



Inner boundaries

How do we establish and repair them?

a new workshop with **Merete Holm Brantbjerg**
March 16-18 in Tilburg

In the context of therapeutically processing trauma reestablishing boundaries, dignity and integrity – or establishing them for the first time – show up as an essential element.

Trauma always impact our boundaries – trauma goes beyond what we can cope with within the boundaries of our personality.

2 levels of boundaries can be separated out: Inner and outer boundaries. And different body-based methods can be used to working with them.

Outer boundaries are supported by sensing the skin and by energetically filling out our personal space. Gaining access to anger and the impulses, that come with it (pushing, kicking etc) is often an aspect of reestablishing outer boundaries, when they have been invaded, collapsed etc. Making it clear to the outer world where the boundary is.

What about inner boundaries? What is the difference between the two kinds of boundaries? A sense of inner boundaries is supported by the connective tissue and by the inside of digestion system.

How do inner boundaries develop? Which emotions are key when reestablishing inner boundaries, when they have been invaded or collapsed? How are inner boundaries and bodily homeostasis related?

In this experiential workshop the focus will be on

- Training psychomotor skills to support both inner and outer boundaries
- Exploring emotions that are key to establishing and repairing especially inner boundaries (disgust, shame and other emotions)
- The Moaiku principle of “dosing” used to build energy in low energized (hypo-responsive) areas of the body as a first step to owning outgoing impulses (f.ex. disgust and anger) – and staying on the edge of ingoing impulses (f.ex. shame and grief)
- Theoretical understanding of the impact of introjection to inner boundaries - and disgust as a homeostatic feeling that supports reestablishing inner boundaries when they have been violated
- Regulation of the arousal that arises within the group so emotional states can be processed together and not in isolation

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 Bodynamic 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, Tilburg NL, Vancouver Canada 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.

For practical information about workshops in Tilburg, please contact Angela Terpstra at angelacmyterpstra@live.nl