



MOAIKU

How do we cope with arousal-states and emotions?

Regulation of emotional states in healing stress and trauma - focusing on the swing between sympathetic and parasympathetic activity

a workshop with **Merete Holm Brantbjerg**
April 21-23 in Copenhagen

Our capacity to feel, express and share emotional states is a key element in how we process and heal, when life impacts us. Emotional states can both enrich and challenge us. In trauma-therapy we meet challenges on our way to mutual regulation of both the arousal-states, that are awakened in the stress- or trauma-event - and of the emotions and thought-feelings, that emerge, when we land after a strong impact. The challenge is present both when meeting our own states and other's.

One of the challenges is, how to establish or re-establish a natural swing between the sympathetic (SN) and the parasympathetic (PN) nervous-systems. This goes for both the swing between hyper- and hypo-arousal (collapse), present in our survival-reactions - and emotions, more or less impacted by both SN and PN, that become activated, when we process trauma.

To process something includes feeling and regulating both outgoing emotional states like fear, anger, excitement, joy (primarily SN) - and ingoing emotional states like grief, shame, powerlessness, feeling lost, pleasure, calm (primarily PN). And disgust and maybe other emotional states that probably hold an equal amount of activation in both nervous-systems.

Many of us have patterns, where we tend to be stuck in one branch of the autonomic nervous-system, which is a component in both unsafe attachment-patterns and in trauma-patterns. The patterns impact the interaction between care-seeker and care-giver, when we work with stress and trauma.

How do we get back and forth between the 2 branches of the nervous-system? How do we support natural regulation of the states connected to them? How do we for example find acceptance for both our panic or fight-impulse and our collapse? How do we get from anger to grief or vice versa?

And how is the regulation of the emotional states impacted by tension and giving up in the muscles, that provide us with a muscular container for the states?

In the workshop we will

- Train psychomotor and neurocentric skills, that support regulation of arousal-states and emotions with awareness of sympathetic and parasympathetic arousal.
- Explore how regulation of tension and giving up in muscles impact regulation of emotional states
- Differentiate theoretically between arousal-states, emotions and thought-feelings
- Explore swings between outgoing and ingoing arousal-states and emotions
- Look at habitual patterns - where does the flow between the states usually stop for us?
- Train mutual regulation and through that negotiate patterns of isolation
- Relate the swing between PN and SN to healing of stress- and trauma states

The teaching style contains a mix of bodily skill training, practical exploration, systems-oriented group-process and exchange about theory.

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 21, Saturday 22 & Sunday 23 April 2022

Times: 9.30 am - 5.30 pm all days

Venue: NOR, Hejrevej 30, 2400 Copenhagen NV

Fee: Sign up by using the following link to pay:

Early bird 540 Euros: <https://buy.stripe.com/dR69El3ftcSB5yMdQU> - until March 3rd.

Minimum number of participants to run this physical workshop is 16.

By March 3rd decision is made based on number of signed up.

With 16 or more the workshop runs physically in Copenhagen.

With less than 16 the workshop will run online instead.

The early deadline of March 3rd gives time enough to cancel the physical venue if less than 16 sign up.

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, your payment will be refunded.

Introducing the method - Relational Trauma therapy

In Relational Trauma therapy psychomotor exercises (ROST) and neurocentric 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 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. Since 2003 she has developed **Relational Trauma therapy** together with Kolbjørn Vårdal, applying the approach 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 Denmark and online internationally - 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.