



Resonance and boundaries in Relational Trauma Therapy

a new workshop with **Merete Holm Brantbjerg**
October 28-30 2022 online

Resonance and boundaries are two basic aspects of contact. Our capacity for resonance with ourselves and with others support mutual regulation of emotions and arousal-states - we can feel our own states and those of others and we can let them circulate between us. Boundaries and containment support our capacity to stay separate, to separate out what belongs to me and what belongs to others. Boundaries help us to orient in factual reality. Together they provide a base for functional dependency - and for healing processes.

We all have personality patterns that impact the way we relate to resonance and boundaries - and on top of that trauma provides an additional impact.

We can have a tendency for closing our boundaries - or dissolving them. We can have a tendency to over- or under-resonate.

Trauma always go beyond personal boundaries - trauma becomes an invasion to our personal space - and trauma leaves us with arousal-states and emotions that challenge the capacity of ourselves and others for mutual regulation.

- ✚ How do we widen our personality patterns so we can process what trauma did to us?
- ✚ How do we gather our boundaries again when they have been dissolved - or open them up when they have been closed?
- ✚ How do we support the possibility of safely opening up to mutual resonance and with that mutual regulation?
- ✚ What role do boundaries and resonance play in a healing process?

What to expect in this workshop

Psychomotor, systems-oriented and cognitive skill training will be used as methods that can be supportive when approaching our relationship to our own boundaries - and to our connection to others and ourselves through resonance.

We will explore the fundamental difference and interconnection between boundaries and resonance with the goal of widening our capacity to stay in contact with ourselves and our boundaries and enter a mutual resonance-field.

Workshop-leader: Merete Holm Brantbjerg, body-psychotherapist, member of the Danish Psychotherapist Organisation and of EABP, founder of Relational Trauma-therapy - international trainer.

Date: Friday 28, Saturday 29 & Sunday 30 October 2022

Times: 10.30 am CET - 1.30 pm - and 3-6 pm all days

Venue: online on zoom

Fee: Sign up opens now. Use the following links to pay;

Early bird 430 Euros: <https://buy.stripe.com/cN25o503h19Te5i8wy> - until September 1st

Full price with payment after Sept 1st: <https://buy.stripe.com/aEU8Ah3ft05PaT67sv>

By booking you are entering into a contract with Merete Holm Brantbjerg to pay for your place even if unforeseen circumstances prevent you from attending. If the workshop is cancelled, we will refund your payment.

Introducing the method – Relational Trauma therapy

In Relational Trauma therapy psychomotor exercises (ROST) and joint mobilisation exercises 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 bodily skill-training supports self-regulatory capacity and systems-oriented group-work is used to build the capacity for mutual resonance and regulation.**

The psychotherapeutic growth process in the workshop happens through active exploration, systems-oriented 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.