

PESSO BOYDEN SYSTEM PSYCHOMOTOR*

2004

Training and Personal Workshops

Al Pessa

World Renowned Master Therapist
and Cofounder of PBSP*

Training Programs for the Helping Professional

Introductory Training I

Sunday, July 4 through Friday, July 9

Training II

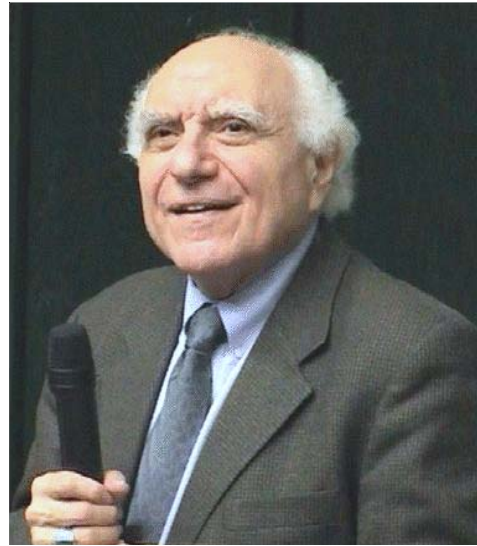
Sunday, July 11 through Friday, July 16

Training III

Sunday, July 18 through Friday, July 23

All programs are held in New Hampshire, USA

For information on PBSP programs worldwide, please visit www.pbsp.com



PBSP* is one of the most respected and effective forms of body-based therapy. Hundreds of psychiatrists, psychologists and clinical social workers are currently enrolled in long-term training programs in 11 countries.

"Over the past 40 years, Al Pessa and Diane Boyden-Pessa have perfected an extraordinarily effective technique, PBSP, providing people with experiences that were missing during their growth and development. The artistry of Pessa's structures can be a unique and profoundly life-altering experience."

Bessel A. van der Kolk, M.D. Medical Director, The Trauma Center, Professor of Psychiatry,
Boston University School of Medicine.

Experiential Programs for Personal Work

May 28-30 June 25-27 December 17-19

January 15-16, 2005

FOR INFORMATION AND RESERVATIONS CALL: 603-934-5548

Email: pbsp1@aol.com See our website: www.pbsp.com

*TM's & Copyright 2004 Pessa Boyden System Psychomotor (PBSP) is a method of body-based psychotherapy and emotional reeducation founded 1961 by Albert Pessa & Diane Boyden-Pessa

Maggie Scarf book: "Secrets, Lies and Betrayals: How the Body Holds the Secrets of a Life, and How to Unlock Them"

PBSP is one of the two "Power Therapies" best selling author Maggie Scarf expounds upon in her new book due to be released by Random House May 11th, 2004. With fine detail, theoretical understanding, and her own compelling style, she helps the reader truly grasp how PBSP works and its high effectiveness. In the final three chapters of the book she describes her experience in a PBSP workshop led by Albert Pessa and fully narrates an entire structure by a woman in the workshop and includes a follow up in the Epilogue.

Reviews "Maggie Scarf is brilliant, a writer with foresight who has always been ahead of the pack, and she writes in language people can relate to. Her humanistic way of looking at life shines thru in this astonishing book about how the past resides in our bodies—and what we can do about it."

—Nancy Friday, author of *My Secret Garden* and *Women on Top*

"This is a book that puts body, mind and spirit together, and helps dispel the ghosts. Maggie provides a deep sense of hope with the idea that we might look at these early traumas in our lives and find a way to be healed of the fight-or-flight impulses that sometimes drive us away from the very things we want most in our lives—friendship, warmth, loving relationships with those nearest us, and, finally, the answers that were hidden by the scars that cover those secrets present in most every one of us." —Judy Collins

"This book is a for-real treasure map. It leads us through a lot of pain and trauma to a secret, buried world of feeling locked inside the human body—and shows us the terrific reward possible at the end. With her characteristic compassion and erudition, Maggie Scarf is a superb guide to radically new approaches to healing trauma and betrayal. I have been a patient on the path Scarf follows here, and this is exciting, ground-breaking material, beautifully presented." —Augustus Napier, author, *The Family Crucible* and *The Fragile Bond*

PSYCHOLOGICAL TRAUMA: Maturational Processes and Therapeutic Interventions June 11 - June 12, 2004 Course and Institute Director Bessel A. van der Kolk, M.D. Fairmont Copley Plaza Hotel, Boston, MA

"Workshop V: Pessa-Boyden Psychotherapy
Faculty: Albert Pessa

Section I: Fundamentals of body-based techniques and their use in creation of new memories that ameliorate the affects of traumatic histories and maturational deficits. Interventions that provide limits for overwhelming emotional impulses to reverse the traumatic consequences of loss of self-control and help return a sense of meaning to life.
Section II: Holes in Roles. A perspective on the compassionate response of children who have heard stories of traumatic histories of present and long dead family members and its paradoxical consequences. Live demonstrations applying PBSP "structures" will illustrate how to create new, need satisfying, symbolic memories for clients that help them handle the normal vicissitudes of life."

Contact: Continuing Education Program at Mass Mental Health Center
PO Box 382040, Cambridge, MA 02238-2040
(617) 998-5028 or (617) 998-5030, email: jean-marie_flynn@hms.harvard.edu

5th International PBSP Congress:

"Remembering our Roots, Spreading Our Wings"

June 9-13, 2005 in Minneapolis, MN USA

website for the 5th International PBSP Congress: www.pbsp-ncps.com

For information regarding registration, contact Meeting Services Minnesota at 612-797-7970. For questions about the conference itself contact Jim Amundsen, PhD, the conference Chair, at 651-649-0984 or [e-mail](mailto:)
