

NEWS FROM The Psychomotor Institute

Information Contact:
Janet Smith (603) 934-5548
PBSP1@aol.com

Albert Pessso

Albert Pessso has been called one of the three living masters of body-based psychotherapy.

He is the co-creator, with his wife Diane Boyden-Pessso, of the Pessso Boyden System Psychomotor, a widely respected interactive technique that helps clients create new memories to compensate for emotional deficits in the past.

The 73-year old Albert began his career as a dancer and choreographer, studying under the renowned Martha Graham.

In 1956, Albert and Diane established their own dance center in Massachusetts. Five years later, the pair developed what would become the foundational theory of PBSP. As they encouraged dancers to allow their bodies to act out their inner feelings, Albert and Diane observed that the resulting emotional outpouring was cathartic, but did not necessarily help the individual heal his or her emotional scars.

They went on to develop an interactive model that drew on spatial relationships and physical touch to provide a response from the outer world to each of the inner needs expressed by the individual. This, the pair ultimately concluded, facilitated the creation of new body-based memories to complement the memories of emotional deficits in the past.

Both Albert and Diane retained a foothold in the dance world -- he as a tenured associate professor and director of the dance department at Emerson College, she on the faculty of Wheaton College, Emerson College, and Sargent College of Boston University -- even as they developed and began teaching their new form of body-based psychotherapy.

(more)

In the 40 years since developing PBSP, Albert has served as director of Psychomotor Therapy at both McLean Hospital (Belmont, MA) and in the Pain Unit of New England Rehabilitation Hospital; as adjunct professor for California's Fielding Institute; and as a consultant in psychiatric research at the Veterans Administration Hospital in Boston. He has also taught courses on PBSP in the Harvard University continuing education program and other educational and medical institutions abroad.

Clients have included top executives of multinational corporations, high profile entertainers and individuals from every walk of life.

Albert PESSO has written or contributed to almost a dozen books, written more than 50 articles, and led hundreds of seminars around the world.

He has been a featured speaker at the conferences of many psychology organizations, such as: the American Academy of Psychotherapists; the Association of Humanistic Psychology; the National Institute for the Clinical Application of Behavioral Medicine; the Berlin Psychoanalytic Institute; the European Congress on Body Psychotherapy; the American Association of Marriage and Family Therapy; the American Association of Sex Educators, Counselors and Therapists; and a host of others on three continents.

He has also been invited to make presentations at numerous medical schools and hospitals, including Grand Rounds at Boston University Medical School.

Albert spends much of his time on the road, training new PBSP therapists and counseling clients.

###