



with Merete Holm Brantbjerg

Relational Trauma Therapy

Introductory Weekend

Friday 6 May 2016, 5.30 to 9.30 pm

Saturday 6th and Sunday 8 May 2016, 9.30 am to 5.30 pm



Relational Trauma Therapy - Introductory Weekend

Facilitator: Merete Holm Brantbjerg

2.5-DAY: Fri 6 May 2016, 5.30 to 9.30 pm;

Sat 7 May and Sun 8 May 2016, 9.30 am to 5.30 pm

The fee for this course is £265.

Please register online at www.body-psychotherapy.org.uk/events-workshops-and-training.html or contact the CPD administrator on cpd@body-psychotherapy.org.uk

This weekend event is intended to provide a 'taster' experience of the Relational Trauma Therapy course that is being offered starting October 2016.

The approach combines body oriented skill training and systemic group process with the goal of building a skill level individually and in the group, where states that have been held in isolation and dissociation can be regulated mutually.

Refined psychomotor skill training builds functional coping and self regulatory capacity. Systemic group process including training in resonance and attunement is used to increase capacity for mutual regulation of arousal states and emotions. Together the two aspects can open up our self healing potential.

To relate to, value, and integrate our experience of a traumatic event and our trauma reactions often poses a challenge to our personality. Healing trauma demands that our capacity, our value system, our perception of reality, and often times also our self image, expand. Relational Trauma Therapy supports this expansion of the personality's capacity – bodily, emotionally, cognitively and relationally.

Merete Holm Brantbjerg is the creator of 'Moaiku' – derived from 'Mōtoric Haiku', a psychotherapeutic skills training that is focused on: simplicity, repetition, precise individual dosing, and a 'here and now' presence. She is also co-creator of Bodydynamic Analysis – a member of the European Association of Body-Psychotherapy (EABP) and Psykoterapeutforeningen. Merete specialises in resource-oriented skills training as a psychotherapeutic method, applying it to both personality development and trauma healing.



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