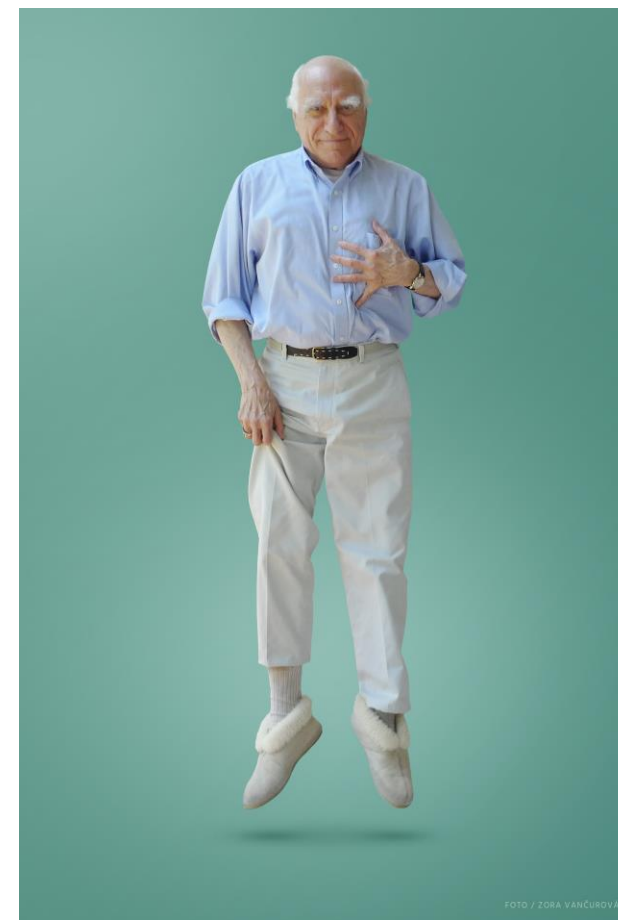


Pesso-Boyden System Psychomotor (PBSP)

developed by Diana Boyden & Al Pesso

Arnoud van Buuren, M.D.-psychotherapist

Diana & Albert Boyden-Pesso (1929-2016)



‘ we are made to be able to be happy in an imperfect world that is endlessly unfolding and we human beings are the local agents of that cosmological unfolding’

‘we all consist of a genetic push for:

- survival of the self
- survival of the species: making things whole’

'present consciousness is a tapestry woven of threads of memory'

goal of therapy: make a **new** long term memory out of a short-term event

‘we are made of information’

- **genetic/evolutionary storage:**
treasurehouse of everything that lived
before
- **autobiographical history**
- **stories of injustice**

energy



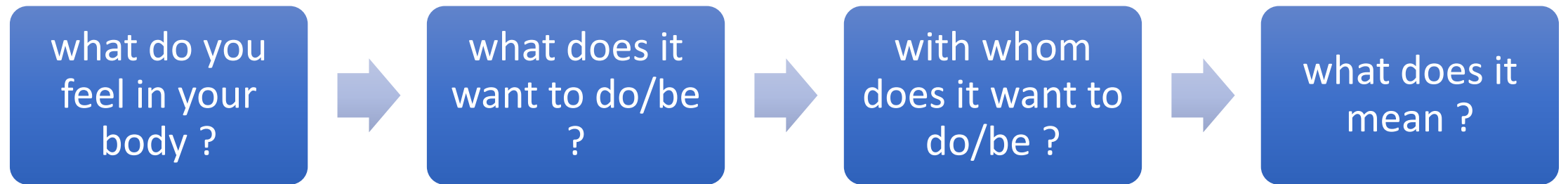
action



interaction



meaning



accomodation:
shape-countershape

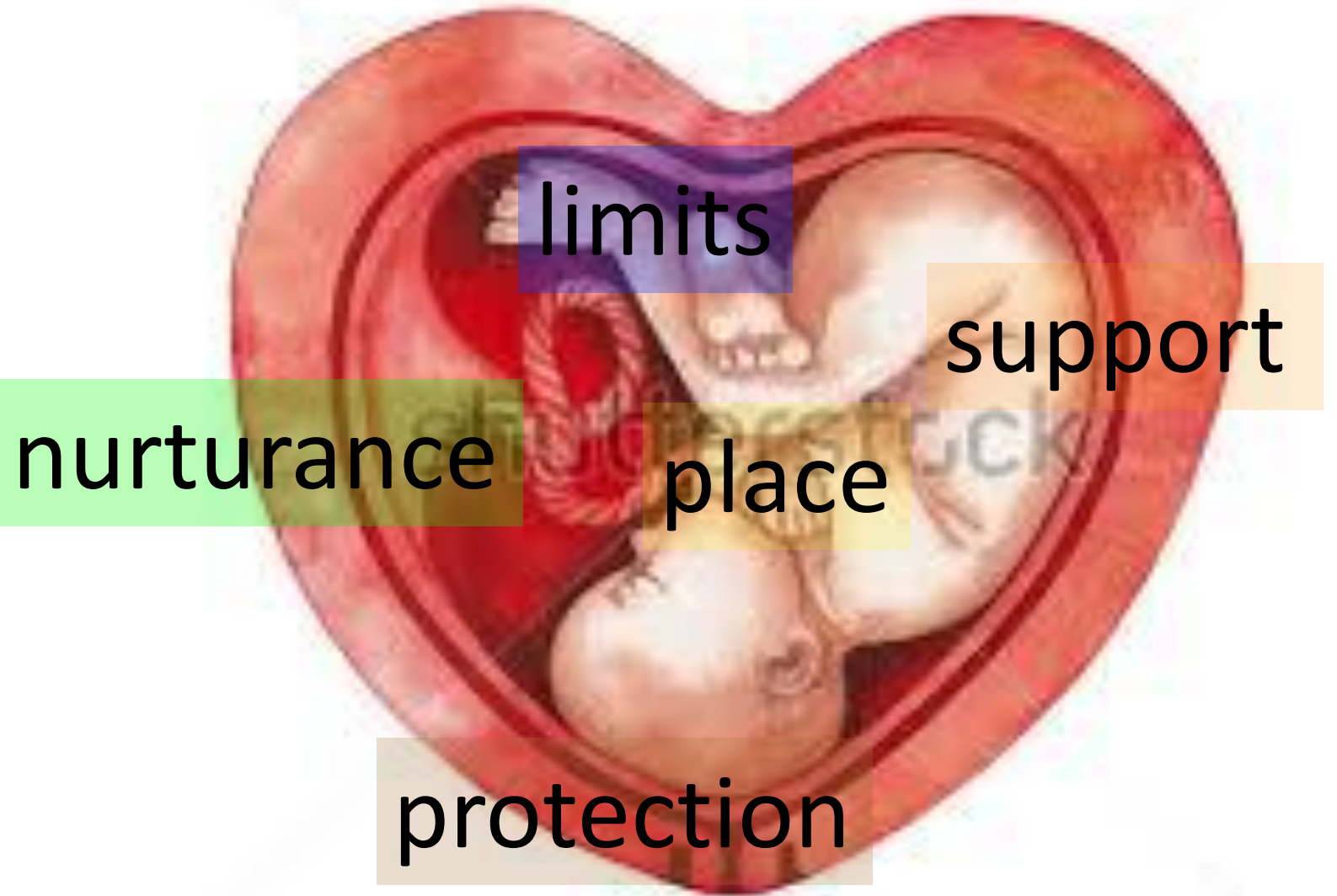
accomodation: open your eyes !

- <https://youtu.be/TU0f8a3Cizo?t=46>

5 developmental tasks, pushed by our genes:

- **5 basic maturational needs** met, literal and symbolic, in the right time and the right kinship relation: place, nurturance, support, protection, (safe) limits
- **integration and unification of polarities** in life, : male/female, right/left hemisphere, sensori/motor, output/intake
- development of the **pilot**: i.e. ‘ the CEO of the self’
- development of **consciousness**, meaning, language
- fullfilling of our **unique talent/potential**

5 basic needs

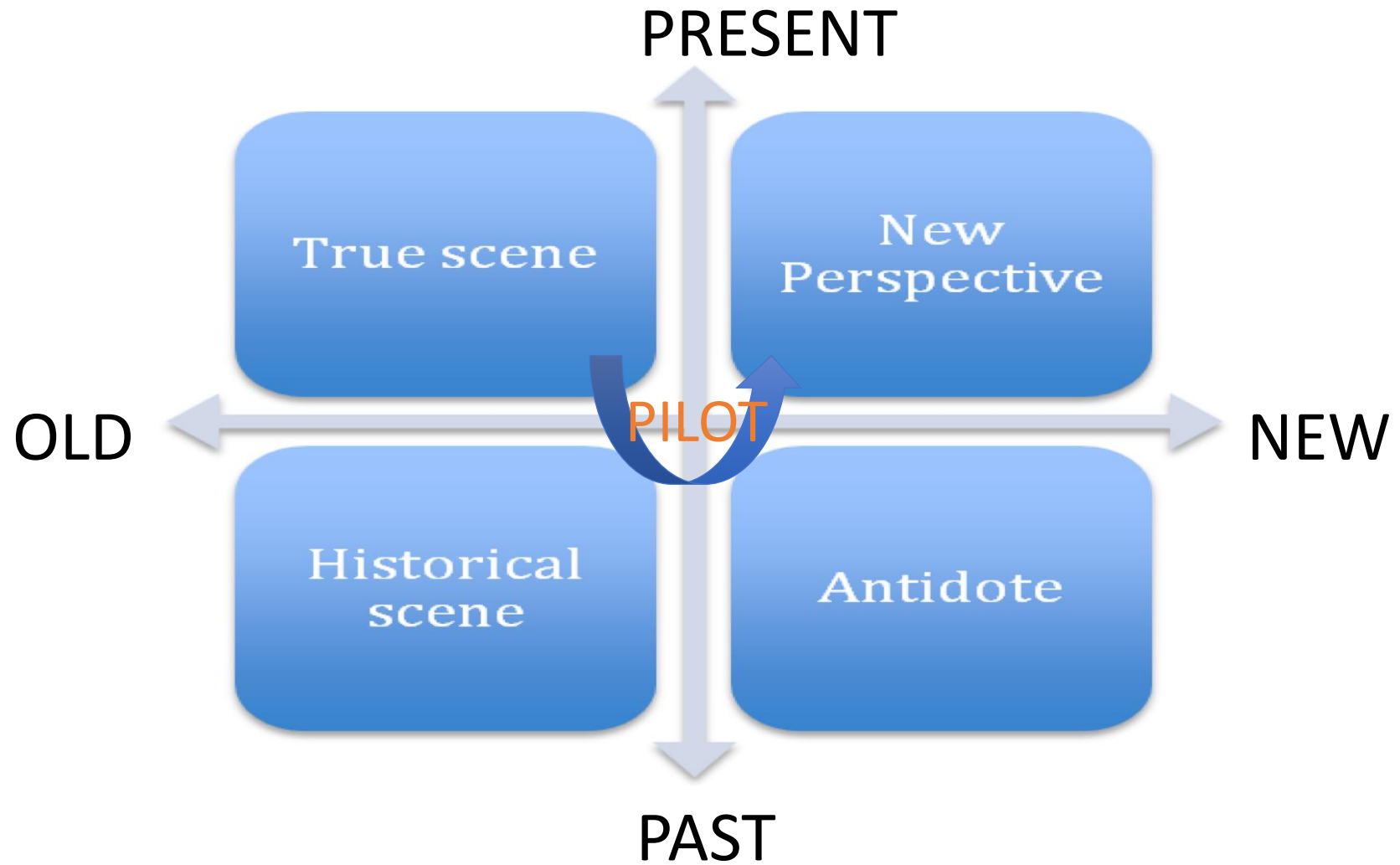


body and language

- mind's eye: stored memory
- mind's body: stored behavior

- language triggers both the mind's eye and the mind's body: image and motorresponse
'see-do'

structure



'the roots of justice are in the body'

- when we meet stories of injustice we all want to do justice and we unconsciously start to fill the 'holes in roles'
- our vital energy goes into unconscious movies we made pushed by our 'messiah gene' (we are the one and only)
- there is no 'other' anymore, our capacity to receive shrinks, we can't take in positive accomodation
- in that case we make 'movies' in a structure to restore this.

structure

possibility sphere

microtracking

externalize stories and
figures: placeholders

reversals
holes in roles

