



# Beyond polarisation

## Making space for similarities and differences

a new workshop with Merete Holm Brantbjerg  
April 19-21 2024 online

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Similarities and differences are aspects of all interactions. If we can integrate them both it supports growth and development. If not, we easily get stuck in either rigid polarisation or diffusion.

We often seek safety through seeking contact around similarities. When doing that we have a chance to meet in similarity - find company that is similar enough for us to feel safe and included. In the same time we risk to merge, loose our boundaries and centering if the similarity is stereotypical and not differentiated enough

We often get into fight about differences. Differences that are too big challenge our capacity to stay open and curious - boundaries easily close or diffuse when that happens. In the same time differences can support growth and development - it can bring excitement and awaken us. If differences are not being integrated we risk to stagnate and go rigid. This goes for a person, a group, a family, a society, the world.

These are examples of dynamics around similarities and differences. What are your versions? Do you like similarity better than difference or vice versa? How do you bring them into exchange with your self and others? What are your challenges with them?

### What to expect in this workshop

The overall goal with the RTT courses online is to focus on basic elements in RTT. Focusing on similarities and differences is a key element in the methodology of trauma-sensitive group-process used in the workshop. In the online format we can chew on this basic element, explore it, widen space for it, strengthen skills to cope with it.

In the workshop we will explore

- What supports us in staying open to choice and curiosity when exchanging about either a similarity or a difference
- Do we get triggered when bringing a similarity or a difference into a dyad or a group?
- Our habits with similarities and differences - and our readiness to widen our behaviour
- Discovering the impact of focusing on similarities or differences in interactions in dyads and in the group
- Using psychomotor and neurocentric skill-training to support the ownership of choice and curiosity related to both similarities and differences,

**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 19-21 2024

**Times:** 12.30 pm CET - 3.30 pm - and 5-8 pm all days

**Venue:** online on zoom

**Fee:** Sign up opens now. Use the following link to pay:

<https://buy.stripe.com/bIY4k15nB9Gpgdq7sx>

Early bird price: 460 Euros - until April 1st 2024

Full price with payment later: 500 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, we will refund your payment.

### **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 defence-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 bodily skill-training supports self-regulatory capacity and systems-oriented group-work is used to build the capacity for mutual resonance and regulation.**

The psychotherapeutic growth process in the workshop happens through active exploration, systems-oriented 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.