



Anger and Disgust

Coping, owning and understanding

a new workshop with

Merete Holm Brantbjerg

April 17 evening, 18-19, 2015

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

Consequently, we might ask

- What separates these two emotional states?
- 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.

In this experiential workshop the focus will be on

- Differentiating the body-based methods that work for anger and for disgust
- Training psychomotor skills to support both ownership and the capacity to cope with these two emotional states, and whatever else may emerge with them
- 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
- Theoretical understanding of anger and disgust and of the difference between reactive and proactive aggression (warm and cold aggression)
- Regulation of the arousal that arises within the group so emotional states can be processed together and not in isolation

It is a challenge to work in a supportive way - finding an appropriate “dosage” to use - when working with angry impulses. Polarization between those in a group who have access to the outgoing impulses and those who are afraid of them and withdraw can easily emerge. This dynamic invites patterns of dominance and submission inside of us and amongst us.

And it is possible to work with anger in a way that provides more ownership and space for different styles and energy levels so integration can happen both individually and in the group.

In the Moaiku method, knowledge of both tension and low energy in the muscle system opens up the possibility of first building energy before addressing outgoing impulses. This strategy allows us to better contain and regulate arousal – and makes it possible to work slowly with anger, building up ownership rather than discharging energy.

Differentiating between disgust and anger provides another way to regulate. 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 support.

Introducing the method - Resource Oriented Skill Training

This workshop is limited to 24 participants to allow time for exploration and integration of the experiential material. In Resource Oriented Skill Training (ROST) psychomotor 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 approach 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 the method 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 specializes in Resource Oriented Skill Training (ROST) as a psychotherapeutic method, applying it to both developmental and shock trauma.

In her workshops Merete integrates body oriented skill training and a relational focus with systemic 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.

Dates - Friday evening April 17th, Saturday April 18 and Sunday April 19

Time - evening 5:30-9pm and days 9:30am-5:30pm

Cost - \$410 CDN if cheque dated on or before March 5, 2015 and \$440 CDN following

Location - Granville Park Bowls Club, 3025 Fir Street, Vancouver (at 14th)

Parking - street parking is available on Pine Street and around the park

Breaks - light refreshments are provided for the short breaks. A fridge is available to store lunches

Self care - take care of yourself for sensitivities and allergies or if you wish for filtered water.

Dress for comfort and movement and please bring yoga/exercise mats for floor work

To register - send your full payment and a note with your name, profession and telephone and email contact information to Barbara Picton 101-2445 West 3rd Ave, Vancouver, BC, V6K 4K6

Make cheque payable to Merete Holm Brantbjerg. An early registration will ensure your space.

Confirmation of registration will be your receipt sent by email. If you do not receive your receipt within 2 weeks, or you would like further information please contact 604 838 6048 or Barbara@barbarapicton.com

Cancellation Policy - notice of cancellation received in writing by March 19 will receive a refund minus \$25 administration fee. No refunds for cancellations from March 20.