



ATTACHMENT AND AROUSAL REGULATION IN THE HEALING OF TRAUMA

Merete Holm Brantbjerg

October 13-14, 2012

After trauma we face the challenge of regulating and integrating the high arousal states triggered by the traumatic situation, such as fear, rage, grief, collapse/feeling lost and others. A challenge that is present for those in either the caregiving or careseeking roles.

Optimal regulation of high arousal states leads to landing back into the personality where emotional processing and reorienting in reality can happen. When arousal is not regulated it typically becomes dissociated and emotional processing and reorientation does not happen, or only happens partially.

- How can we support these processes to be successful for both caregivers and careseekers?
- How can we approach the unintegrated states in a way that supports integration instead of being overwhelmed once more?

Attachment and regulation of arousal and emotions are connected. The experience of having our arousal states and emotions regulated together with another human being is crucial for establishing attachment (Leslie Greenberg). This means that our attachment patterns matter in trauma healing.

Working with patterns of trauma includes working with widening the capacity for secure attachment and for mutual arousal and emotion regulation.

In this workshop Merete will present psychomotor skill training as a pathway in working with attachment and regulation of arousal states and emotions.

The workshop is experiential and will relate to theory.

The skill training will focus on how to:

- bodily support mutual regulation of hyperarousal (fear, rage, etc)
- bodily support mutual regulation of hyporarousal (collapse/feeling lost)
- access and process basic emotions and separate them from thought-feelings
- develop the capacity for staying in resonance both as caregivers and careseekers
- stay present with access to the observing self, and
- individual dosing

Theoretical reference to Jaak Panksepp's concept of "Basic Emotional Systems" will be made and to a differentiation between three levels of emotional response - survival instincts, basic emotions and thought-feelings (a revised version of a model created in the Bodydynamic system). Both of these models are helpful in establishing a conceptual map of the different arousal states and emotions we are facing in trauma work.

Dates: October 13-14, 2012
Time: 9:30am – 5:30pm daily
Cost: \$325 if cheque dated on or before September 1, 2012 - \$350 following
Location: Vancouver School of Theology, 6000 Iona Drive, UBC campus. Room 309.
Parking: UBC's North Parkade. Some parking may be available at VST and Carey Hall. Further details will be sent with your receipt. Please visit VST and UBC web pages for maps.
Breaks: Light refreshments will be provided for the mid morning and afternoon breaks and we would appreciate it if you'd bring your own mug. A fridge is available for storing lunches if you wish.
Self care: Please take care of yourself if you have food sensitivities/allergies or require filtered water. Dress for movement and comfort. You may wish to bring a foot rest as some participants find the chair seats too high.

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 registration is the date of your cheque
- 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

PLEASE REGISTER EARLY FOR THIS WORKSHOP

If this workshop fills up, like the one held last March/April, it will be repeated the following weekend, October 20-21.

Cancellation and Refund Policy:

A cancellation received in writing (letter or e-mail) postmarked by September 15, 2012 will qualify for a refund minus \$25 administration fee. No refunds for cancellations from September 16, 2012.

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. In her workshops Merete integrates body oriented skill training and a relational focus with systemic methods of addressing group dynamics.

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 psychotherapeutic method that is focused on simplicity, repetition, precise individual dosing, resonance and 'here and now' presence.