



**Next Generation Core**  
Northern Virginia Center for Somatic Training

## **Registration/Application Form:**

Name: \_\_\_\_\_

Address (including City, State, Zip): \_\_\_\_\_

\_\_\_\_\_

Mobile number: \_\_\_\_\_

Email address: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Emergency contact person/relationship/mobile number: \_\_\_\_\_

\_\_\_\_\_

## NEXT GENERATION CORE TRAINING REGISTRATION:

**Please indicate the program for which you're applying.** Please note, the PPP has no homework requirement, and requires fewer individual therapeutic sessions. The PTP requires participants to complete and submit homework assignments prior to training weekends, participate in more individual or group therapeutic sessions, and allows students to automatically matriculate to the Institute of Core Energetics to continue working toward certification if all requirements are met.

### **Personal Potential Program**

Our **Personal Potential Program (PPP)** contributes to accessing your full potential by furnishing you with a toolbox filled with techniques, teachings and both individual and group support that shines a light on the areas you want to develop. Through in-depth work in Core Energetics, you will learn to take total ownership of your choices, and create outcomes that support the life you are meant to live. This program runs in conjunction with the **Practitioner Training Program**, focusing on Core Energetics theory and application. The PPP runs for five weekends over a nine-month period.

**Therapeutic requirement:** Students attending NGC for personal growth will need 12 individual sessions per year or 24 group sessions. Students may identify their own certified Core Energetics practitioner, or a list of certified, experienced practitioners will be provided to students upon admission to the program. Practitioner fees vary **and are separate from tuition**.

### **Practitioner Training Program**

The **Practitioner Training Program (PTP)** is the first two-years of the Core Energetics certification, and runs in conjunction with the Personal Potential Program, focusing on Core Energetics theory and application. For an in-depth course guide, visit [nextgenerationcore.com/program-details](http://nextgenerationcore.com/program-details).

**Therapeutic requirement:** Students interested completing their certification in years 3 & 4 will need 24 Core Energetics sessions per year, or 18 individual sessions and 10 group sessions per year. Students may identify their own certified Core Energetics practitioner, or a list of certified, experienced practitioners will be provided to students upon admission to the program. Practitioner fees vary **and are separate from tuition**.

**Tuition information:**

Base tuition for 2024-2025 program: \$4000

Early-bird tuition \$3800 (deadline is March 31, 2024)

Intro workshop participant discount \$3750 (deadline is January 31, 2024)

Late tuition is \$4250 (those who register after May 1, 2024)

Tuition payments must be paid via check or Venmo. Transportation, lodging, and meals are not included. Once accepted to the program, students will receive tuition payment details. Tuition is non-refundable.

This is a two-year program. You may commit to one year, but we encourage considering this a two-year commitment. Tuition fees above are for one year.

**Additional costs:**

Students will be responsible for borrowing, purchasing, or downloading selected textbooks.

**Optional payment plan:**

Optional payment plans are available for students to budget tuition costs as needed. After students are accepted to the program, they MUST email Ingrid, NGC operations manager, at [NextGenerationCoreDC@gmail.com](mailto:NextGenerationCoreDC@gmail.com) to set up a plan BEFORE May 1, 2024.

**Refunds:**

All sales are final. Tuition paid toward the training program is non-refundable.

**Cancellation policy:**

Next Generation Core reserves the right to cancel. If the program is not rescheduled, the registrants will receive a full credit toward a future training or a full refund within 30 days of cancellation.

\* Returned check fee: \$35.00

\* Late payment fee: 10% of payment

**Training dates:**

May 17-19, 2024

July 12-14, 2024

September 6-8, 2024

November 8-10, 2024

January 10-12, 2025

Participants must attend all program dates. The program takes place in a private, welcoming location in Falls Church, Virginia. Lodging, transportation, and meals are not provided.

**CLASS SIZE IS LIMITED, SO WE ENCOURAGE YOU TO APPLY AS EARLY AS POSSIBLE.**

Early enrollment registration deadline is March 31, 2024. We must receive your application and fee prior to that date for early bird rates. Interviews are required and will be scheduled upon receipt of application. All interviews will take place virtually.

**Please read and initial in the boxes below:**

- I am available to attend all five (5) of the training weekends (above).
- I understand that the non-refundable base tuition for the program year is \$4000. Early-bird tuition is \$3800 (deadline is March 31, 2024). Participants in the intro workshop tuition is \$3750 (if registered by January 31, 2024). Late tuition is \$4250 (those who register after May 1, 2024). A \$500 deposit (or full tuition) must be paid prior to the first training weekend.
- Tuition payments must be paid via check or Venmo @Barra-Kahn.
- I have read and agreed to the therapeutic requirement above.
- I understand the \$100 application fee is NOT part of the tuition price.

**Application/registration checklist:**

- Application/registration form
- Application fee (\$100 via Venmo @Barra-Kahn) - application fee is separate from tuition payments
- Personal essay
- Two letters of recommendation

Send any inquiries and completed applications to [NextGenerationCoreDC@gmail.com](mailto:NextGenerationCoreDC@gmail.com).

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(signature)

(date)

## **NEXT GENERATION CORE TRAINING APPLICATION REQUIREMENTS:**

**In order for us to learn more about you, please write an autobiographical statement, limited to four (4) typed pages in a separate document.**

### **Please include the following information:**

- Which training are you applying for?
  - Personal Potential Program (PPP)
  - Professional Training Program (PTP)
- How do you hope to benefit from this training?
- What's your professional background?
- Write about a challenge you've overcome and one you're still struggling with.
- What is something in your past you would do differently if you could?
- Write about your individual, couple, or group therapeutic experiences.
- What is a source of pride for you? What is a source of disappointment?
- Describe how you handle a challenging relationship.
- Describe a fulfilling relationships you have had in your life, or want to have.
- Describe an area of your life that you would change if you could.
- Describe a limiting belief that keeps you stuck.
- Do you self-sabotage? How?
- What do you feel you could contribute to a group?
- Do you have any physical limitations that would impact your movement and physical participation?
- Please add anything else you want us to know about you.

### **PLEASE PROVIDE TWO LETTERS OF RECOMMENDATION:**

- Please be sure your references describe:
  - Their relationship with you (professional or personal);
  - What they see as your personal attributes;
  - How they've witnessed your personal growth/development;
  - What they see as your strengths and weaknesses; and
  - What they feel you would bring to this program.

*Hint: Perfect does not exist and we are not looking for it. An honest assessment to the best of their ability is an asset. Please collect your letters of recommendation and submit them with your application package.*