



THE HIDDEN CHALLENGE IN COPING WITH STRESS

Exploring "giving up" in muscles as a defensive coping strategy

2 day intensive workshop (open to all) in Vancouver with

Merete Holm Brantbjerg

October 22-23, 2011

What do you usually think of when you feel stressed? Yes ... tense muscles.

We well know the discomfort of tension that builds in the muscles of our shoulders, necks and backs as we defend ourselves against outer and inner stressors in an attempt to hold back both impulses and emotions.

But there is another strategy we use. In this workshop Merete will focus on a lesser known reaction to stress or personal dilemmas. Muscles (and other tissue) can give up, become distant, and lose energy in order to "protect" us from sensing emotions or impulses that we don't know how to handle.

A typical example is that we often don't notice body signals telling us when to stop. Psychomotor impulses in arms, legs and core fail to reach consciousness if the muscles involved are in a state of giving up. Consequently, we may not sense when enough is enough – and a vicious circle can start where you lose energy and your sense of being in charge from within.

How can we impact these patterns and access more of our free life energy when coping with stress?

In this workshop Merete will present:

- methods to work with the body's response to stress, giving special attention on how to approach giving up/hypo-response and the typical polarization that happens between tension and giving up
- psychomotor skill training focusing on skills that help us cope with outer and inner stress, such as centering, grounding and containment
- the importance of learning to dose the skill training, so both tense and given up parts of the body are included
- an understanding of the inner polarization that occurs between tensing up and giving up in both the muscle system and the nervous system (hyper and hypo-arousal)
- exploration of the hidden impulses and emotions emerging from the areas of the body that have given up

This workshop is relevant for anybody who is interested in understanding the body's reactions to stress and how we, through body oriented skill training, can approach these reactions.

The skill training will help you cope in new ways with your own stress reactions and those you meet in others. Also you will gain a deeper understanding of the dynamics of *burn out*.

We will do practical exercises, theory will be presented, and we will share and exchange in the group. Please dress to allow movement and comfort.

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Dates: October 22-23, 2011

Time: 9:30am – 5:30pm daily

Cost: \$325 if cheque dated on or before September 10, 2011 - \$350 following

Location: Vancouver School of Theology, 6000 Iona Drive, UBC campus. Room 309.

Parking available at VST, Carey Hall and North Parkade. Further details will be sent with your receipt. Please visit VST and UBC web pages for maps.

Light refreshments will be available and we would appreciate it if you'd bring your own mug.

Please take care of yourself if you have sensitivities/allergies or require filtered water.

Registration: Please read carefully - your place is reserved with:

- Full pre-payment and a completed registration form. *The registration form has been attached to this e-mail as a separate document or please request one.*
- Your cheque made payable to Merete Holm Brantbjerg and mailed to Barbara Picton c/o 671F Market Hill, Vancouver, BC, V5Z 4B5
- Receiving your receipt via e-mail as confirmation of your registration.

PLEASE NOTE: If you have not received your receipt within two weeks of mailing your cheque, please follow-up with Barbara.

Cancellation and Refund Policy:

A cancellation received in writing (letter or e-mail) postmarked by September 24, 2011 will qualify for a refund minus \$25 administration fee. No refunds for cancellations from September 25, 2011.

For further information: barbara@barbarapicton.com 604.838.6048

Merete Holm Brantbjerg co-created **Bodydynamic Analysis** (1985), a body-psychotherapeutic system developed in Denmark. She now specializes in **Resource Oriented Skill Training (ROST)** as a psychotherapeutic method applying it to both developmental and shock trauma.

Merete currently leads body psychotherapy trainings and workshops in Scandinavia, London and North America and maintains a private practice for therapy and supervision in Copenhagen.

The name "**Moaiku**" - derived from "Motoric Haiku" - captures the poetic quality in a method of psychotherapeutic skill training that is focused on simplicity, repetition, precise individual dosing, and 'here and now' presence.

Merete is integrating bodyoriented skilltraining with systemic methods of adressing groupdynamic.

www.moaiku.com