

The Body's Wisdom: Symbolism, Therapeutic Touch, and Reichian Foundations in Core Energetics

December 12-15, 2025

POSTGRADUATE MASTERCLASS

In Core Energetics, we regard the body as a profound record of the psyche, embodying and expressing trauma, defense patterns, and resilience in ways that often transcend verbal understanding. This symbolic perspective allows us to view the body as a trusted ally in exploring and transforming emotional and psychological states, where each area of tension or release tells a story of past experiences, unconscious defenses, and inner strength. For instance, tightness in the shoulders may represent the weight of responsibility, while pelvic tension can symbolize inhibited sexuality, and a closed chest might signify the need for self-protection or the presence of unresolved grief.

This masterclass will explore the Core Energetics approach to therapeutic touch and body symbolism, building on Wilhelm Reich's pioneering work. Reich's concepts of therapeutic touch and body armoring—the physical manifestations of psychological defenses—laid the foundation for understanding the body's symbolic language. Core Energetics has since expanded upon Reich's work, integrating therapeutic touch with a focus on the energetic essence of the person and their authentic potential.

In Core Energetics, therapeutic touch is a powerful method for facilitating the release of stored emotions and bodily defenses. When applied with an ethic of consent, presence, and attunement, touch creates a safe environment in which clients can experience, express, and process sensations, emotions, and memories that might otherwise feel inaccessible or overwhelming. The integration of therapeutic touch with Reichian principles exemplifies a holistic approach to healing—one that honors the body's innate wisdom and symbolism as pivotal to personal transformation.

Throughout this masterclass, we will delve deeply into these techniques, enhancing your ability to support clients on their journey toward emotional liberation, self-awareness, and a fuller connection to their core.



DIRK MARIVOET is the director of the International Institute for Bodymind Integration in Ghent, Belgium. He studied Core Energetics under John Pierrakos, Neo-Reichian Therapy, Postural Integration®, Energetic Integration and Pelvic-Heart Integration under Jack Painter PhD and is a certified trainer/supervisor in this work since 1999. He also studied different types of shamanism and nature spirituality. Earlier in the 80s and 90s he was adjunct faculty Psychomotor Therapy at Leuven University.

Time schedule

Start: Friday 10 am

End: Monday 5 pm

Where

EIGENTIJDSERF
Spreeuwesdijk 9
5091 KS Westelbeers
The Netherlands

Tuition fee

€ 825

Lodging expenses

Room and meals
approximately € 340 –
€ 500
depending on roomtype

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