

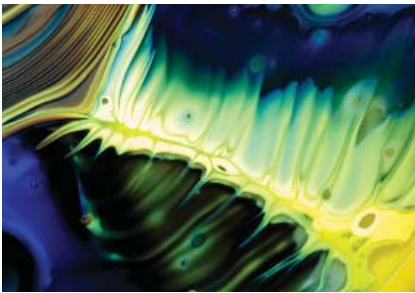
Instincts, Emotions & Feelings

This skillfully designed workshop will clarify and deepen your understanding of instincts, emotions and feelings - how they work together and how you can increase your acceptance of both your own and other peoples' ways of handling them.



Instincts are highly intensive emotional reactions released when we are facing life/death situations. They hold basic skills of survival that precisely match the present moment.

Basic Emotions serve to regulate our interactions with the "pack". Through emotions we express our responses to life's events and we connect in limbic resonance with ourselves and with others. Finding the balance between containment and expression of emotions is essential for both the emotional well-being of the individual and in relationships.



Thought-Feelings hold a mix of basic emotional energy and thought patterns. In daily life this mix is typically communicated as "feelings". Consider which basic emotions lie behind your words when you, for example, say that you are "tired", "stressed", "disappointed", or that you're feeling "ok".

In this workshop trainer Merete Holm Brantbjerg will focus on:

- Validating instincts and emotions as valuable biological resources.
- Clarifying the relationship between instincts, emotions and thought-feelings.
- Training both psychomotor and verbal skills to cope with the life-energy held in instincts and emotions.
- Balancing containment and expression of emotional energy while staying in contact.
- Exploring which emotions lie behind thought-feelings & categorizing.

This workshop is open to:

Anyone in the helping or teaching professions with or without previous training in bodypsychotherapy.





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 "**MOAIKU**" - DERIVED FROM "**MOTORIC HAIKU**" - CAPTURES THE POETIC QUALITY IN A METHOD OF PSYCHOTHERAPEUTIC SKILL TRAINING THAT IS FOCUSED ON SIMPLICITY, REPETITION, PRECISE INDIVIDUAL DOSING AND "HERE AND NOW" PRESENCE.



COQUELICOT ("CO-CLE-CO") GILLAND IS A BODYDYNAMIC ANALYST, BODYDYNAMIC FOUNDATION AND SKILLS TRAINER, CERTIFIED MASSAGE THERAPIST, AND MINISTER WITH THE ASSOCIATION FOR THE INTEGRATION OF THE WHOLE PERSON.

SHE ADVOCATES FOR PERSONAL GROWTH, INNER AUTHORITY, AND MUTUAL CONNECTION, SERVING BOTH AS STUDENT AND TEACHER, AS WELL AS A CATALYST AND FACILITATOR FOR THE DEVELOPMENT OF INNER STRENGTH AND CONGRUENCE. SHE BELIEVES THAT WHAT MOST OF US SEE AS FLAWS, DEFECTS OR PROBLEMS IN OUR CHARACTER ARE SIMPLY SKILLS WE MISSED LEARNING AS CHILDREN. SHE HAS AN INSTINCTIVE ABILITY TO LISTEN DEEPLY FOR WHAT IS UNSPOKEN, AND FOCUSES ON CO-CREATIVE EXPLORATION IN AN ENVIRONMENT FREE OF JUDGMENT AND SHAME.

COQUELICOT MAINTAINS A PRIVATE PRACTICE IN GRASS VALLEY, CALIFORNIA AND BERKELEY, CALIFORNIA. FOR MORE INFORMATION, OR TO SCHEDULE AN APPOINTMENT PLEASE CALL:

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WWW.BODY-DYNAMICS.NET