainees may bring forward personal or relational material and work with it with the support of the larger community. The purpose of Take a Risk is to encourage authentic expression, personal responsibility, and movement beyond habitual comfort zones. It also provides a space in which relational issues arising between trainees may be brought into awareness and explored within the community.
- Take a Risk is open to graduates but not to guests.

Spiritual service (all school)

- The spiritual service takes place on Saturday evening and is open to guests. It acknowledges the spiritual foundation of Core Energetics and affirms the spiritual dimension of the work.
- Responsibility for leading the spiritual service rotates throughout the academic year:
*(*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)

- Each module concludes with the entire school community gathering for closure, integration, and transition back into everyday life.

TUITION PAYMENT & FINANCIAL ARRANGEMENTS

Trainees receive a Payment Contract before the beginning of the academic year. The Payment Contract establishes the selected payment schedule and the complete financial terms for the year.

ANNUAL TUITION

Tuition for the 2026–2027 academic year is €3,000 per year (€600 per module + 24% VAT).

A €300 enrollment deposit is required to reserve a trainee's place in the program. The deposit is non-refundable unless the program year is cancelled or postponed by the Institute. The €300 deposit is credited toward the trainee's tuition and applied to the first scheduled tuition payment.

PAYMENT OPTIONS

Trainees may pay tuition in full, in two payments, in five module-based installments, or according to another financial arrangement agreed in advance with the Institute. The selected arrangement is recorded in the Payment Contract.

PAYMENT AND INVOICING

Tuition payments are processed through Axis Living Group, the parent and operating company of the Institute of Core Energetics Greece. All corresponding invoices and receipts are issued through Axis Living Group.

Banking instructions and payment deadlines are provided in the Payment Contract.

ADDITIONAL COSTS

- Room and board are paid separately to the conference venue and are not included in tuition.
- Individual therapy and individual supervision fees are arranged directly with the relevant therapist or supervisor.
- Any required group-supervision fees are communicated to the applicable training year.

FINANCIAL ASSISTANCE

Scholarships and work-study assistance may be available to applicants who demonstrate financial need and commitment to the program. Awards are considered following application, interview, and review by the Institute.

FINANCIAL CONTACT

For tuition, payment, invoice, or receipt questions:
info@axislivinggroup.com

ADDITIONAL INFORMATION

REQUIREMENTS FOR GRADUATION FROM THE 4-YEAR PROGRAM

Graduation from the four-year Professional Training Program requires completion of all academic, experiential, practice, supervision, evaluation, and financial requirements established by the Institute.

These include:

- Completion of all required training modules
- Completion of assigned homework and required study
- Personal process / individual therapy requirements
- Group supervision requirements
- Approved client work
- Individual supervision requirements
- Submission of required therapy and supervision documentation
- Successful completion of the take-home examination and in-person evaluation
- Positive evaluation of motivation, consistency, self-responsibility, active participation, personal development, and professional readiness
- Completion of all financial commitments to the Institute

**The Director and Associate Director may determine whether additional work is required before graduation.*

WEBSITE

Visit coreenergeticsgreece.org for current information about training dates, programs, faculty, workshops, events, and the practitioner directory. Graduates in good standing with the Institute who practice as Core Energetics practitioners may be listed on the website with their professional contact information. Eligible advanced trainees may also be listed as trainee practitioners according to Institute policy.

APPLICATION

Applications and admissions information are available through the Institute website. Applicants complete an application and interview process before acceptance into the training.

CORE ENERGETICS TRADEMARK

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CONTACT

General program information:
coreenergeticsgreece.org
Financial and tuition matters:
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