

PBSP

Pesso Boyden System Psychomotor™

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Albert Pesso and Diane Boyden-Pesso developed PBSP after years of observing the emotional content of body movement and speech in their goal to

understand how human expression was initiated and its impact on others. From those beginnings, a large body of movement sensitization techniques, theories of human interaction and a complex process of emotional re-education evolved. PBSP is now a fully developed unified theory that has at its foundation a vision of what it means to be human -- biologically, psychologically, sociologically, philosophically, and spiritually.

Since 1973 thousands of therapist have received training internationally, and currently there are 17 PBSP* certification training programs now taking place in 10 countries. In Holland, one of the first European countries to recognize the value of PBSP, there are 80 PBSP client groups; we are told that the number of clients in treatment with PBSP now exceeds that of clients in psychoanalytic treatment.

Quote from Elaine B. Pinderhughes, Professor Emerita, Boston College Graduate School of Social Work

"As a practitioner and long time teacher of clinical theory and practice (psychodynamic and family therapy), I had had evidence of the soundness of PBSP theory and its effectiveness in practice via observations of Al Pesso's work at clinical meetings. However my conviction of the efficacy of the theory in treatment was substantially reinforced through personal experience of his training seminars which I sought to help me cope with my husband's death.

Despite having been psychoanalyzed years ago and having completed family of origin work as part of my training as a family therapist, Pesso's work reached depths not tapped earlier and reworked issues in ways that created greater integration and self understanding than ever believed possible. It is his ability to tap experience at the earliest developmental levels, along with his ever vigilant stance that is respectful of the ego's readiness to accept and integrate new information, that makes his work so stunning and transformative. Of special significance to me also was the capacity to incorporate cultural (ethnic/racial) dynamics to the many levels of understanding gained."

"The Missing Link in Marital Therapy"

Excerpt from the above named chapter by **Augustus Napier, Ph.D.**, in the book edited by Florence Kaslow, Ph.D., *Voices in Family Psychology*, Newbury, CA: Sage Publishers, 1990.

*"The main requirement for this "missing link" in couples work (or work with any adult client in a family) is a method which allows control in staging and re-staging key family dramas—without requiring that the family of origin change dramatically. In the work of Albert Pesso and Diane Boyden-Pesso, whose approach I have described in more detail in *The Fragile Bond* (Napier, 1988), I have found such a method, and it offers exciting potential to this latter stage of family of origin work."*

Quote from **Bessel A. van der Kolk, M.D.** past President of the International Society for Traumatic Stress Studies, Professor of Psychiatry at Boston University Medical School, and Clinical Director of the Trauma Center at HRI Hospital in Brookline.

"Over the past 40 years, Al Pesso and Diane Boyden-Pesso have perfected an extraordinarily effective technique, PBSP [Pesso Boyden System Psychomotor], providing people with experiences that were missing during their growth and development. The artistry of [the] Pessos' 'structure' can be a unique and profoundly life-altering experience."

Experiential Workshops

in Franklin, NH 2003 -2004

Dec 12-14, 2003

Jan 16-18, 2004

Feb 13-15, 2004

April 9-11, 2004

June 25-27, 2004

Sept 24-26, 2004

Dec 17-19, 2004

Each workshop runs for 3 Days: from Friday at 1pm through Sunday no later than 4:30pm.

Tuition - \$375 Deposit - \$150

Training Workshops

for helping professionals

in Franklin, NH 2004

Introductory PBSP Training I

July 4-9, 2004

PBSP Training II

July 11-16, 2004

PBSP Training III

July 18-23, 2004

Each workshop runs for 6 Days: from Sunday at 1pm through Friday no later than 4:30pm.

Tuition - \$750 Deposit - \$350



Albert Pesso will present a
Special 2 Day PBSP* Training
Introduction in Boston, MA

"Holes in Roles with Couples and Families"

at The Massachusetts School
of Professional Psychology
June 18-19, 2004

See the back page for more details

Albert Pesso on "Holes In Roles"™

My work with individuals, couples and families over four decades has lead me to believe that human infants enter the world genetically supplied with an innate template that prepares them to automatically recognize and intuitively respond to the various, familial, kinship figures they will encounter as they grow up. Furthermore, in addition to this innate ability to "see and react to" those kinship roles, I have discovered that children seem to have the innate, rudimentary potential to "take on" and "act the part of" each and every one of those kinship roles as situations seem to require in the family settings they grow up in. I call those categories of capacities "stem selves" which seem to be cultivated by external circumstances to the kind of role function seemingly called upon by the outside world.



continued on back

If a child has had the misfortune of learning and experiencing that their parents were wounded, due to apparent neglect those parents must have experienced in their childhood, that appears to awaken the child's little heart and compassionate soul which innately knows that all children need and have an inner expectation of experiencing care. This immediately awakens the unspoken, perhaps also unconscious, but deeply felt wish that his or her parents could have been better cared for.

Clients who have unwittingly filled the holes in the roles of their parents maturational needs, have distorted their own personalities, leading to dysfunctional patterns in their own adult lives and adult partner choices. In PBSP presentations I demonstrate this phenomenon and teach how to release clients from those burdensome roles thus enabling them to live more satisfying lives in their partnerships and within their actual family structures.

Holes in Roles™ Workshop With Couples and Families

Albert Pessso will present this introductory PBSP workshop at The Massachusetts School of Professional Psychology, June 18 - 19, 2004. This Continuing Education Program of the MSPP will take place 9am - 4:30pm, Friday and Saturday, and provide 12 CE Credits. The fee is \$250. For more information see the PBSP website, contact the PBSP HQ Office; or for registration, contact the MSPP CE Department: Phone: (617) 327-6777 or (888) 664-MSPP, email: ce@mspp.edu, website: <http://ce.mspp.edu>

Al Pessso One to Ones, Event Scheduling & Training

Honing his skills through 40 plus years of PBSP practice, Albert Pessso has become so highly effective that he is regularly referred to as a, "master therapist," a "therapists' therapist" and even "a genius." Considered by many leading international clinicians to be one of the most outstanding therapists in the world today, his work is extraordinarily helpful to both clients and trainees. Al is also a consultant to high-profile executives and performing artists.

Though PBSP is primarily practiced in groups, Al has developed highly effective techniques for use in one-to-one sessions.

Both Al and his life partner and co-founder of PBSP, Diane Boyden-Pessso, hold frequent videoconferencing sessions with clients. The Pessos' new center in Franklin is being equipped with the latest audio-visual and teleconferencing systems, making distance communications more available for clients as well as trainees.

Though his schedule is tight, Al has some limited time available for special trainings and presentations.

For scheduling sessions, lectures, trainings or other events contact the PBSP International Headquarters.

Visit our
www.pbsp.com
website for news,
events, articles,
books, etc.

Experience and training in PBSP* can improve your skills and understanding of: nonverbal communication, family systems, marriage and family therapy, parent training and education, choosing partners, maturational processes, trauma therapy, substance abuse, creation of "new memories", and more.

International PBSP*Training Program locations

USA:

Atlanta, GA
Washington, DC
Minneapolis, MN
Franklin, NH
New York City, NY
Columbia, SC
Richmond, VA,

South America:
Sao Paulo, Brazil

Europe:

Sint Niklaas, Belgium
Prague, Czech Republic
Copenhagen, Denmark
London, England
(Executive Development)
Munich, Germany
Oslo, Norway
Trondheim, Norway
Osnabrucke Germany
Amsterdam, Holland
Basel, Switzerland

Albert Pessso's Calendar for the remainder of 2003 with contact info

Oct. 16-19, 2003
Munich, Germany
Closed Training
Workshop

Oct. 23-24, 2003
Sint Niklaas, Belgium
Closed Training
Workshop

Oct 29-Nov 2, 2003
Munich, Germany
Closed Training
Workshop

Nov. 3-8, 2003
Amsterdam,
Netherlands
Training and
Experiential
Programs
Lowijs Perquin
Lperquin@wxs.nl

Nov. 10-11, 2003
Basel, Switzerland
Open Experiential
Workshop

Martin Howald
Tel: (41) 61 331 5882
mhowald@nikko.ch

Nov. 12-13, 2003
Basel, Switzerland
Open Experiential
Workshop
Martin Howald
same as above

Nov. 14, 2003
Basel, Switzerland
Open Professional
Workshop
IBP Institut
ibp-institut@pop.agri.ch
<http://www.ibp-institut.ch>

Nov. 15, 2003
Basel, Switzerland
Special Program
Pessso Vereinigung
Martin Howald
same as above

Nov. 20-23, 2003
Basel, Switzerland
Closed Training Group 7

Nov. 21-24, 2003
Osnabruck, Germany

Closed Training Grp. 2
Closed Supervision

Nov 25-29, 2003
London, England
Closed Special
Executive Program

Dec 12-14, 2003
Franklin, NH
Open Experiential
Workshop
contact the PBSP
International HQ

2004 Open Experiential Workshops in Europe

May 11-12, 2004
May 17-18
May 20-21
May 22-23
Basel, Switzerland
Martin Howald
same as above

See the front page for
2004 Experiential and
Training workshops
with Al Pessso
in NH, USA

The 5th
International
PBSP Congress
will take place
June 9th -13th,
2005
in
Minneapolis,
MN, USA

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