

Ulrich Kniep



Certified as a PBSP® Therapist October 1st, 2002

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1949, married, three children, living in a rural environment in the Black Forest of Germany.

Profession:

Psychiatrist, Psychotherapist

Medical education from 1977 to 1983 in Frankfurt M.

Post graduate training (internal medicine, neurology, psychiatry, psychosomatics) 1983 to 1994

Working in own clinic since 1994, (Oberndorf a.N., small town in the south-western part of Germany)

Psychotherapeutic self-experience:

individual Psychoanalysis, Gestalt-therapy group, psychoanalytic couple group, New Identity Process (D. Casriel), bioenergetics, Holotropic breath work (S. Grof)

Self-Experiencing by body work / Meditation: Tai Chi Chuan, Yoga, Vipassana, Zen

Psychotherapeutic training (completed):

depth psychology orientated Psychotherapy (Freudian), Integrative Psychotherapy (derived from Gestalt and other humanistic therapies), Systemic family therapy, Pessu Boyden System Psychomotor (PBSP®).

How and why I became a PBSP®-Therapist:

PBSP® is the last psychotherapeutic training I attended so far. I got in touch with PBSP® while searching for appropriate ways to use the body especially in its contact function within the therapeutic context in a safe and productive manner. Attending a seminar with T. [Tilman] Moser I got in touch with people from Munich who started organizing seminars with Lowijs [Perquin] for postgraduate Training in PBSP®.

Soon I found out that PBSP® offers special developmental tools beyond the range of what I had learned so far with other methods. The possibility to experience with the body, in a palpable way the

"Wirklichkeit" (a German word meaning something like reality, but emphasizing the dynamic aspect of producing effects) of an alternate history, which could fulfill my deepest longing and bring them to fulfillment effectively, soon convinced me to go on in the training. I attended it under the guidance of Al Pessó together with a group of German psychotherapists which was organized by the Institute for Integrative Family Therapy in Munich.

Since I had some experience working in a deep emotive way with groups by my former trainings I was soon able to adopt parts of the practical ideas of PBSP® as organizing alternate experience with the means of constructing ideal parents within my work as a group-trainer for students in psychotherapy learning Integrative Psychotherapy. After having gathered good experience within that context soon I started to work with often externally motivated clients in my clinic. I started a group and experienced much higher satisfaction than I did when I tried to work with psychotherapeutic out-patients in groups before that. I adapted the method for the work in the dyadic setting and experienced vast possibilities for this work even with those clients, who for whatever reasons are not capable of attending a group therapy.

I was finally certified as PBSP®-therapist in October 2002. The certification demonstrates my devotedness to this method and to the work of Al Pessó. I would like to contribute my part to the spreading and ongoing of this method since I experienced it as powerful to give hope within me and my clients. And that is what I think we need in the world today. I still dream of documenting the work of Al Pessó with out-patients on video for later generations although I know, that being a living attendant of the life process can't be replaced by videos.