



MOAIKU

# Attraction, aversion and direction

Cooperation between implicit and explicit goals

a new workshop with Merete Holm Brantbjerg

February 28 (eve), March 1-2, 2014

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How do we find direction in life and how do we establish a cooperation between implicit and explicit goals? How do the deep emotional drives - attraction and aversion – show up in our behavior and impact our choices in life? How do they cooperate, or not, with our conscious mind?

A choice of direction always imply that we move towards something and move away from or let go of something else – or it implies that we negotiate between aspects we are attracted to or averted by in the direction we are about to take. This dance between moving towards and moving away from emerges from both conscious and unconscious parts of us – and is expressed through psychomotor impulses.

Attachment impulses and impulses for individual exploration are involved in the dance. How do we balance between contact to ourselves, others and outer reality when choosing direction in life?

A concrete way of looking into the diversity of inner voices lying behind our choices of direction, is to look at factual behavior. What are we actually doing that is driving in relationship to our explicitly chosen direction – and what are we doing that is restraining, moving in a different or sometimes even opposite direction? Curiosity about restraining behavior can open up to seeing and acknowledging implicit, hidden goals, that are often managing unconscious emotions or survival-reactions.

Explicit goals are made based on what we already know and on data-collection about the world and ourselves – a choice-making that is primarily guided by the left hemisphere brain functions – the cognitive brain.

Implicit goals emerge from our emotional brain. They can be guided by deeply embedded and automatic motor impulses and hedonistic valencing leading to impulses of attraction and aversion.

Acknowledging both explicit and implicit goals support us in finding direction in life in resonance with ourselves, others and the outer context. We can feel grounded in reality, related to others and directed from within. If the implicit goals are not included, we can experience self-sabotage, not following through, loss of orientation or ambivalence.

How do we make space for both our explicit and implicit goals – and how do we support them – through psychomotor skill training - in cooperating?

## **In this experiential workshop the focus will be on**

- Psychomotor developmental skill-training that supports exploration and ownership of different layers of moving towards and moving away from - related to choices of direction in life
- Exploring the experience of direction from within in resonance with oneself and others
- Exploring which basic emotions are embedded in impulses of attraction and aversion
- Observing concrete behavior related to an explicit choice of direction – and differentiating driving and restraining aspects of behavior
- Training the observing self capacity to acknowledge both explicit and implicit goals
- Playing with breaking habitual patterns related to choosing direction in life and trying out new possibilities

This workshop can both be a first encounter with this material - or it can be a continuation of the workshop: *“What guides us? Pleasure?, Attachment? Goals?”*

**Groupsize:** Max 24. I work with small groups of students, to allow time for exploration and integration of the experiential material.

**Introduction to the method:** In Resource Oriented Skill Training (ROST) psychomotor exercises are used to open up 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 to each participant, building inner authority. Negotiation between opening up or respecting and valuing defensive patterns as they are is supported.

The approach is based in knowledge about tension and low energy (hyper- and hypo-response) as defense-mechanisms represented in the muscles and connective tissue. Regulation of low energy is being addressed first, which supports an unusual group-dynamic and inner dynamic: High and low energy behaviors are valued equally.

The goal of the method is to build a holding environment where emotions and survivalreactions 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 workshops 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 specializes in **Resource Oriented Skill Training (ROST)** as a psychotherapeutic method, applying it to both developmental and shock trauma.

Merete currently leads body psychotherapy trainings and workshops in Scandinavia, London and North America and maintains a private practice for therapy and supervision in Copenhagen.

The name "**Moai**ku" - derived from "Motoric Haiku" - captures the poetic quality in a psychotherapeutic method that is focused on simplicity, repetition, precise individual dosing, resonance and 'here and now' presence.