

## Almuth Roth-Bilz



Certified as a PBSP® Therapist June 23rd, 2004

Psychologische Psychotherapeutin (Psychological Psychotherapist)  
Certified Trainer, Supervisor and Teaching Therapist in Rogerian Therapy  
Certified Supervisor and Teaching Therapist in Individual Gestalt Therapy  
Certified Supervisor BDP (German Psychologists' Association)

Almuth Roth-Bilz, Dipl. Psych.  
Urachstrasse 25  
D-79102 Freiburg, GERMANY  
Work: 49-761-702836  
Email: [almuth.roth@gmx.de](mailto:almuth.roth@gmx.de)  
website: <http://www.almuthroth.de>

### **When were you certified as a PBSP® therapist?**

June 23rd, 2004.

### **What is the name of the training group that you were/are in?**

Training Group 5 in Basel, and continued training in open workshops with Albert Pesso.

### **Where do you live/work?**

I live and work in Freiburg, Germany.

### **How did you hear about PBSP®?**

I was looking for some body-psychotherapeutic training and my office colleague, Tilman Moser, recommended the Pessos' work. [see books authored and co-authored by Tilman Moser, on the PBSP® Books page]

### **Why did you want to become a certified PBSP® therapist?**

Originally I did not aim at becoming certified. But when, over the years, my work with PBSP® in therapy and the demand for PBSP® groups in my practice increased, and I received a lot of positive feedback from my clients, so I decided to make the attempt. For me it was like an official recognition and "blessing" of my PBSP®-work. My next goal would be to apply for supervision training.

**What do you think of PBSP® as a therapy and/or how do you use it in your work?**

I believe PBSP® is the best Psychotherapy method I ever learned. I use it daily in my Psychotherapy Practice -- in individual therapy and in my two ongoing Pessu Therapy Groups. Last year I also had several weekend groups for patients and interested colleagues as well.

**What are your other PBSP® involvements?**

I have two ongoing Pessu Psychotherapy [PBSP®] Groups. I offer two to three annual open weekend workshops, and apply PBSP® regularly in one-to-one settings. I have offered teaching therapy for some of the members of the Training Group No. 7 in Basel and I lead one of the workshops on PBSP® at the Munich conference "Psychotherapy discovers the body" in May of 2004. I have authored and coauthored articles in the German-Swiss Bulletin and am a member of the current board of the Pessu Association Switzerland Germany (PVSD). Currently I am engaged together with Barbara Fischer-Bartelmann and Helmut Wetzel in a workgroup that aims at establishing PBSP® as one of the officially recognized avenues of obtaining Continuing Education Credits for Psychotherapists.

**Other than PBSP® what you do for work and/or other interests?**

I did learn primarily Rogerian therapy and was a supervisor and trainer in Rogerian therapy. Right now besides Pessu Boyden System Psychomotor Therapy, I work with Rogerian therapy and behavior therapy and do supervision for colleagues and social workers.

Other interests beside therapy are literature, art and hiking.