



MOAIKU

Anger and disgust

Coping, owning and understanding

a workshop with Merete Holm Brantbjerg
April 3-6 2025 in Copenhagen – in English

In the context of therapeutically processing trauma, anger and disgust both show up as important aspects of reestablishing boundaries, dignity and integrity.

- What separates anger and disgust?
- How can we manage and process them?

If these two emotional states remain undifferentiated, methods for working with anger are often used for hidden disgust. This holds the risk of neither anger nor disgust ever reaching ownership and becoming regulated.

Anger is involved in natural revenge-impulses. Disgust is involved in emptying ourselves with what feels poisonous to the body, physically or emotionally. These are different processes that benefit from different kinds of methodology.

In this experiential workshop the focus will be on

- Differentiating the body-based methods that work for anger and for disgust
- Differentiating between sympathetic and parasympathetic regulation of disgust
- Training psychomotor and neurocentric skills to support both ownership and the capacity to cope with and express anger and disgust and whatever else may emerge with them
- The principle of “dosing” used to build energy in low energized (hypo-responsive) areas of the body as a first step to owning outgoing impulses
- Working with disgust before anger to support getting fullness inside before going for outgoing impulses.
- Theoretical understanding of anger and disgust
- Systems-oriented group-process used to open up the possibility of emotional states being mutually regulated and through that open up patterns of isolation

Using the dosing principle when working with outgoing impulses in anger and disgust supports a group dynamic where there is space for the spectrum between a tendency for acting out with outgoing impulses or withdrawing from them. Hyper- and hypo-strategies. Both of these subgroups can benefit from working with finding a dosage that supports ownership of outgoing impulses and slowing down rather than discharging energy. Including both subgroups is an alternative to polarization between the different styles and energy levels – a dynamic that easily emerges when working especially with anger.

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

Date: April 3-6 2025

Times: 9.30 am – 5.30 pm all days

Venue: NOR 5.floor, Hejrevej 30. 2400 Copenhagen NV

Language: English

Sign up:

You sign up by sending an email to moaiku@brantbjerg.dk. Please include information about what you want written in the invoice – if you want more than your name and emailaddress. Could be your address or business name for example.

You will receive an invoice in January or upon sign up later.

Deadline:

Deadline for sign up and payment is February 1st – given that the contract with the venue is binding 2 months prior to the rental period.

So if you know that you want to participate in the workshop, please respect this deadline – and notice that you get a reduced price with early payment.

After February 1st decision is made if there are participants enough to pay for the venue or a shift needs to happen.

Fee: 720 Euros

After February 1st the price is 780 Euros

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 (ROST) and neurocentric exercises are used to open defensive patterns. Skills and resources held in the muscle-system and the joints 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 behaviours 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 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 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.