

# Albert Pesso

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Website: [www.pbsp.com](http://www.pbsp.com)

## Background

Born: September 19, 1929 in New York, New York  
Citizenship: American  
Marital Status: Married

## Professional Positions

**Co-Founder, Pesso Boyden System Psychomotor (PBSP®), 1961 – present**

**President of the Psychomotor Institute, Inc., 1971 – present**

**Senior Trainer in Psychomotor Therapy, PBSP, 1972 – present**

Directed long term certification programs for practicing psychotherapists in the United States, Holland, Belgium, Norway, Switzerland, Germany, Israel, Denmark, the Czech Republic, and Brazil.

**Adjunct Professor of Psychology, Fielding Institute, 1975-1978**

**Director of Psychomotor Therapy, McLean Hospital, Belmont, MA, 1965-1973**

Psychomotor therapist for patients and led several in-service training programs in Psychomotor for staff members.

**Associate Professor (tenured), Emerson College, 1960-1972**

Director of the Dance Division within the Theater Department. Choreographed seven musicals.

**Director of Psychomotor Therapy, New England Rehabilitation Hospital, 1970-1971**

Psychomotor therapist for patients and led several in-service training programs in Psychomotor for staff members.

**Consultant in Psychiatric Research, Veterans Administration Hospital, 1963-1968**

Worked under Dr. Charles Pinderhughes, Chief of Psychiatric Research, on a grant to explore the benefits of psychomotor therapy.

**Director and Choreographer, Pesso Dance Company, 1959-1963**

**Co-director, The Dance Center: Emotional and Creative Movement Studios, 1956-1963**

**Choreographer and Dancer, 1953-1956**

Choreographed and danced in a number of Off-Broadway shows and numerous performances across the United States.

**Dancer and actor, with the Stanley Wolfe touring company performing "Kiss Me, Kate," 1952-1953**

**Choreographer, West Virginia State Forest Festival, 1950**

**Instructor of Dance, Davis and Elkins College/Elkins School of Dance, 1950-1951**

**Award**

**2012 Lifetime Achievement Award, US Association for Body Psychotherapy, USABP 7<sup>th</sup> National Conference, Boulder, CO**

**Ongoing Programs**

**Long Term Training Programs:** Albert Pesso leads long term training programs in Psychomotor for psychiatrists, medical doctors, psychologists, psychotherapists and clinical social workers in Switzerland, Germany, Belgium, Denmark, The Netherlands, Norway, The Czech Republic and Brazil. In the United States, he leads long-term training programs in Massachusetts, New York City, Minneapolis, Minnesota, Columbia, South Carolina, Asheville, North Carolina, Norfolk, Virginia and Winchester, Virginia. Albert Pesso also leads Training Programs for Professionals in Boston, Massachusetts each summer as well as Supervision programs for psychotherapists in training.

**Experiential Programs:** Albert Pesso leads Psychomotor (PBSP) Experiential Programs

throughout the year in Boston, MA as well as other locations throughout the USA and Europe.

## **In Progress**

Albert Pesso is working on several creative projects, including a computer slide and video presentation of theories and techniques, and is collaborating with Diane Boyden-Pesso, in the development of multimedia training modules for PBSP Therapy training that will facilitate the learning process. Al and Diane, with the assistance of the Psychomotor Institute and the rapidly expanding network of PBSP organizations and individuals, are developing systems and materials for safe-guarding and maintaining the essential principles and high standards of PBSP for future generations.

## **Currently**

Pesso is currently completing a book entitled "Holes in Roles," which addresses the application of PBSP principles to family system fissures and fractures. He is also involved in the data evaluation process in a brain research study in Prague using fMRI scanning technology to measure the effects of PBSP on clients with a history of trauma.

## **Education**

1967 Goddard College, B.S. Psychology

1963 Emerson College

1951 Davis and Elkins College

1950 Bennington College

## **PBSP Organizations**

### **Pesso Boyden System Psychomotor**

Albert Pesso

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Boston, MA 02199

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[www.pbsp.com](http://www.pbsp.com)

**Pesso Boyden Association UK**

Sue Bell, Jon Chapman, Lucy Close, Jane Davey, Chris Heald , and Sally Potter  
Board Members  
Hogarth House  
31 Sheet Street, Windsor  
Berkshire SL4 1BY  
<http://www.pesso-uk.org>

**Nederlands Vereniging voor Pesso Psychotherapie**

Ad L'Abee  
Saffraan 3-a  
8101 DH Raalte  
Netherlands  
Tel: 31-572 352 679  
Lowijs Perquin MD  
Tel: 31-20-673 5234

**Pesso-Vereinigung Schweiz/Deutschland (PVSD)**

Präsidentin: Dr. Meks Mattes  
Clara-Zetkin-Str.11  
Inhaltlich verantwortlich für die Internetseiten: Barbara Fischer-Bartelmann  
Vorstandsmitglied Öffentlichkeitsarbeit  
D 69118 Heidelberg, Germany,  
Other Board Members: Diethelm Chinnow, Petra Fuchs, Lis Weber, Helmut Wetzel,  
[www.Pesso-Therapie.org](http://www.Pesso-Therapie.org)

**Norsk Forum av PBSP Psykoterapi**  
Magnhild Kvamsdal Hope, Ph.D.  
Ark. Steckmestsv. 6 a  
0198, Oslo, Norway  
Tel: 47-22-29-09  
Fax: 47-22-29-42

**Asociace Pesso Boyden Psychomotorické Psychoterapie pro Českou Republiku**  
PBSP CZ, o.s.  
DPC, Na Vlčovce 2c  
160 00 Praha 6  
IČO 22832131

Prague, CZ  
[info@pbsp.cz](mailto:info@pbsp.cz)  
+420607904791

**Southeastern Psychomotor Society – SEPS**  
Gus Kaufman, Jr., Ph.D, Licensed Psychologist  
317 West Hill St., Suite 101  
Decatur, GA 30030  
Tel: (404) 371-9171, ext. 2  
[www.oakhurstpsychotherapy.com](http://www.oakhurstpsychotherapy.com)

**Southern Center for Pesso Boyden System Psychomotor Psychotherapy**  
Deborah Willbur, LCSW, ACSW; and Sandy Canfield, LMHC,  
Co-Developers and Board Members  
2150 Park Avenue North  
Winter Park, FL 32789  
Tel: (407) 645-3507  
[www.southerncenter4pbsp.com](http://www.southerncenter4pbsp.com)

**North Central Psychomotor Society**  
Jim Amundsen, Ph.D.  
2388 University Ave, #201  
St. Paul, MN 55114  
Tel: (612) 649-0984

**New England Center for PBS**  
Katherine Stevens Westmoreland, M.S., M.Ed.  
5 Nasons Court  
Suite #6  
Kennebunk, ME 04043  
Tel: (207) 985-2511

**Adult and Child Development Professionals**  
James Cotton, M.Ed., and Robbin McInturff  
2305 Arlington Avenue  
Birmingham, AL 35205  
Tel: (205) 933-9276

## **Books/Book Chapters**

Pesso, A., *Movement in Psychotherapy: Psychomotor Techniques and Training*. New York: New York University Press, 1969.

Pesso, A., *Experience in Action: A Psychomotor Psychology*. New York: New York University Press, 1973.

Pesso, A. and Tilmann Moser, *Dramaturgie des Unbewussten*. Stuttgart: Klett-Cotta, 1986.

Pesso, A. and Willy van Haver, *Het Gekwetste Zelf (The Wounded Self)*. Leuven, Belgium: Acco, 1990.

Pesso, A. and John Crandell, editors, *Moving Psychotherapy: Theory and Application of Pesso System/Psychomotor*. Cambridge: Brookline Books, 1991.

Pesso, A. and Tilmann Moser, *Structuren des Unbewussten (Structures of the Unconscious)*. Stuttgart: Klett-Cotta, 1991.

Caldwell, Christine, editor, "PBSP: Pesso Boyden System Psychomotor" in *Getting in Touch: A Guide to Body-Centered Therapies*, Wheaton, IL, Theosophical Publishing House, 1997.

Allison, Nancy, editor, "Pesso Boyden System Psychomotor" by Pesso, Albert in *The Illustrated Encyclopedia of Body/Mind Disciplines*. New York: Rosen Pub Group, 1999.

Heller, Peter and Lang, Michael, editors, "How the Body Remembers" in *The Flesh of the Soul*, Bern, EABP, 2001.

Jacoby, Rebecca and Keinan, Giora, editors, "Cultivating Seeds of Hope," in *Between Stress and Hope; From a Disease-Centered to a Health-Centered Perspective*, Westport, CT, Praeger, 2003.

Weiss, Halko and Marlock, Gustl, editors, "The Externalized Realization of the Unconscious and the Corrective Experience" in *Handbook of Body-Psychotherapy / Handbuch der Körperpsychotherapie*, Germany: Schattauer GmbH, 2006.

Vrtbovska, Petra, Diane Boyden-Pesso, and Albert Pesso *Úvod do Pesso Boyden System Psychomotor, PBSP v kontextu neurobiologie a teorie attachmentu*. Prague: Tišnov/Natama, 2009

Pesso, A, Diane Boyden-Pesso, and Lowijs Perquin, Translated by Montserrat Foz Casals, *La Terapia Pesso-Boyden: Para Lograr Una Vida llena De Placer, Satisfacción*,

*Significado Y Conexión.* Editorial Eleftheria S.L., 2012.

Pesso, Albert, *Presentations & Lectures By Albert Pesso On Pesso Boyden System Psychomotor Therapy (1984 - 2012)*, Amazon Digital Services, 2013

Pesso, Albert, *Transcriptions & Commentary On 3 PBSP Structures Led By Albert Pesso*, Amazon Digital Services, 2013

Pesso, A, Diane Boyden-Pesso, and Cooper, David E (editor). *Sharing The Practical Wisdom: A Compendium Of PBSP Concepts & Insights*, Amazon Digital Services, 2013

## Articles

Pesso, A. "New Perspectives in the Generation of Movement." (1963) 1-61.

Pesso, A. "The Development of a Theory of Psychomotor Therapy." (1963) 1-35.

Pesso, A. "About Psychomotor Therapy, The Art and Science of Psychotherapy." *Voices: Journal of the American Academy of Psychotherapists* Vol. 2, No. 4 (1975) 21-23.

Pesso, A. and Diane Pesso. "From Art to Psychotherapy." *Voices: A Journal of the American Academy of Psychotherapists* (1975-76) 54-56.

Pesso, A and Cuvelier, M. "Grondbeginselen van de psychomotorische therapie." *M.S. Leuven* Vol 7, No. 2 (1976) 114-123.

Pesso, A. "Albert Pesso over de Pesso Psychomotor Therapy." *Tijdschrift voor Psychomotorische Therapie* (1982) 94-105.

Pesso, A. "Touch and Action: The Use of the Body in Psychotherapy." *Bewegen en Hulpverlening*, (1984) 254-259. Republished in *Pesso Bulletin* 1 (1984) 30-34.

Pesso, A. "Abuse." *Moving Psychotherapy: Theory and Application of Pesso System Psychomotor Therapy*, (1984) 169-18

Pesso, A. and W. van Haver. "Diagnose en behandeling in Pesso Psychomotor Therapy." *Therapic Gerechte Diagnostiek* (1985) 79-86.

Pesso, A. and W. van Haver. "Diagnosis and Treatment in Pesso Psychomotor Therapy,"

trans. "Diagnose und Behandlung in der Pesso Psychotherapie." (1985)

Pesso, A.. "Respect for the Body." *Bewegen en Hulpverlening* 4 (1986) 292-298.

Pesso, A.. "Ego Development and the Body." Paper presented at the 7th International Congress for Psychomotoricity, Nice, France, 1986.

Pesso, A.. "Sexual Abuse, the Integrity of the Body: Diagnostic and Therapeutic Implications." *Bewegen en Hulpverlening* (1988) 2700-2728.

Pesso, A.. "The Image of the Self and the Body." Psychomotor Institute (1986) 1-6. Trans. to French as "Image de Soi et Corps." (1989) 1-6.

Wassenaer, J.S., J. Bolhuis, K. Regnous, A. Pesso. "Van Indruk naar Afdruk: Naar een sensor-psycho-motor model." *Bewegen & Hulpverlening* 3 (1987) 239-250.

Pesso, A.. "Center of Truth, True Scene and Pilot in PS/P." *Pesso Bulletin* 2 (1990) 13-21.

Pesso, A. and H. Wassenaar. "The Relationship Between PS/P and a Neurobiological Model." *Moving Psychotherapy, Theory and Application of Pesso System Psychomotor Therapy* (1991) 33-40.

Pesso, A. and J. Crandell. "Ego Function and Pesso System/Psychomotor Therapy." *Moving Psychotherapy, Theory and Application of Pesso System/Psychomotor Therapy* (1991) 41-49.

Pesso, A. and J. Crandell. "Ego Development in the Possibility Sphere." *Moving Psychotherapy, Theory and Application of Pesso System/Psychomotor Therapy* (1991) 51-58.

Pesso, A. and J. Crandell. "Developments in Psychomotor: An Interview with Al Pesso." *Moving Psychotherapy, Theory and Application of Pesso System/Psychomotor Therapy* (1991) 97-113.

Pesso, A.. "Editing the Development of a Theory of Psychomotor Therapy." *Psychomotor Institute* (1992)

Pesso, A. "PBSP Perspective on Wilhelm Reich." Paper presented at the Conference on the Commemoration of the 100th Anniversary of Wilhelm Reich, Saol Paolo, Brazil, August 25-28, 1997.

Pesso, A. "Self Regulation, Labor, and Democracy." Paper presented at the Conference on the Commemoration of the 100th Anniversary of Wilhelm Reich, Sao Paolo Brazil, August 25-28, 1997.

Pesso, A. "Where is What I Call 'I'?" Paper presented before the European Association for Body Psychotherapy Congress, Travemunde, Germany, September 5, 1999.

Pesso, A. "Stages and Screens: Psychoanalysis Revisited." Paper presented at the Boston University Medical School, Department of Psychiatry, November, 1999.

Pesso, A. "Memory and Consciousness: In the Mind's Eye, in the Mind's Body." Paper presented at the first Congress of the Nederlands Vereniging voor Pesso Psychotherapie, Vrije Universiteit, Amsterdam, Netherlands, November 25, 2000.

Pesso, A. and J. Dragin. "On Taking Body Psychotherapy into Corporate Culture." The United States Association for Body Psychotherapy Newsletter Fall, Winter (2002, 2003).

Pesso, A. "Cultivating the Seeds of Hope." Between Stress and Hope: From a Disease-Centered to a Health-Centered Perspective (2003) 277-297.

Pesso, A. "An Introduction to the Pesso Boyden Psychomotor System." Paper presented at the Corman Institute, Lindau, Germany, November, 2005.

Pesso, A. "The Externalized Realization of the Unconscious and the Corrective Experience." Handbuch der Körperpsychotherapie (The Handbook of Body Psychotherapy) (2006)

Pesso, A. "Spirituality and Psychotherapy: The Becoming of the Soul in the Body." Paper presented at the Kern Institute's Commemoration of its 30th Anniversary, Netherlands, March, 2008.

Pesso, A. "Filling the Holes-in-Roles of the Past With the Right People at the Right Time: A way to open the door to happiness in the present." International Body Psychotherapy Journal The Art and Science of Somatic Praxis Volume 12, Number 2, Fall 2013.

## **Selected Presentations**

▲ Pesso, A. Presentation at the Congress for the Hakomi Institute of Europe, Berlin, Germany, June 15, 2014.

- ▲ Pesso, A. "Holes In Roles." Presentation at the Psychotherapy Networker Symposium, Washington, DC, March 22, 2013.
- ▲ Pesso, A. "The Drive To Be Happy In An Imperfect World." Presentation at the US Association for Body Psychotherapy 7<sup>th</sup> National Conference, Boulder, CO, August 9, 2012.
- ▲ Pesso, A. "PBSP & Family Therapy." South Carolina Association for Marriage and Family Therapy Columbia, SC, June, 2012.
- ▲ Pesso, A. "Making Movies In The Mind." Presentation at the University of Freiburg, Freiburg, Germany, October 6, 2012.
- ▲ Pesso, A. "Latest Updates In PBSP Theory and Techniques." Presentation at Vereniging voor Pesso-Psychotherapie, Netherlands, Nov. 14, 2012.
- ▲ Pesso, A. Presentation at the Richard Hoffman Group, Munich, Germany, April 1-3, 2011.
- ▲ Pesso, A. Presentation at the 6<sup>th</sup> International PBSP Conference, Amsterdam, Holland, June 4-7, 2009.
- ▲ Pesso, A. "The Roots of Justice are in the Body Open." Video presentation, Franklin, New Hampshire, September 20, 2008.
- ▲ Pesso, A. Presentation at the Fielding Institute Group, Franklin, New Hampshire, June 7-8, 2008.
- ▲ Pesso, A. "Spirituality in Body Oriented Therapy." Lecture at the Centrum voor Psychotherapie en Relativering, Belgium, March 14, 2008.
- ▲ Pesso, A. "Self Esteem." Lecture at Psychotherapeutisches Weiterbildungszentrum für systematisch-integrative Konzepte, Lindau, Germany, November 18, 2006.
- ▲ Pesso, A. Lecture at the Ridgewood Center Almnae Group, Atlanta, Georgia, June 3, 2006.
- ▲ Pesso, A. Presentation at the New York State Crime Victims Board Conference, Albany, New York, April 19-20, 2006.

- ▲ Pesso, A. "Holes in Roles." Presentation at IBP Institut, Winterthur, Switzerland, November 14, 2003.
- ▲ Pesso, A. "Körper-Seele-Selbst." EABP, European Association for Body Psychotherapy, Kongress der Deutschen, Gesellschaft für Körperpsychotherapie, Berlin, Germany, September 18-21, 2003.
- ▲ Pesso, A. Special Professional Training Program for Psychotherapists, Montpellier, France, July 28-30, 2003.
- ▲ Pesso, A. "Getting in Touch: Using Body Centered Therapies with Couples and Families." Training Program at the Hofstra University Annual Marriage and Family Therapy Conference, April 10, 2003.
- ▲ Pesso, A. "New Body Mind Memories = New Future." Presentation at the 6th International Congress of Body Psychotherapy, Ischia, Italy, October 30, 2002.
- ▲ Pesso, A. "Pesso Boyden System Psychomotor Therapy." Presentation at the Trauma Conference. Boston University School of Medicine, Department of Psychiatry, May 30, 2002.
- ▲ Pesso, A. Special Executive Development Program: Workshop for top-level business executives, Ghent, Belgium, March 24-26, 2002.
- ▲ Pesso, A and A. Pesso. "Application of Pesso Boyden System Psychomotor (PBSP) in the Treatment of Trauma." Presentation at the Trauma Conference, Munich, Germany, December 1-2, 2001.
- ▲ Pesso, A. Special Couples Group, Munich, Germany, November 2-4, 2001.
- ▲ Pesso, A. Special Executive Development Program: Workshop for top-level business executives, Ghent, Belgium, May 12-14, 2001.
- ▲ Pesso, A. Presentation at the Trauma Conference, Boston University School of Medicine, Department of Psychiatry, Boston, MA, March 22, 2001.
- ▲ Pesso, A. Special Executive Development Program: Workshop for top-level business executives, Ghent, Belgium, October 13-15, 2000.
- ▲ Pesso, A. Lecture and Presentation at the 2nd Annual Conference of the United States Association for Body Psychotherapy, Los Angeles, CA, June 7-12, 2000.

- ▲ Pesso, A. Special Executive Development Program: Workshop for top-level business executives, Ghent, Belgium, March 24-26, 2000.
- ▲ Pesso, A. Presentation at the Trauma Conference, Boston University School of Medicine, Department of Psychiatry, Boston, Massachusetts, March 9, 2000.
- ▲ Pesso, A. "Introduction to PBSP." Presentation at the Esalen Institute. Big Sur, CA, January 7-9, 2000. Department of Psychiatry, Boston, Massachusetts, November, 1999.
- ▲ Pesso, A. "Short term training for professional therapists." Massachusetts Mental Health, Department of Continuing Education, Boston, Massachusetts, November 19-20, 1999.
- ▲ Pesso, A. Special Executive Development Program: Workshop for top-level business executives. Ghent, Belgium, October 22-24, 1999.
- ▲ Pesso, A. Special Executive Development Program: Workshop for top-level business executives, New York, NY, September 13-15, 1999.
- ▲ Pesso, A. Presentation at the Annual Conference for the European Association for Body Psychotherapy, Travemunde, Germany, September 2-6, 1999.
- ▲ Pesso, A. Lecture and Demonstration at the Annual Conference of the International Transactional Analysis Association, San Francisco, California, August 20, 1999.
- ▲ Pesso, A. Lecture at the Portsmouth Family Institute, Portsmouth, New Hampshire, June, 4, 1999.
- ▲ Pesso, A. Lecture at the Winchester Medical Center, Behavioral Health Services, Winchester, VA, May 7, 1999.
- ▲ Pesso, A. Trauma Conference, Boston University School of Medicine, Department of Psychiatry, Boston, Massachusetts, April 8, 1999.
- ▲ Pesso, A. Special Executive Development Program: Workshop for top-level business executives, Ghent, Belgium, March 26-28, 1999.
- ▲ Pesso, A. "Einfuhrung in die Pesso-Therapie." Lecture at the Institut fur Schulenubergreifende Psychotherapie, Vienna, Austria, March 5-7, 1999.
- ▲ Pesso, A. "PBSP: The Cutting Edge." Presentation at the Annual Conference United States Association for Body Psychotherapy, Boulder, Colorado, 1998.

- ▲ Pesso, A. "Mind the Body--Unbind the Soul." Presentation at the Kongress der Deutschen Gesellschaft fur Korperpsychotherapie, Berlin, Germany, 1998.
- ▲ Pesso, A. "Healing the Self through Body/Mind Interaction." Presentation at The National Institute for the Clinical Application of Behavioral Medicine, Hilton Head, North Carolina, 1998.
- ▲ Pesso, A. "Ending Cycles of Violence." Presentation at the Annual Conference for the International Society for Traumatic Stress Studies, Washington, DC, 1998.
- ▲ Pesso, A. "PBSP for Drug Abuse Treatment." Training Workshop for the Baltimore Substance Abuse Systems, Inc., Baltimore, Maryland, 1998.
- ▲ Pesso, A. "A Sampling of How to Mind the Body to Unbind the Soul using PBSP." United States Association for Body Psychotherapy, Boulder, Colorado, 1998.
- ▲ Pesso, A. "Psychomotor Therapy." Presentation at the Conference on Psychological Trauma, Boston University School of Medicine. Boston, Massachusetts, 1998.
- ▲ Pesso, A. "Psychoanalysis Enacted :Re-experiencing the Old, Constructing the New." Newton, Massachusetts, 1998.
- ▲ Pesso, A. Lecture at Psychomotor (PBSP) for Mental Health Clinicians, New York Society for PBSP, New York, New York, 1998.
- ▲ Pesso, A. "Executive Development and Personal Mastery." New York, New York, 1998.
- ▲ Pesso, A. and Diane Boyden-Pesso. Special eight-session training program in Psychomotor. HRI-Arbour Hospital, Brookline, Massachusetts, 1996.
- ▲ Pesso, A. "PBSP Perspective on Wilhelm Reich, and Self Regulation, Labor and Democracy." Presentation at the Congress on 100th Birthday of Wilhelm Reich, Sao Paulo, Brazil, 1996.
- ▲ Pesso, A. "Reading the Body - Freeing the Mind." Lecture at the Washington Area Psychomotor Society, Bethesda, Maryland, 1996.
- ▲ Pesso, A. "Psychomotor Viewpoint on Trauma Treatment." Presentation at the Trauma Conference, Naropa Institute, Boulder, Colorado, 1996.

- ▲ Pesso, A. "Psychomotor Therapy." Conference on Psychological Trauma, Harvard MedicalSchool, Boston, Massachusetts, 1996.
- ▲ Pesso, A. "Mind the Body, Unbind the Soul." National Conference of the United States Association for Body Psychotherapy, Peabody, Massachusetts, 1996.
- ▲ Pesso, A. 3rd International PBSP Conference, Basel, Switzerland, August 29 – Sept 2, 1996.
- ▲ Pesso, A. Lecture and Introductory workshop at the Arbeitsgemeinschaft Fur IntegrativePsychoanalysis, Hamburg, Germany, November 13-14, 1993.
- ▲ Pesso, A. Lecture and Introductory workshop at the Berlin Institute for Psychotherapy. Berlin, Germany, November 11-12, 1993.
- ▲ Pesso, A. 2nd Pesso Boyden System/Psychomotor International Meeting Days, Atlanta, Georgia, April 13–16, 1993.
- ▲ Pesso, A. "Fine Tuning the Instruments of Psychotherapy: Our Skills and Our Selves." Presentation at the American Academy of Psychotherapists, Atlanta, Georgia, 1993.
- ▲ Pesso, A. "Living One's Life Well." Presentation at the Annual Institute & Conference, Minneapolis, Minnesota, October 5-9, 1993.
- ▲ Pesso, A. Presentation at the Fourth European Congress of Body Psychotherapy, Strasbourg, France, 1993.
- ▲ Pesso, A. "The Dance of Becoming." Primary Presenter at the Annual Conference for the South Carolina Association for Marriage and Family Therapy, Kiawah Island, South Carolina, December 2-5, 1993.
- ▲ Pesso, A. "Introduction to Psychomotor for Members of the Helping Professions." Seminar at the Psychomotor Institute, Boston, Massachusetts, June 27-28, 1993.
- ▲ Pesso, A. "Introduction to PBSP from a Brief Therapy Viewpoint & PBSP With Abuse Victims." Presentation at the Milton H. Erikson Foundation, Orlando, Florida, December 8-12, 1993.
- ▲ Pesso, A. Workshop at the RINO Lichaamsgerichte Psychotherapie Volgens Pesso, Eelde, Netherlands, Nov 14-15, 1992.

- ▲ Pesso, A. Professional Training Workshop at the South Carolina Association for Marriage and Family Therapy, Columbia, SC, September 17-29, 1992.
- ▲ Pesso, A. "The Cutting Edge of Psychomotor Therapy." Southeastern Psychomotor Society, Ridgeview Institute, Smyrna, Georgia, January 4, 1992.
- ▲ Pesso, A. Workshop at the Ananda Counseling Center, Orlando, Florida, 1992.
- ▲ Pesso, A. First Pesso System/Psychomotor International Meeting, Vrije University, Amsterdam, Netherlands, June 10-13, 1992.
- ▲ Pesso, A. Presentation at the Ostmatka-Forellesningene I Psychkia - Trilecture Series. Trondheim Psychiatric Hospital, Trondheim, Norway, May 7, 1991.
- ▲ Pesso, A. Workshop at the South Carolina Institute for Systemic Experiential Therapy, Columbia, South Carolina, 1991.
- ▲ Pesso, A. "Symposium on the Use of Psychomotor: Current State and Special Issues." Presentation at the Southeastern Psychomotor Society (SEPS), 1991.
- ▲ Pesso, A. Presentation at the Annual Conference of American Association of Sex Educators, Counselors and Therapists, St. Louis, Missouri, 1991.
- ▲ Pesso, A. Professional Training Workshop at the BODYnamic Institute Copenhagen, Denmark, 1991.
- ▲ Pesso, A. "Psychodynamic and Interpersonal Approaches to Group Therapy." Eastern Group Psychotherapy Society, New York, New York, Oct 19-20, 1990.
- ▲ Pesso, A and G. Napier. "Connections: Body, Soul, and Systems." Presentation at the Annual Conference of the South Carolina Association of Marriage and Family Therapy, Hilton Head, North Carolina, November 30 – December 2, 1990.
- ▲ Pesso, A and G. Napier. Presentation at the Annual Conference of the American Association of Marriage and Family Therapy, Washington, DC, 1990.
- ▲ Pesso, A. "Sexual Abuse - The Integrity of the Body." Workshop at the Stichting Regionale Instelling Nascholing en Opleiding, Oost, Netherlands, 1990.
- ▲ Pesso, A. "Ego Development and the Body." Workshop at the Stichting Regionale Instelling Nascholing en Opleiding, Oost, Netherlands, 1990.

- ▲ Pesso, A. "Respect for the Body." Workshop at the Stichting Regionale Instelling Nascholing en Opleiding, Oost, Netherlands, 1990.
- ▲ Pesso, A. "Touch and Action - The Use of the Body in Psychotherapy." Workshop at the Stichting Regionale Instelling Nascholing en Opleiding, Oost, Netherlands, 1990.
- ▲ Pesso, A. "Pesso Psychotherapie." Workshop at the Stichting Regionale Instelling Nascholing en Opleiding, Oost, Netherlands, May 19-20, 1990.
- ▲ Pesso, A. "Studiedagen Pesso Psychotherapie." Workshop at the Stichting Regionale Instelling Nascholing en Opleiding, Rijswijk, Netherlands, March 15-16, 1990.
- ▲ Pesso, A. "The Effects of Pre and Perinatal Trauma." Presentation at the International Society for Peri and Pre-Natal Medicine and Psychology, Heidelberg, Germany, 1990.
- ▲ Pesso, A. Professional Training Workshop at the BODYnamic Institute, Copenhagen, Denmark, 1990.
- ▲ Pesso, A. Workshop at the South Carolina Institute for Systemic Experiential Therapy, Columbia SC, 1989.
- ▲ Pesso, A. Workshop at Kern, Sint-Niklaas, Belgium, 1989.
- ▲ Pesso, A. Professional Training Workshop at the BODYnamic Institute, Copenhagen, Denmark, 1989.
- ▲ Pesso, A. Experiential Workshop at the DeSisto Howey School. Howey-in-the-Hills, FL, Feb 16-17, 1988.
- ▲ Pesso, A. Experiential Workshop at the DeSisto Stockbridge School, Stockbridge, MA, Dec 6-8, 1988.
- ▲ Pesso, A. Experiential Workshop at the DeSisto Stockbridge School, Stockbridge, MA, Sept 19-21, 1988.
- ▲ Pesso, A. Experiential Workshop at the DeSisto at Howey School, Howey-in-the-Hills, FL, Jan 18-20, 1988.
- ▲ Pesso, A. Professional Training Workshop at the BODYnamic Institute, Copenhagen, Denmark, 1988.

- ▲ Pesso, A. Experiential Workshop at the DeSisto at Stockbridge School. Stockbridge, MA, Dec 15-17, 1988.
- ▲ Pesso, A. Professional Training Workshop at the BODYnamic Institute, Copenhagen, Denmark, 1987.
- ▲ Pesso, A. "Untangling Knots: Recurrent Issues. Introduction and experience with the Pesso System Psychomotor Therapy." American Academy of Psychotherapists, Atlanta, Georgia, October, 22-26, 1986.
- ▲ Pesso, A. Workshop at Acton Health Associates, Acton, Massachusetts, 1985.
- ▲ Pesso, A. Presentation at the Plenary Session of the 5th World Conference of Psychomotoricite, The Hague, Netherlands, 1985.
- ▲ Pesso, A. Workshop sponsored by Gus Kaufman, Atlanta, Georgia, September 7-9, 1985.
- ▲ Pesso, A. "Healing the Wounded Self." Speaker at the International Primal Association, Apple Farm, New Jersey, September 1, 1984.
- ▲ Pesso, A. "PS/P as an Emotional Re-educative Process." Chicago Radio, Chicago, Illinois, 1984.
- ▲ Pesso, A. Introductory workshop in New York, New York, October 20-21, 1984.
- ▲ Pesso, A. "Introduction to Pesso System Psychomotor." Institute on Movement in Psychotherapy, Lenox, MA, August 24-26, 1984
- ▲ Pesso, A. "Relationship of PS to Parenting." Workshop at the Association for Humanistic Psychology, Curry College, Boston, Massachusetts, 1984.
- ▲ Pesso, A. "Psychotherapeutic Techniques for Healing and Empowerment. Presentation at the Association for Humanistic Psychology, Curry College, Boston, Massachusetts, August 21-26, 1984.
- ▲ Pesso, A. Introductory workshop at Interface, Newton, Massachusetts, April 28-29, 1984.
- ▲ Pesso, A. Introductory PS workshop at the DiMele Center, New York, NY, January 17-18 1984.

- ▲ Pesso, A. American Academy of Psychotherapists, Minneapolis, Minnesota, 1983.
- ▲ Pesso, A. "Reaching Out: Human Relationships in the 80s." Presentation at the 12th Annual Eastern Regional Association for Healthcare Philanthropy Conference, Philadelphia, Pennsylvania, May 7-9, 1982.
- ▲ Pesso, A. Seminars and professional training at the Oasis Center, Chicago, Illinois, 1982.
- ▲ Pesso, A. Lecture and workshops at the Fifth World Conference of Therapeutic Communities, The Hague, Netherlands, Sept 1980.
- ▲ Pesso, A. Workshop for the Nikki Warren-Obenhaus & Barry Shapiro Group, St. Louis, Missouri, June 24-25, 1980.
- ▲ Pesso, A. Workshop at the Gestalt Institute, Denver, CO, June 20-21, 1978.
- ▲ Pesso, A. Lecture and workshop for the Channel for Creative Living, Santa Cruz, California, June 16-18, 1978.
- ▲ Pesso, A. Lecture and workshop for the Channel for Creative Living, Charlotte, North Carolina, June 9-11, 1978.
- ▲ Pesso, A. Workshop for the Glenn Shean Group, Williamsburg, Virginia, June 6-7, 1978.
- ▲ Pesso, A. Workshop for the Wilson Young Group, Chicago, IL, June 3-4, 1978.
- ▲ Pesso, A. Professional Workshop for Counseling & Human Services, Santa Cruz, California, April 16-17, 1978.
- ▲ Pesso, A. Professional Workshop for the Northwest Family Training Institute, Seattle, Washington, April 11-15, 1978.
- ▲ Pesso, A. Presentation at the Eastern Region Association for Healthcare Philanthropy, Atlantic City, New Jersey, March 31, 1978.
- ▲ Pesso, A. Professional workshops for the Pine River Center, Atlanta, Georgia, March 28-April 9, 1978.

- ▲ Pesso, A. Workshop for the Entayant Institute, Centerport, New York, March 25-26, 1978.
- ▲ Pesso, A. Workshop for the Wilson Young Group, Chicago, Illinois, March 18-19, 1978.
- ▲ Pesso, A. Workshop for the Wilmer Larson Group, Minneapolis, Minnesota, March 14-15, 1978.
- ▲ Pesso, A. Workshop for the Fielding Institute, Franklin, New Hampshire, January 18-19, 1978.
- ▲ Pesso, A. Workshop for the Foundation Center, Amsterdam, Netherlands, January 26-29 1978.
- ▲ Pesso, A. "A Moving and Touching Experience." Annual Conference of the American Academy of Psychotherapists, Boston, Massachusetts, October 26, 1976.
- ▲ Pesso, A. Workshop for the New England Center, Amherst, Massachusetts, October 16-17, 1976.
- ▲ Pesso, A. Workshop for the Bill Friedman Group. University of North Carolina, Chapel Hill, North Carolina, October 10, 1976.
- ▲ Pesso, A. Workshop for the Pine River Training Center, Atlanta, Georgia, September 18-26, 1976.
- ▲ Pesso, A. Workshop for the Dept. of Psychiatry's Group Psychotherapies Training Program, Durham, North Carolina, September 10-12, 1976.
- ▲ Pesso, A. Presentation at the Association for Healthcare Philanthropy Conference, Princeton, New Jersey, August, 1976.
- ▲ Pesso, A. Closed workshop for the Fielding Institute, Santa Barbara, California, August 15-16, 1976.
- ▲ Pesso, A. Esalen Institute, Big Sur, California, August 8-13, 1976.
- ▲ Pesso, A. Workshop for Seminars in Group Process, Portland, Oregon, August 4-5, 1976.
- ▲ Pesso, A. Quasitor, London, United Kingdom, July 18-23, 1976.

- ▲ Pesso, A. Aline Mantel Group, Paris, France, July 12-14, 1976.
- ▲ Pesso, A. Educational Commission for Foreign Medical Graduates, Brussels, Belgium, July 2-7, 1976.
- ▲ Pesso, A. Professional Workshop for the Dutch Psychomotorisch Organization, Orvelte, Netherlands, June 26 – July 1, 1976.
- ▲ Pesso, A. Professional Workshop for the Dutch Psychomotorisch Organization, Amsterdam, Netherlands, June 21-24, 1976.
- ▲ Pesso, A. Workshop for the Nicki Obenhaus Group, St. Louis, Missouri, June 8-10, 1976.
- ▲ Pesso, A. Workshop at the Pine River Training Center, Atlanta, Georgia, May 14-23, 1976.
- ▲ Pesso, A. Presentation at the Eastern Regional Association for Healthcare Philanthropy Conferences, Atlantic City, New Jersey, 1976.
- ▲ Pesso, A. Workshop at the Psychomotor Institute, Boston, Massachusetts, March 28 – April 2, 1976.
- ▲ Pesso, A. Workshop for the Eric Marcus Group, Los Angeles, California, March 18-19, 1976.
- ▲ Pesso, A. Workshop for the Tom Pace Group, Denver, Colorado, March, 1976.
- ▲ Pesso, A. Workshop for the Judy MacMillan Group, Charlotte, North Carolina, February, 1976.
- ▲ Pesso, A. Workshop at the Oasis, Chicago, Illinois, 1976.
- ▲ Pesso, A. Workshop at the Fielding Institute, North Carolina, 1976.
- ▲ Pesso, A. Workshop at the Lake Grove School, Lake Grove, New York, 1976.
- ▲ Pesso, A. "Training institute: Continuing Education of the Therapist." The American Academy of Psychotherapists Training Institute and Annual Conference, Atlanta, Georgia, October 1- 5, 1975.

- ▲ Pesso, A. "Training institute: Continuing Education of the Therapist." The American Academy of Psychotherapists Training Institute and Annual Conference, Atlanta, Georgia, October 1- 5, 1975.
- ▲ Pesso, A. Intensive programs at the Psychomotor Institute, Boston, Massachusetts, 1973.
- ▲ Pesso, A. "Psychomotor therapy." Workshop at the 1st Annual New England Institute in Pscyhomotor Therapy, Newport, Rhode Island, June 29 – July 2, 1970.
- ▲ Pesso, A. "Psychomotor therapy." Workshop at the Aureon Institute, New York, New York, 1970.
- ▲ Pesso, A. "Psychomotor therapy." Workshop at the MIT Sloan School of Business, Cambridge, Massachusetts, 1964.

## Unpublished Works

Pesso, A. et al., *Systematic Psychomotor Therapy*. Unpublished manuscript. Belmont, MA: McLean Hospital Medical Library, 1969.

Pesso, A. "Reparenting in Pesso System Psychomotor." (1979)

Pesso, A. *Hope*. Unpublished manuscript, 1980.

Pesso, A. "Psychomotor/Pesso System Psychotherapy." (1980) 1-5.

Pesso, A. "Example of a Structure." (1981) 1-7.

Pesso, A. "Example of PS Interaction of Structure." (1982) 1-15.

Pesso, A. "Why a Child Needs Two Parents to Raise It." (1983) 1-3.

Pesso, A. "Mapping the Future." (1984) 1-11.

Pesso, A. "The Wounded Self." (1984) 1-9.

Pesso, A. "People Who Have Been Victims of Abuse." (1984) 1-5.

Pesso, A. "Physical and Sexual Abuse." (1984) 1-2.

Pesso, A. "Ideas on Interplay Between Unconscious Body Emotions and Ego Processes." (1984). 1-3

Pesso, A. "Incest." (1984) 1-3.

Pesso, A. "A Magical Marriage." (1984) 1-6.

Pesso, A. "About the Body." (1984) 1-3.

Pesso, A. "How Do I Define the Ego?" (1985) 1-3.

Pesso, A. "Editing the Development of a Theory of Psychomotor Therapy." (1992)

Pesso, A. "The Realization of Hope." (1997).

Pesso, A. "Enactment." (1997) 1-6.

Pesso, A. "World Trade Center Towers." (2001) 1-2.

Pesso, A. "The Corrective Experience." (2002) 1-11.

Pesso, A. "Holes in Roles." (2003) 1-3.

Pesso, A. "Description of PBSP Process in Preparation for Prague Research Paper." (2005) 1- 20.