

Sandy Canfield



Certified as a PBSP® Therapist Christmas Eve, 2000

Certified as a PBSP® Supervisor December 31st, 2006

Certified as a PBSP® Trainer September 6th, 2007

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

Sandy's Story:

I got introduced to Pessio Boyden System Psychomotor by my business partner, Debbie Willbur. At the same time that Debbie went off to a training week in Strolling Woods with Al Pessio, I went off to train for two years to get certified in Relationship Therapy. I then went to an experiential workshop with Al in St. Petersburg Florida and another one in Orlando, Florida. I was so taken with the depth of healing that I personally experienced in my own personal work, that I went off for a week's training in Strolling Woods. Although I had done lots of training throughout my career, this therapy was the most comprehensive and went the deepest. I was so taken by the way Psychomotor focused on awakening the soul to the hope of getting its needs met symbolically, That was the missing piece I had been looking for. When a training group started in Asheville, I decided to join.

Really, I had no expectation of becoming certified. I just wanted to learn as much as I could. By the time our training group finished, I began to have an interest in getting certified - more to mark the fact that I was accomplished and could actually perform the most complex psychotherapy I had ever seen, let alone studied. On Christmas Eve, 2000, I was having a small gathering at my home and received a call from Al and Diane. They wished me a Merry Christmas and announced that my certification tape had passed and that I was now a certified psychomotor therapist. At that time, I had been a psychotherapist for 25 years, and it was the proudest professional moment of my life. I have been in private practice for 21 years, and I now currently run 6 psychomotor groups - I am proud to say!

Where do you live/work?

I live in Longwood, Fl and work in Winter Park, Fl. Both of these cities are just outside Orlando, Fl.

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

I also use Imago Relationship Therapy in my couples' work and have been heavily influenced by Transactional Analysis in my work.

My personal interests are: running, fishing, golfing, I have run marathons and participated in biathlons. I enjoy making miniature replicas and scenes as a hobby.