



Shame and disgust

Coping, owning and understanding

a workshop with Merete Holm Brantbjerg

April 9-12 april 2026 in Copenhagen – in English

Shame and disgust are elements in trauma-patterns. Elements that can be part of how we stay stuck in perceptions of ourselves and of the outer world – elements that are involved in how our homeostasis got out of balance

In this workshop we will take a closer look at these 2 basic reactions – and how to support natural regulation of them – and with that find ways to support inner homeostasis.

We will look at different levels of both shame and disgust – and with that also differentiate what kind of methodology that supports regulation.

We will look at how shame and disgust are interrelated – and open up to curiosity about what emerges in the body when they both or just one of them get into motion in bigger or smaller ways.

The focus in this experiential workshop will be on

- Training psychomotor and neurocentric skills to support regulation of bodily homeostasis – and the capacity to cope with and express shame 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 – and owning the experience of pain.
- Differentiating different levels of shame practically and theoretically: **Natural regret** about something we have done – **Introjective shame**, taking on that “I am wrong” as a survival-reaction and **Systemic shame**.
- Differentiating different levels of disgust practically and theoretically: **Core physical disgust** - **Interpersonal disgust** expressed in for example contempt – and **Moral disgust**, where core disgust is woven into moral judgments.
- Differentiating between sympathetic and parasympathetic regulation of disgust – and using them as pathways out of introjective shame
- Exploring the hypothesis that reestablishing homeostasis can support opening up to other emotional states – could be pleasure, grief, joy, natural rest etc
- Systems-oriented group-process used to open up the possibility of emotional states being mutually regulated and through that open up patterns of isolation

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 9-12 2026

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 email address. 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.

Fee: 730 Euros

After February 1st the price is 790 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.