



# What guides you? Pleasure? Attachment? Goals?

a new workshop with Merete Holm Brantbjerg  
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**Do you manage your life based on the pursuit of pleasure, consciously moving toward your goals or finding balance between the two - and what role does attachment play for you here?**

When working together, these three states - experiencing pleasure, sensing attachment and consciously focusing on your goal – result in a feeling of unstrained presence, a special kind of openness, and the emergence of an expanded competence, which is nurturing inwardly and also when in contact with others, as you move to reach your goal.

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

- Learning different approaches and concrete skills to support you in accessing this state in daily life through widening the choices between finding pleasure and focusing on your goals
- Understanding two different kinds of pleasure – one that emerges from attachment, and one that is detached from attachment
- Discovering how these different pleasure impulses impact you both in reaching your goal and what you have chosen to go for in your life

**Finding the happy balance between attaining pleasure, having a sense of connection with others and consciously moving toward your goals is a challenge.**

We all have patterns of behaviour and habitual thinking based on our history that bind us to a certain personal style where attachment, pleasure, and focusing on our goals are given different value, space, freedom of action – and where they may be kept separate, so it becomes either/or instead of both/and.

Basically the three elements work together through the attachment/reward system that stimulates our experience of happiness and closeness (endorphins); the motivational system that ignites our pleasure based drive (dopamine) and, the prefrontal cortex that provides the possibility for developing self-regulation and the capacity for making conscious choices.

**How would you answer these questions?**

- How do these three elements connect for you, both in your work and in your private life?
- Can you have fun, can you be social, while you are focused on a goal? Do you become rigid or do you have a tendency to lose your ability to make reality based choices?
- Are you open in your attachment relationships while you have fun, while you do something pleasurable – or do you separate these two aspects of life?
- How is it for you to shift between finding pleasure in work and in time off – and to shift back into focused activity – and what do you do with your attachment to other people in those shifts?
- Do you park either fun times or moving toward your goals outside the door when you go to work or come home?

**How can working with the body help?**

Psychomotor skill training, connected to different developmental phases, can give new possibilities in the interaction between pleasure-direction, attachment, and linear goal-direction. A being, sensing, impulse-driven presence is connected to the early developmental phases, while the capacity for linear goal-direction and focusing on reality are developed later. Both kinds of psychomotor activity are elements in the development of attachment relationships that give space for both intimacy and individual exploration. Access to these layers of human potential – and the ability to shift between them – can be stimulated through specific bodily and cognitive awareness. Integration between being and doing, focusing and letting go, explicit and implicit direction, intimacy and boundaries in attachment can then be supported.

Training the psychomotor elements can open up our consciousness about our habitual patterns so new possibilities can be discovered and integrated. This process will typically go through a chaotic phase where old structures are opened up, before new structures can happen.

**In this workshop Merete offers**

- Training in body skills supporting sensations of linear goal-direction and pleasure-direction
- Clarification of two different kinds of pleasure – with and without attachment
- Training in finding resources from different psychomotor developmental phases and in supporting cooperation between them
- Playing with breaking habitual patterns and trying out new possibilities
- Theory of the attachment/reward and motivation systems, and the capacity for self-regulation
- Theory of explicit and implicit direction

**Who will benefit from this workshop?**

If you work in the fields of therapy or teaching you will find both professional and personal inspiration related to your own role and understanding developmental patterns.

**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 **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.

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.