



Core strokes™

**A unique, transformative and liberating Bodymind Integration method**  
based on the release and integration of the different aspects of Being.

## Training Program in 4 certifying modules



Institutional member of the l'Europe Association for Body  
Psychotherapy (EABP) and WAPCEPC (World Association for  
Person Centered & Experiential Psychotherapy & Counselling)

Destelbergenstraat 49-51 - B-9040 Ghent (Belgium)  
[info@bodymind-integration.com](mailto:info@bodymind-integration.com) - +32 9 2284911

[bodymind-integration.com](http://bodymind-integration.com)

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## Core Strokes, a synthesis of modern psychotherapeutic and bodymind methods

The Core Strokes method was **developed by Dirk Marivoet, MSc.** after 30 years of practice and teaching in the fields of body psychotherapy, somatic psychology and bodywork. Having studied and collaborated with major pioneers in the field of body psychotherapy and Bodymind Integration, the Core Strokes™ method combines the theoretical and practical aspects of the following approaches :

- **Postural Integration, Energetic Integration and Pelvic-Heart Integration**, developed by Jack W. Painter, PhD
- **Core Energetics**, developed by John C. Pierrakos, MD
- **Pesso-Boyden System Psychomotor**, developed by Albert Pesso and Diane Boyden-Pesso).
- Other approaches and systems such as those of William Reich, Carl Jung, Alexander Lowen, Eric Berne, Peter Levine, Gerda Boyesen, Elsa Gindler, Eugene Gendlin, ...

The **originality and effectiveness** of the Core Strokes method lies in its ability to **integrate hands-on and hands-off bodywork and verbal expression techniques** that will "touch" us at the deepest level, in our tissues but also in our emotions, our wounds, our fundamental human needs, our soul.

In Core Strokes, "**Core**" refers to our "**Center Of Right Energy**" and "**Strokes**" to the units of recognition (which can be verbal or non-verbal).

By **participating in this training**, you will discover how much the "blows", the "spikes" that we receive can hurt us, close us, and how much the "caresses", the right "strokes" can bring us support, recognition, and allow us to open our heart, our "Core". You will learn to express your needs and emotions, to release your tensions, to let go, to listen and look differently, to give and receive.

An important tool is **targeted manipulations, touches and caresses** that help us to **reveal a new part** of ourselves, or an old part of ourselves that has been hiding as symptoms in the body. The presence of the therapist should give the client the courage to start revealing (and becoming aware of) what is emerging from their inner depths (the dynamic terrain, the seat of the deepest level of the unconscious, the inherited or collective unconscious).



## Training in Core Strokes: Touching and being touched to live with an available heart!

Whether you are a therapist, bodyworker, coach, spiritual researcher or you wish to become a psycho-corporal therapist, this certifying training has been designed to allow you to **increase your level of experience, your skills and your understanding of bodymind work**, for you and your clients. In this training you will learn a unique and valuable method of body-oriented therapeutic work to help people who want to "get moving" and begin a process of self-transformation.

During this training, **others will be your mirrors**, stimulating but also supporting what needs to be healed as well as what needs to be revealed. **On a personal level**, this training will be an opportunity to overcome your wounds and learn to live differently, with an open and available heart. **Professionally**, it will provide you with a new and effective approach, a posture and tools in your work with your clients.

During the training modules you will **learn the art and science of seeing patterns** in the client's body and their relationship to emotional and mental patterns. You learn to interact with the client by giving "strokes" at all levels of the personality in order to find the information needed to develop treatment programs at the level of mind-body integration. Much attention is given here to myo-fascial release and integration to achieve energetic balance, better body awareness (proprioception and interoception).

Through **a combination of daily meditations, reflections, theory, demonstrations, practices** and experiential exchanges with the constant support of the trainer, you will learn this holistic and integrative approach. At the end of each module, you will have learned a complete set of techniques and approaches to help your clients find their spontaneity and **resolve** their **blockages, chronic pain and hang-ups**.

Composed of **4 independent and certifying week long modules**, this training can be taken as a complement to your current specialization or as a full-fledged training. Alternating theory and practice, it can lead, after fulfilling all the conditions, to the **diploma of practitioner in Core Strokes**.

## THE FOUNDER



### **DIRK MARIVOET, MSC.**

is the founder and director of IBI (The International Institute for Bodymind Integration, Institutional Member of the European Association for Body Psychotherapy). He is a certified psychotherapist (ECP), holds master degrees in psychomotricity, physiotherapy and manual therapy (University of Leuven). He is a certified trainer and supervisor in the methods developed by Jack W. Painter (Ph.D.), including Postural Integration, Energetic Integration, Reichian Therapy, and Pelvic-Heart Integration. He is also a senior trainer and supervisor for Core Energetics (John Pierrakos, MD). After more than 35 years of clinical and teaching experience, both in the academic and psychotherapy fields, he created the Core Strokes approach, which he shares worldwide. He lives in Ghent, Belgium.

# Module 1

« Open your body and mind to enter the journey of purification, growth and transformation of your soul »

In this first 7-day module, you will discover how your body and emotions are important guides to finding your direction in life and inviting the desired change. We approach the body in some **14 fascial compartments and segments** that we seek to connect in a spatial and holistic relationship. In this first module the focus is on the **surface layer of the fasciae**, both in upper and lower body, for which we teach an comprehensive treatment plan and practice to open up and loosen the myo-fascial network. You will learn gentle and powerful tissue techniques to release the diaphragm, sternum and rib cage, which immediately creates a noticeable opening and allows clients to breathe significantly deeper without effort. You will be taught techniques to make the muscles and fascia of the arms, hands, shoulders, pelvis, legs, neck and head more mobile so that they participate better on an emotional, energetic and postural level. In this Module I, in addition to basic information regarding **the key role fascia plays in psychoneuroimmunology**, lymphatic system health, the microbiome, hormone transport (adrenaline, estrogen, insulin, thyroid hormones, oxytocin et al. ) and neurotransmitters (serotonin, dopamine, GABA, acetylcholine and others) throughout the body, also teachings on **basic needs, character defenses, psychotherapeutic approaches to body-centered work**, the three phases of change in Core Strokes : *Let be, Let free, Let in*.

## Program:

- Receive an **introduction to the modalities of bodywork** in Core Strokes Psycho-corporal Therapy: functional, experiential, conflict-oriented, (bio)energetic, emotional, sensory.
- Be introduced into the **Central Concepts** of the work like "The River of Life" Metaphor, "Core" (Core = Center Of Right Energy), "Strokes" (the "units of recognition"), the Map of Consciousness, The Map of Personality, Duality and non-duality, The "Cycle of Becoming", Developmental Needs, Attachment Styles and Character Development, "Center of Truth", Soul-Self-Ego, Embodying Emotional Systems, Types of Trauma & Types of Regulation, Armoring and Defense Mechanisms, Archetypal patterns and predispositions, Gestalt, The Natural Cycle of Energy and its blockages.
- Experience and learn the 9-phase model of a "**natural breathing cycle and energy movement**" (after Dr. **Jack Painter**)
- **Learn to work with verbal and non-verbal "Strokes"** (the "units of recognition") to empower clients (and everybody) and help them get more into their "**Core**" (Core = Center Of Right Energy)

- Receive **specialized information** on how to **work with myo-fascial restrictions** in conjunction with the stress system, the immune system and the autonomic and central nervous system. This module focuses extensively on the **superficial layer of the myo-fascia** in the lower and upper body, neck and head. During the bodywork we work with the interaction and simultaneously with the emotions and thoughts.
- Learn the **anatomy and physiology** of stress, defense and trauma.
- Develop a '**listening touch**' necessary for practical work and energetic, experiential, emotional and postural myo-fascial release and integration.
- Refine your ability to **touch deeply** and work with your own "**bio-tensegrity**" (bio-mechanical principle).
- Learn exercises to **increase awareness and sensitivity** of the body in interaction with self, others, space and objects.
- Learn to **regulate the energy systems** by releasing blockages with acupressure points, using the 5 elements and working with the chakras.
- Learn to work with various **verbal and non-verbal communication** techniques to effectively **influence the neuro-affective systems**, the social engagement system, the stress response system, the self-defense system, the emotional regulation system.
- Understand gradually and experientially **the role of frustrations of basic needs** on a literal and symbolic level such as having a place, nutrition, support, protection and loving boundaries on attitude and energy levels in the body.
- Learn about the different '**stages**' and '**screens**' of the human body and mind on which virtual and symbolic healing experiences can take place in order to find more meaning, satisfaction, fulfillment and love.
- Learn how a comprehensive **map of consciousness** and a **map of personality** can be used to understand the defense and protection mechanisms that obscure this core.
- Using the theories taught, learn to **assess clients** using body reading, self assessment, palpation, somatic resonance and intuition.
- Learn how to work with **unexplained physical complaints** and physical complaints with a psychological cause.

## Educational Means:

- **Bodymind meditations and exercises** (awakening, awareness, anchoring, breathing, movement, voice, etc.), **theoretical contributions**
- **Demonstrations of individual sessions** in large groups
- **Supervised practice** in small groups and analysis of experiences
- **Analysis of the effects** of the methods and techniques tested
- **Question and answer time**



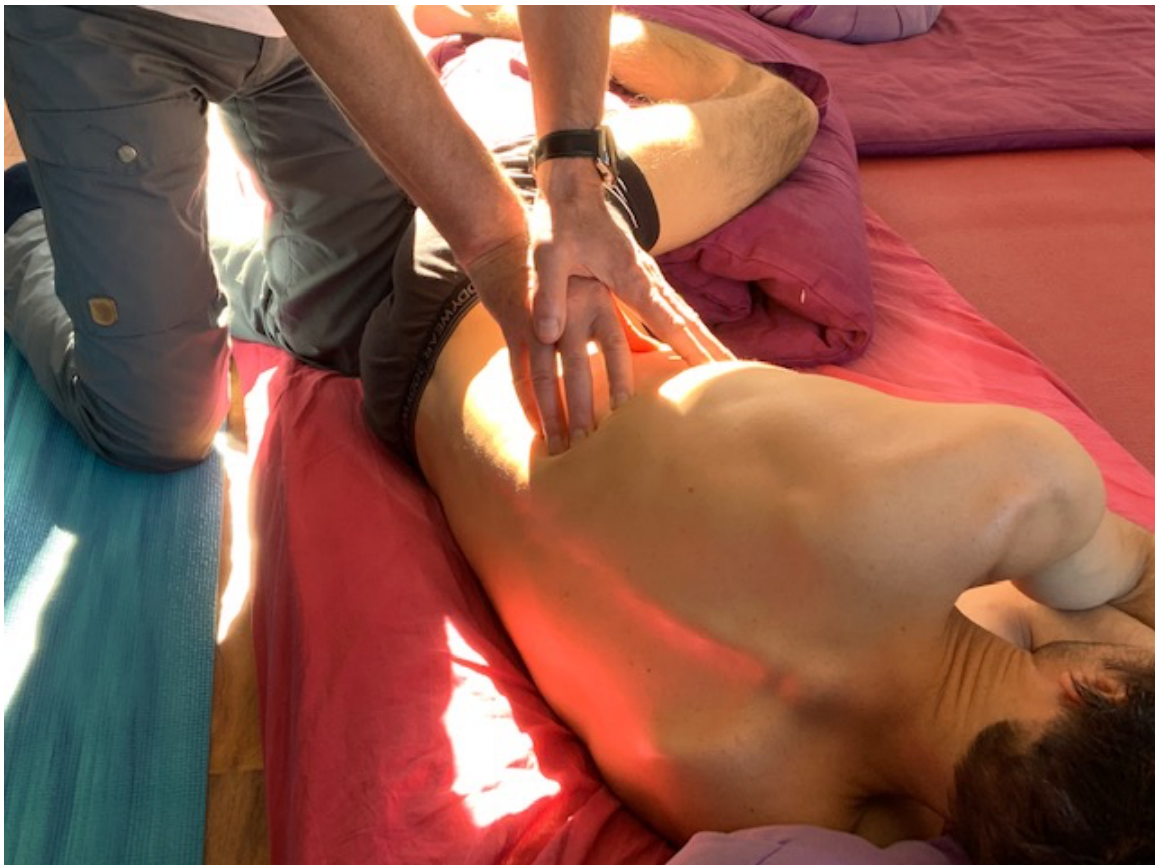
## Work outside the classroom :

This only concerns those who want to obtain the certificate if this module is offered as a training-workshop

- **Individual therapy sessions** in Core Strokes or Postural Integration with a certified practitioner (min. 6 hours),
- **Working group:** regular meetings to discuss and practice on the subjects studied during the training with other students,
- **Study of books and recommended resource articles,**
- **Personal reflection and evaluation.**

## Thanks to this module:

- I increase my **understanding of how blocked energy affects you** emotionally, physically, mentally and spiritually.
- I'm learning to **transform my old patterns** into newer, more functional ones.
- **I become more embodied in my body** and become more aware of who I am.





## Module 2

« Strengthen your confidence, being aligned and grounded, showing up »

In this second 7-day module you will learn how to make contact with the **intermediate deep layer of the fasciae** and how to release them on an emotional, energetic and postural level. We work with **lengthening**, i.e. we want to expand and loosen the space between the ribs and the pelvis, allowing excess burdens to fall off the shoulders as well. We also want to **help the shoulders themselves "find their proper place"** and we therefore give a thorough overview of the anatomy of the rotator cuff and related structures. We also expose in this module the **psychological dimensions of our posture**, as well as the masks we wear over our countenance that hide our true face. Through linkage to neuro-affective sciences, you will skillfully learn how to educate clients about **the connection between unmet basic needs and subsequent body postures and character defenses**. We discuss the sources of physical as well as emotional and psychological pain in this context. We also work further in this module with Jack Painter's **"energetic breath cycle,"** exploring not only the "natural breath cycle," but also in each of the 9 phases, the possible blockages. By learning how to breathe in an open, relaxed way, the body begins to create a heightened state of energy called "charge" or "activation," which allows physical, emotional and mental patterns to be discovered and released.

### Program :

We integrate in this module :

- Revision and deepening of the techniques and theoretical teachings of module 1
- Introduction of **holistic techniques and strokes** for the transformation of the **deep middle layer of the myo-fascial network**: breathing, charge-discharge, gestalt, movement awareness, emotional expression, meridian and point work, movement awareness, chakra work, zone/segmental armor work
- Recognition of **personality qualities**: Attitudes and expressions of the "Mask", "Lower Self" and "Higher Self"
- **Zones and body parts** involved in Module 2: flanks, lateral line, shoulders, neck, pelvis
- **Assessment of the client** using body reading, self assessment, palpation, somatic resonance and intuition
- Deepening of the **9-step breathing and energy cycle**.
- **Basic needs, deficits and reversals** (level 2)
- **Neurophysiology**: how to create new memories to offer alternatives to old patterns
- Working with **trauma**
- **Pseudo-solutions**: dynamics of submission/dependence, aggression/control, detachment/withdrawal and its effects in the body at the level of posture

## Educational Means :

- **Bodymind meditations and exercises** (awakening, awareness, anchoring, breathing, movement, voice, etc.) theoretical contributions
- **Demonstrations of individual sessions** in large groups
- **Supervised practice** in small groups and analysis of experiences
- **Analysis of the effects** of the methods and techniques tested
- **Question and answer time**

## Work outside the classroom :

- **Individual therapy sessions** in Core Strokes or Postural Integration with a certified practitioner (min. 6 hours),
- **Working groups:** regular meetings to discuss and practice on the subjects studied during the training with other students,
- **Study of books and recommended resource articles,**
- **Personal reflection and evaluation.**

## Thanks to this module,

- I invite and **welcome new and transformative emotional experiences** into my life.
- **In my relationship with the other, I am more connected to my inner resources.**



## Module 3

### « Foster heart / pelvis unity and harmony and unify Love, Eros and Sexuality»

In this **third 7-day module**, you will learn to connect with the **deep layer of the fasciae** and release them emotionally, energetically and posturally. By dialoguing with the pelvis, legs, abdomen and back, you can **release unconscious tensions**, conflicts and blockages. We examine not only the **balance of the pelvis** as the "cornerstone" of human architecture, a diaphragm of structural balance, but also the pelvis as a channel of conception and birth, a source of strength, vibrancy, grace, healthy aggression and erotic-sensual/sexual qualities. We explore the whole area with sensitivity and specificity to respectfully and carefully **help deep protective attitudes**, as well as unfelt feelings of trauma, to become conscious and integrated. We work in progressive steps on the adhesions around the ankles, knees and hips, as well as the adductors, deep abdominal muscles, pressure systems and adhesions in the viscera, the psoas complex and the many deep, intrinsic muscles on the side of the buttocks that fan out and can hold unlikely amounts of energy. By working with the "**energy breathing cycle**" we learn to raise energy to higher levels and **connect love and sexuality**.

#### Program :

- **Deepening of the techniques and theoretical teachings** of module 2
- Bodywork in the **deep layers of the fascia**: learning new manual techniques of Core Strokes to release the deep layer of the myo-fascial network.
- **Work on body parts**: lower, upper and back pelvis, back, stomach, psoas, adductors, hip rotators, knees, posterior tibial,...
- **Work on the personality**: concentration on the "core", transformation of the "lower self", rooting in the "higher self".
- **Heart / pelvis connection** - Love and sexuality: behind the masks of love, power and wisdom, the art of true connection, relationship, trust and surrender.
- Oedipal Triangles
- **Energy physiology level 3**: "charging" and "discharging" techniques and study of phases 5 to 9 of the energy cycle (Dr Jack Painter's model)
- **Tracking** emotional expressions, physical states, verbal statements, core belief systems and internalized prohibitions and commands

#### Educational Means :

- **Bodymind exercises and meditations** (awakening, awareness, anchoring, breathing, movement, voice, etc.) theoretical contributions
- **Demonstrations of individual sessions** in large groups
- **Supervised practice** in small groups and analysis of experiences

- **Analysis of the effects** of the methods and techniques tested
- **Question and answer time**

### Work outside the classroom :

- **Individual therapy sessions** in Core Strokes or Postural Integration with a certified practitioner (min. 6 hours),
- **Working group:** regular meetings to discuss and practice on the subjects studied during the training with other students,
- **Study of books and recommended resource articles,**
- **Personal reflection and evaluation.**

### Thanks to this module,

- I discover myself more in **my depth**,
- I integrate **new sensorimotor, kinesthetic and audio-visual memories** alongside older memories,
- I find more **clarity in my personal path**,
- In this way I learn to generate **realistic, optimistic and satisfying perspectives** on myself and on others.



## Module 4

### « Integrate Bodymind, savor the fruits and rewards of living and discover your life task »

After all the meditations, release work, reflection and feedback from the previous phases of the training, in this **fourth 7-day module**, you will learn how to **integrate and balance the 3 layers of fascia** on an emotional, energetic and postural level. We work with "**whole images**" and how to **keep or regain integrity** after difficulty or conflict. In our interaction with the world, we must constantly adapt and redevelop the integration we have developed, while constantly reconnecting with the outer reality. From **inner integration**, structural alignment takes place, body and mind function in **holistic harmony**, where **ancestral patterns** of compensation lose their hold and emerging potential takes its place and is realized. **Higher levels of arousal**, the merging of the inner male and female polarity, non-duality, plateau experiences and understanding of your life's task are open to exploration. We use the concepts of '**tensegrity**', **vibrational integrity**, refinement, free expansion and contraction to bring all dimensions of being (up-down, left-right, back-front, centre-periphery, inside-outside) into a flowing, vibrant whole and to find joy, contentment and relaxation.

#### Program :

- **Body work with the fascia:** learning specific hands-on techniques of Core Strokes to integrate the 3 layers of the myo-fascial network, simultaneous with breath, interaction, expression, satisfaction
- **Body-mind-spirit integration:** Beyond character styles
- **Integrating body parts and dimensions:** top-down, left-right, back-front, center-periphery, inside-outside
- **Energy Physiology Level 4:** "charge" and "discharge" techniques and development of phases 5 to 9 of the energy and breath cycle developed by Dr. Jack Painter.
- **Transcending Trauma:** How to draw strength and wisdom from the most difficult experiences
- **Deepening and diversifying the techniques** discussed in the previous modules.
- **Working with fine energy**, assimilating change, centering, the limits of change

#### Educational Means :

- **Bodymind meditations and exercises** (awakening, awareness, anchoring, breathing, movement, voice, etc.) **theoretical contributions**
- **Demonstrations of individual sessions** in large groups
- **Supervised practice in small groups** and analysis of experiences



- **Analysis of the effects** of the methods and techniques tested
- **Question and answer time**

### Work outside the classroom:

- **Individual therapy sessions** in Core Strokes or Postural Integration with a certified practitioner (min. 6 hours),
- **Working group:** regular meetings to discuss and practice on the subjects studied during the training with other students,
- **Study of books and recommended resource articles,**
- **Personal reflection and evaluation.**

### Thanks to this module,

- **I enjoy the benefits of this integration** and realize that I was made to be able to be happy, caring, resilient and in a state of fully embodied health,
- **I realize that my body is the temple of my spirit**, that the world is my “home,” and that there is a place for all of my relationships.





## Example of daily schedule during a module

Each module follows more or less the same agenda, with some variations throughout the year and location. (E.g. sometimes we start in the morning, sometimes in the afternoon)

<b>Day 1</b>	14h00 - 14h45 15h00 - 18h00 18h30 19h30 - 21h00	Opening session Class Supper Workgroups
<b>Day 2</b>	07h00 - 08h00 08h15 - 09h30 09h30 - 12h30 13h00 - 15h00 15h00 - 18h00 18h30 19h30 - 21h30	Morning bodywork or meditation Breakfast Class Lunch Class Supper Community evening
<b>Day 3</b>	07h00 - 08h00 08h15 - 09h30 09h30 - 10h30 10h30 - 10h45 10h45 - 13h00 13h00 - 15h00 15h00 - 18h00 18h30	Morning bodywork or meditation Breakfast Service spirituel Pause Class Lunch Class Supper
<b>Day 4</b>	07h00 - 08h00 08h15 - 09h30 09h30 - 12h30 13h00 - 15h00 15h00 - 18h00 18h30 19h30 - 21h30	Morning bodywork or meditation Breakfast Class Lunch Class Supper Theme Evening
<b>Day 5</b>	07h00 - 08h00 08h15 - 09h30 09h30 - 12h30 13h00 - 15h00 14h30 - 18h30 19h00	Morning bodywork or meditation Breakfast Class Lunch Class Supper
<b>Day 6</b>	07h00 - 08h00 08h15 - 09h30	Morning bodywork or meditation Breakfast

09h30 - 12h30	Class
12h30 - 14h30	Lunch
14h30 - 17h30	Class
18h00	Supper
19h30 - 21h30	Community evening

<b>Day 7</b>	07h00 - 08h00	Morning bodywork or meditation
	08h15 - 09h30	Breakfast
	09h30 - 12h30	Class
	12h30 - 13h30	Lunch
	13h30 - 15h30	Group process
	15h30 - 16h00	Tidying the room together
	16h00 - 16h15	Closing

## Conditions of participation and preparation for the diploma

**This training is open to anyone** who has participated in an introductory Core Strokes course or has sufficient personal or professional experience in the psychotherapy or bodymind field. Any request to participate is subject to consideration of your file by the trainer or the IBI admissions committee. In addition to providing your details and experience, an interview may be requested through the application form on the [bodymind-integration.com](http://bodymind-integration.com) website or that of the organizer. If you are applying for the first time, please describe your experience in psychotherapy, personal development, experiential work, deep body work, emotional process work (individual or group), body psychotherapy, bodymind integration, systemic work / family therapy / couple therapy...).

**The 4 modules are ideally taken in order**, but it is usually allowed to start with module 2 and then do module 1. To apply for modules 3 and 4, you must have completed modules 1 and 2. Module 1 can be taken as an introductory course. Please consult with us without any obligation about all possibilities. You can participate in a module at one place or another. The content is the same anywhere in the world.

**For those who wish to obtain the Certified Practitioner Diploma** in Core Strokes, participation in all modules twice and supervision for a minimum of one year with the supervision team is necessary to ensure that you have acquired all the necessary skills to work with the method as a Certified Professional.

Note that participation in 1 module twice allows you to **obtain an intermediate certificate**.