

Planning and Yearly Evaluation

The first training year emphasizes theory and exercises. Beginning the second year trainees are expected to lead structures in their own practice under the supervision of the local supervisor. At the end of each year, each trainee is evaluated individually, highlighting strong and weak points, and emphasizing future training goals. Upon fulfillment of all the training requirements the trainee receives a Recognition of Accomplishment document, acknowledging that the trainee successfully completed the training and is therefore eligible for Certification Review.

Certification Review

Following completion of all training requirements, the trainee must submit at least one videotape of a structure in a group PBSP session to a committee composed of some members of the training faculty and at least one member of the Psychomotor Institute Training Committee. The trainee presents an overview of the client's work in general and specifically about the present structure before showing the tape. The Training Committee then watches the entire structure from beginning to end without interruption (unless there is unclarity about what is being said or done). At the completion of the showing, the committee members individually grade the work according to 18 previously designated criteria. Following this, the members meet as a group and share their opinions and impressions with one another. The committee then votes whether or not to confer Certification.

Cost

The cost of the program is approximately \$3250 per year. The cost will vary according to the fees charged by individual trainers and supervisors. The training cost does not include travel and living expenses for the training weeks held at Strolling Woods.

For more information on Pessó Boyden System Psychomotor, please visit our website

www.pbsp.com

(Note: To view a recent, more comprehensive curriculum of the PBSP training, please visit <http://www.pbsp.com/Training/IntCurr2000.htm>)

ANNOUNCING
**THREE YEAR USA REGIONAL
CERTIFICATION TRAINING PROGRAM
IN
PESSO BOYDEN SYSTEM PSYCHOMOTOR
with
Albert Pessó**



**For more information about the Southern PBSP Training
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Brief Introduction

This Three Year Program is for experienced psychotherapists who wish to become Certified as a Pesso Boyden System Psychomotor Therapist. Applicants will have an individual interview with Gus Kaufman before acceptance into the training program. Regional groups are comprised of a minimum of twelve trainees. The elements of the training include theory, exercises, experiential learning, supervision and intervision. The faculty for this training program consists of Albert Pesso and/or Diane Boyden-Pesso in conjunction with Gus Kaufman, Jr., Ph.D., Certified trainers in PBSP. Additional supervision is provided by a designated, Certified supervisor. Content, level, and structure of this training program conforms to other PBSP training programs in the United States and Europe and is aimed toward certification as a Pesso Boyden System Psychomotor Therapist on an international level.

Therapists not wishing to apply for the Three Year Program, but who wish to learn about Pesso Boyden System Psychomotor Therapy on a non consecutive, credit accumulation basis, may elect to attend Summer Training Sessions at Strolling Woods.

Time Requirements

The complete training consists of:

- 6 days each summer at Strolling Woods with Al Pesso
- 3 days each year regionally with Al Pesso
- 6 days each year regionally with other PBSP Faculty
- 3 days each year regionally with regional Supervisor
- 9 days each year intervision (with regional group)

Training Elements

1. Theory

The trainees are expected to become well versed in Pesso Boyden System Psychomotor theory. During the first two years each training session includes lecture periods. Further knowledge about theory can be gained via books, articles CDs and Tapes.

2. Exercises

Experiential learning of the Pesso Boyden System sensitization exercises occurs during the first year of training. The trainee is expected to become proficient in body reading, and body symbolism in order to help clients become aware of their own experience bodily and to relate that to their emotional and therapeutic issues. The effective use of PBSP therapy rests on the foundation of the nonverbal learning gained in these exercises.

3. Experiential learning-Personal Learning Structure Groups

Trainees will have limited opportunity for personal structures during the training program. To fulfill the need for personal experience of structures, we are following the format of our European programs and will establish separate Learning Therapy groups led by designated therapists. The cost of such Structure Groups are not included in the overall training cost.

4. Practice

Upon the completion of the first year of training, which includes leading exercise groups, each trainee is expected to include structures in his/her practice. Co-leading of structures with another trainee in the first year of practice is recommended for greater learning feedback.

4. Supervision

Supervision is included in each training session beginning the second year of training. Separate supervision days with the local supervisor are scheduled between each training period. Videotaped sessions with clients are used for this purpose. Trainees can also contract for individual supervision appointments with the local supervisor or with other designated supervisors.

5. Intervision

The intervision sessions support and further the training experience. Trainees meet one day per month for nine months each year with faculty. Content of the intervision meetings for the first year includes discussion of theory and practice of exercises on fellow trainees. Following the first year intervision session focus on peer supervision of trainee led structures shown on tape.