

Moaiku:

Attraction, Aversion and Conscious Goals

with Merete Holm Brantbjerg



Fri 21 Oct 2016, 5.30 to 9.30 pm; Sat 22 Oct and Sun 23 Oct 2016, 9.30 am to 5.30 pm

Moaiku: Attraction, Aversion and Conscious Goals Facilitator: Merete Holm Brantbjerg

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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

How do we find direction in life and how do we establish a cooperation between implicit and explicit goals? How do the deep emotional drives - attraction and aversion – show up in our behavior and impact our choices in life? How do they cooperate, or not, with our conscious mind? Attachment impulses and impulses for individual exploration are involved in the process. How do we balance between contact to ourselves, others and outer reality when choosing direction in life? 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 capacity 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?"



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.

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.



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