



Merete Holm Brantbjerg: Hypo-states – A Hidden Challenge In Coping With Stress And Trauma



Merete is a highly experienced psychomotor trainer who, in her own experience, found that the rapid swing between sympathetic and parasympathetic systems was still off balance no matter the type of releases or therapeutic breakthroughs that had occurred in her own healing. She used this frustration to aid the development of her own modality, Relational Trauma Therapy, as a means to bring more balance to hypo and hyper states. She explains the concept of such states and how having awareness of the muscles, as well as discerning whether a muscle is in a hyper- or hypo-state plays a key role in trauma therapy.

TOP EMBODIMENT TIP: Slow down and take time to be curious about which parts of you have quit, instead of focusing solely on parts of the body that are noisy and tense.

Hyper and Hypo States

- A *hyper* state is when something (e.g. an organ or a system) is over functioning. In trauma therapy, hyper state refers to the fight/flight and freeze of the autonomic nervous system. If a muscle goes hyper, it goes tense.
- A *hypo* state is the other end of the spectrum: under-functioning.
- We have strong awareness of hyper states but less awareness of hypostates. Usually this is only realised when an extreme collapse occurs.

Why Focus on Muscles?

- The muscle system holds all our psychomotor skills, such as determining our centre, our grounding and our boundaries among others. The ability to discern these is integral for our sense of safety.
- Stress involves tension of many muscles (a hyper response), however a hypo response (i.e. flaccidity) could also occur. For example, flaccidity in the front side muscles are linked to a loss of boundaries and overwhelm.
- A hypo response is a dissociation.

A Bodily Guided Meditation into Low Dosed Muscle Activation.

- It is much more difficult to find flaccidity than tension, and comparing parts/sides of the body can be a useful tool.
- Merete demonstrates a variety of hand positions for low dosed muscle activation. It is advised to do these every morning, preferably before stressed! Do not wait until in a triggered state/trauma response to do these.
- It is strongly advised that daily practices not be given up, even if trauma-related emotions begin to surface. Many people drop the practices when the body parts are finally getting close to consciousness, as what was stored in the cells begins to surface. This surfacing of emotions is where the healing is.

Resources

- ❖ **Website:** www.rtt.thinkific.com, <http://www.moaidu.dk/moaiduenglish/indexenglish.htm>
- ❖ **Course:** [Including and awakening hypo-response](#)



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