



## **Muscular intelligence – coping and resonance**

**Resource Oriented Skill Training as a relational bodypsychotherapeutic method**

**A 2,5 days workshop in London 15.-17.march 2013**

**ROST, also called Motoric Haiku**, builds on the knowledge of personality growth through psycho-motor development and specific psycho-social skills connected to individual muscles. These skills include centering, grounding, boundaries, containment, regulation of contact, orienting and our ability to cope with emotional states.

Sensing muscles and their psychological function can awaken original resources and a potential for action that impacts the biographical patterns of experience. Often this brings hope and the possibility to change old inflexible patterns of relationship.

Patterns founded before spoken language and patterns tied in implicit memory (sensory perceptions, experiences without conscious connection to a story) cannot be reached through the spoken language. A body oriented approach is an opportunity to reach into these layers of consciousness and begin a process of healing and integration.

**Included in this approach is the concept of muscle hypo- and hyper-response** - the coping patterns of 'giving up' or 'controlling' we learned as we grew. Being able to recognize these established responses in our current every day reactions is a powerful tool we can use to support development and transformation of old patterns and avoid re-traumatization.

**Our ability to sense our muscles is a way we can personally learn to build new resources for ourselves.** Professionally it is an effective therapeutic method for helping clients to safely make the changes they are looking for.

### **What to expect in the workshop:**

Psychomotor skill training

- supporting presence and resonance in the here and now
- supporting selfregulation somatically
- related to different musclegroups. What skills are held in the backside, the frontside, the outside and the inside of the body??
- related to psychomotor developmental phases. What emerges in us when we move lying on the floor, sitting and crawling - or moving with direction forward by pushing off the ground with our toes?

With a mix of body exercises, theoretical presentation and discussion, participants will experience the effect of Motoric Haiku on their own body and in their own emotional process - and get to understand the principles in the approach.

Go to the CABP website to get information about how to sign up: <http://body-psychotherapy.org.uk/>