

Introduction to Relational Trauma therapy

February 24-26, 2017

in the Netherlands



by Merete Holm Brantbjerg

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.

Introducing the method – Relational Trauma therapy

In Relational Trauma therapy psychomotor exercises (ROST) 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.

This bodily skill training 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 Relational Trauma therapy 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.

Merete Holm Brantbjerg co-created Bodydynamic Analysis (1985), a body psychotherapeutic system developed in Denmark. She now develops **Relational Trauma therapy** as a method, applying it to both developmental and shock trauma.

In her workshops Merete integrates body oriented skill training and a relational focus with systems-oriented methods of addressing group dynamics. Merete currently leads body psychotherapy trainings and workshops in Scandinavia, London, 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.



Friday 24, Saturday 25 & Sunday 26 February 2017

The workshop starts Friday evening and ends Sunday afternoon and takes place in **Tilburg, the Netherlands**.

Price

€ 275,- for members of the NVLP and € 325,- for non-members.

This price includes 2x breakfast and 2x lunch.

Location

The location offers the opportunity to stay overnight. Mattresses are available and please bring a sleeping bag. Nearby are places to have dinner.

Your registration is final after:

- confirmation of your registration by email to secretaris@nvlp.nl
- a first payment of € 50,- has been received on: NL70 INGB 0004 3883 01 (in name of 'NVLP' and please mention 'workshop Merete')

Please pay the rest of your payment before January 10, 2017.

The workshop will be in English

Do you have any questions?

Please send us a mail: secretaris@nvlp.nl