



What guides you? Pleasure? Attachment? Conscious Goals?

a new workshop with **Merete Holm Brantbjerg**
February 28 (eve), March 1-2, 2014

Do you manage your life based on the pursuit of pleasure, consciously moving toward your goals or finding balance between the two - and what role does attachment play for you here?

When working together, these three states - experiencing pleasure, sensing attachment and consciously focusing on your goal - result in a feeling of unstrained presence, a special kind of openness, and the emergence of an expanded competence, which is nurturing inwardly and also when in contact with others, as you move to reach your goal.

In this experiential workshop the focus will be on

- Learning different approaches and concrete skills to support you in accessing this state in daily life through widening the choices between finding pleasure and focusing on your goals
- Understanding two different kinds of pleasure - one that emerges from attachment, and one that is detached from attachment
- Discovering how these different pleasure impulses impact you both in reaching your goal and what you have chosen to go for in your life

Finding the happy balance between attaining pleasure, having a sense of connection with others and consciously moving toward your goals is a challenge.

We all have patterns of behaviour and habitual thinking based on our history that bind us to a certain personal style where attachment, pleasure, and focusing on our goals are given different value, space, freedom of action - and where they may be kept separate, so it becomes either/or instead of both/and.

Basically the three elements work together through the attachment/reward system that stimulates our experience of happiness and closeness (endorphins); the motivational system that ignites our pleasure based drive (dopamine) and, the prefrontal cortex that provides the possibility for developing self-regulation and the capacity for making conscious choices.

How would you answer these questions?

- How do these three elements connect for you, both in your work and in your private life?
- Can you have fun, can you be social, while you are focused on a goal? Do you become rigid or do you have a tendency to lose your ability to make reality based choices?
- Are you open in your attachment relationships while you have fun, while you do something pleasurable - or do you separate these two aspects of life?
- How is it for you to shift between finding pleasure in work and in time off - and to shift back into focused activity - and what do you do with your attachment to other people in those shifts?
- Do you park either fun times or moving toward your goals outside the door when you go to work or come home?

How can working with the body help?

Psychomotor skill training, connected to different developmental phases, can give new possibilities in the interaction between pleasure-direction, attachment, and linear goal-direction. A being, sensing, impulse-driven presence is connected to the early developmental phases, while the capacity for linear goal-direction and focusing on reality are developed later. Both kinds of psychomotor activity are elements in the development of attachment relationships that give space for both intimacy and individual exploration. Access to these layers of human potential - and the ability to shift between them - can be stimulated through specific bodily and cognitive awareness.

Integration between being and doing, focusing and letting go, explicit and implicit direction, intimacy and boundaries in attachment can then be supported.

Training the psychomotor elements can open up our consciousness about our habitual patterns so new possibilities can be discovered and integrated. This process will typically go through a chaotic phase where old structures are opened up, before new structures can happen.

In this workshop Merete offers

- Training in body skills supporting sensations of linear goal-direction and pleasure-direction
- Clarification of two different kinds of pleasure - with and without attachment
- Training in finding resources from different psychomotor developmental phases and in supporting cooperation between them
- Playing with breaking habitual patterns and trying out new possibilities
- Theory of the attachment/reward and motivation systems, and the capacity for self-regulation
- Theory of explicit and implicit direction

Who will benefit from this workshop?

If you have a professional or personal interest in exploring and expanding the balance between pleasure, attachment and conscious goal-direction, you are welcome. Also, if you work in the fields of therapy or teaching you will find both professional and personal inspiration related to your own role and understanding developmental patterns.

Dates: February 28 (evening), March 1, 2, 2014

Time: Friday evening 5:30 - 9pm. Saturday and Sunday 9:30am - 5:30pm

Cost: \$410 CDN if cheque dated on or before February 17, 2014 - \$440 CDN following

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

Parking: Parking at UBC's North Parkade and possibly at VST and Carey Hall. Further details will be sent closer to the workshop. Find maps on VST and UBC web pages.

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:

- Full pre-payment and a note with name, telephone and email contact
- 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, Canada, V5Z 4B5
- 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

A cancellation received in writing (letter or email) postmarked by January 31, 2014 will qualify for a refund minus \$25 administration fee. No refunds for cancellations from February 1, 2014.

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, and precise individual dosing, resonance and 'here and now' presence.