

Deborah Ann Willbur

Certified as a PBSP® Therapist February 9th, 2000

Certified as a PBSP® Supervisor August 1st, 2007

Certified as a PBSP® Trainer September 7th, 2007

Continuing annual meeting & training with USA PBSP® Supervisor/Trainer Training Group 1

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

I was in the Asheville, NC\Widowed, AL Group

Where do you live/work?

I live in Longwood, FL and practice in Winter Park, FL. I am in private practice.

Why did you want to become a certified PBSP® therapist, what do you think of PBSP® as a therapy?

I wanted to become a PBSP® therapist after reading the "Fragile Bond". I called the author and asked for Al's phone number, then I signed up for a week of training to sample the therapy. It just seemed like the right thing to do at the time. It was much more a soul thing for me than any cognitive decision. There was safety and total acceptance for whatever was for me or the other people in the group. It helped me look at all parts of myself and I thought I [it?] was great. I wanted to learn it so I could take this to my clients. Also, it gave me a way to assist clients, beyond cognition, and help them use their senses, body and feeling states, so they could know and be their true self.

It has been the best training I have received. I use it in 3 groups and in my couples and individual sessions. It is the grid I use to organize my clinical thinking.

How do you use PBSP® in your work?

I blend PBSP® with TA (Transactional Analysis)