

## Sally Potter



Certified as a PBSP® Therapist May 31st, 2010

Sally Potter  
3 The Circuit  
M20 3RA  
Manchester, UK  
Tel: 44 161 434 8879 / 44 7770 616791

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

5/31/2010

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

UK Training Group 1 and UK Supervisor Training Group 1  
PVT - an ongoing UK / US Group

### **What other education/training have you received?**

- Postgraduate Diploma in relationship therapy - an integrated psychodynamic and systemic program (University of Hull & Relate Institute)
- Domestic Violence training with Relate, UK's primary charity for relationship therapy
- Senior Trainer in Centaur Model of Management and Leadership Development
- Fitness Instructor (YMCA)
- MSc Education Management (Manchester Metropolitan University)
- Post Graduate Certificate of Education (University of Leeds)
- Visiting Fellow at Cranfield University. UK

### **How did you hear about PBSP® initially?**

Through my friend and colleague Sandy Cotter, who had experienced PBSP with Lowjits Perquin in the UK

### **Why did you want to become a certified PBSP® therapist/supervisor/trainer and what do you think of PBSP® as a therapy process?**

Since I first saw and experienced this approach I felt a strong sense of its efficacy. I had explored different therapeutic contexts both as a client and as a professional working in the field. No other modality so effectively "darned up the holes" in my own and others' missing or distorted formative experiences.

The more I experienced PBSP the more struck I was by the richness and breadth of its heritage. It draws from the deep well of psychodynamic tradition. It incorporates systemic thinking in its honouring of the intergenerational web, and the pattern of stories from which each of us is made.

So each time I have come to the end of a PBSP experience I've thought, "What can I do next in this arena?"

**Do you run any PBSP® Groups or have you ever?**

I run groups in Manchester UK which I publicise on the UK website, [www.pbasp-uk.org](http://www.pbasp-uk.org)

**Do you do provide PBSP® therapy one to one sessions and/or how do you use it in your work?**

I use PBSP in my work as a management consultant and business coach, both one to one and in small groups.

I use PBSP in my private practice as a relationship therapist.

In both therapeutic and executive contexts where it is not possible to use PBSP as a sole modality, I use micro-tracking, voices, and often an antidote *implicitly*. *The result is that clients feel seen and experience greater trust in the work that we do together, with positive results.*

**Do you take insurance? If so what kind?**

My professional indemnity insurance covers both my management development and my therapy practice.

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

I organised the second UK training which came to a successful end in December 2009.

I am currently organising a third UK training, to begin late 2010.

I organise many of the ongoing events in UK in which AI and Lowijs feature as 'star' turns'. My aim is to further interest in PBSP in the UK, and to publicise its benefits.

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

My full time work has a number of strands and contexts - business coaching, management development consultancy and therapy. Each of these I find absorbing and fascinating, and I read endlessly around these interests.

My husband Pete is my fellow traveler along the road of 'becoming'; We share an abiding commitment to learning, growing, and aiming to be the best we can be. I share with him too a deep love for my son, his three daughters, and our exuberant grandchildren.

I love nature, outdoor running and gardening.

As my friend and clients know, I love poetry and have absorbed much of my world through the precise and beautiful words of poets.