

## **WHAT IS PBSP?**

Created in 1961 by Albert Pesso and Diane Boyden-Pesso, Pesso Boyden System Psychomotor (PBSP) is the most advanced therapeutic system available for emotional re-education or reprogramming. PBSP heals past emotional deficits using unique processes called ‘Structures’ and ‘Microtracking™’ that help clients to identify emotional deficits and create ‘new memories’. These ‘new memories’ provide symbolic fulfillment of the basic developmental needs of place, nurture, support, protection and limits. With the inclusion of ‘Holes and Roles,’ the latest innovation in PBSP theory and technique, therapists learn how to provide a highly effective and streamlined approach to reducing resistance, negative transference, and somatic overload. Many aspects of PBSP theories and techniques have close parallels in recent neuroscience findings about mirror neurons, empathy, morality, and the impact of language on the theory of mind.

## **WHAT CAN PBSP BE USED FOR?**

PBSP has been found to be highly effective in the treatment of anxiety, depression, sexual, drug, and alcohol abuse, and many other traumas. It has been employed in family therapy, couples therapy, pastoral counseling, and executive coaching. In 2009, the international humanitarian organization, GTZ, began a program with Al Pesso’s guidance to adapt PBSP to address the traumas of rape and violence in the DRC. Therapists utilizing PBSP techniques can help clients to create happier, healthier, more productive, and hope-filled lives. Widely known as “the therapists’ therapy,” many therapists turn to PBSP for their own personal work.

## **WHERE HAS PBSP BEEN PRACTICED & TAUGHT?**

Thousands of therapists have trained in PBSP and it is now practiced by certified PBSP therapists in the US and 11 countries worldwide. Harvard Univ., McLean Hospital, Tufts, B.U., Univ. of Groningen, Univ. of Frieburg, Univ. of Osnabruck, and the Free University of Amsterdam are among the many institutions where lectures and programs have been offered in PBSP theories and techniques. Training is available in [workshops](#), [modular programs](#), and [full certification](#).

## **WHAT IS THE WORKSHOP ABOUT?**

In this workshop participants can experience the work by doing a structure. At the same time technique is taught in small amounts to be used in one to one consulting sessions with clients/patients.

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