

Attraction, Aversion and Direction

Cooperation between implicit and explicit goals

a new workshop with **Merete Holm Brantbjerg**

October 24^{evening}, 25-26, 2014

Making a choice of direction implies we move towards something and away from, or we let go of, something else; that we negotiate between aspects we are attracted to or averted by in the direction we are about to take. This dance between moving towards and moving away from emerges from both conscious and unconscious parts of us and is expressed through psychomotor impulses, both for attachment and individual exploration.

A concrete way of looking into the diversity of these inner voices that lay behind our choices is to look at factual behavior. What are we actually doing that is driving us to our explicitly chosen direction – and what are we doing that is restraining, pulling us toward a different or even an opposite direction?

Curiosity about our restraining behaviors can help us see and understand our implicit or hidden goals which often manage unconscious emotions or survival-reactions.

We form explicit goals from what we already know, the data we've collected about the world and ourselves. Choices that are primarily guided by the functions of the left brain – the cognitive brain. Implicit goals emerge from our emotional brain. They can be guided by deeply embedded and automatic motor impulses and hedonistic valences leading to impulses of attraction and aversion.

Acknowledging both explicit and implicit goals supports us in finding direction in life in resonance with ourselves, others and the outer context. We feel grounded in reality, related to others and directed from within. If the implicit goals are not included, we can experience self-sabotage, not following through, loss of orientation or ambivalence.

How do we make space for both our explicit and implicit goals and how do we support them to cooperate through psychomotor skill training?

In this experiential workshop the focus will be on

- Psychomotor developmental skill-training that supports exploration and ownership of different layers of moving towards and moving away from - related to choices of direction in life
- Exploring the experience of direction from within in resonance with oneself and others
- Exploring which basic emotions are embedded in impulses of attraction and aversion
- Observing concrete behavior related to an explicit choice of direction – and differentiating driving and restraining aspects of behavior
- Training the observing self-to acknowledge both explicit and implicit goals
- Playing with breaking habitual patterns related to choosing direction in life and trying out new possibilities

This workshop can both be a first encounter with this material or it can be a continuation of the workshop, “What guides us? Pleasure? Attachment? Goals?”

Introducing the method - Resource Oriented Skill Training

The workshop is limited to 24 participants to allow time for exploration and integration of the experiential material. In Resource Oriented Skill Training (ROST) psychomotor exercises are used to open defensive patterns. Skills and resources held in the muscle-system are awakened and with that our capacity for regulating emotions and arousal-states can grow.

Through the process of “dosing”, the body exercises are adapted by each participant, building an inner authority to choose between opening or respecting and valuing the defensive patterns as they are supported by the body.

The approach is based in knowledge of tension and low energy (hyper- and hypo-response) in the muscles and connective tissue as defense-mechanisms. Both high and low energy behaviors are valued equally however regulation of low energy is addressed first which supports both an unusual group-dynamic and inner dynamic. The goal of the method is to build a holding environment where emotions and survival reactions can become mutually regulated, especially those states that have been held in isolation and dissociation. **The psychomotor skill-training supports self-regulatory**

capacity and systemic group-work is used to build the capacity for mutual resonance and regulation.

The psychotherapeutic growth process in the workshop happens through active exploration, systemic group-work and reflection. Growth in your professional capacity is supported by widening your capacity for knowing and owning aspects of being human in your own body and mind through direct experience, in resonance with yourself and others.

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| Dates: | October 24 (evening), October 25-26, 2014 |
| Time: | Friday evening 5:30 - 9pm. Saturday and Sunday 9:30am – 5:30pm |
| Cost: | \$410 CDN if <u>cheque dated</u> on or before September 12, 2014 - \$440 CDN following |
| Location: | Suite 304 - 1055 West Broadway, Vancouver |
| Parking: | Further information will be provided with your registration |
| Breaks: | Light refreshments will be provided for the short 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 with food sensitivities/allergies or if you require filtered water. Dress for movement and comfort. |
| Registration: | Please read carefully - your place is reserved with: <ul style="list-style-type: none">• Full pre-payment <u>and</u> a note with name, telephone and email contact• Your registration is the <u>date</u> of your cheque• Your cheque made payable to Merete Holm Brantbjerg and mailed to (NB: NEW) Barbara Picton 101-2445 West 3rd Avenue, Vancouver, BC, Canada, V6K 4K6• Receiving your receipt via e-mail as confirmation of your registration ** Contact Barbara if you do not have your receipt after 2 weeks. |
| | Please register early for this workshop if you wish to guarantee your place |
| Cancellation: | A cancellation received in writing by September 26, 2014 will receive a refund minus \$25 administration fee. No refunds for cancellations from September 27. |
| For more 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 "**Moai**ku" - derived from "Motoric Haiku" - captures the poetic quality in a psychotherapeutic method that is focused on simplicity, repetition, and precise individual dosing, resonance and 'here and now' presence.