

# PESSO BOYDEN SYSTEM PSYCHOMOTOR\* PBSP\*

## SUPERVISOR TRAINING PROGRAM

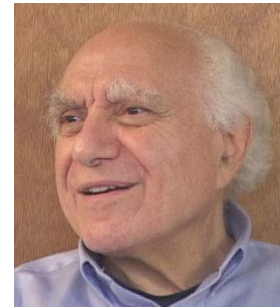
**USA 2004 - 2005**

### Trainers

**Albert Pessa  
Lowijs Perquin**

#### Inquiries

Albert Pessa  
Psychomotor Institute  
230 Lake Shore Drive  
Franklin NH 03235 USA  
Tel: 603 934-5548, or 934-0057  
Fax: 603 934 0077  
Email: [pbsp1@aol.com](mailto:pbsp1@aol.com)  
<http://www.pbsp.com>



Lowijs Perquin  
Frans van Mierisstraat 95  
1071 RN Amsterdam  
Tel: 0031206735234  
Fax: 0031205736687  
Email: [LPerquin@planet.nl](mailto:LPerquin@planet.nl)

**INVITATION TO APPLY FOR THE  
PESSO BOYDEN SYSTEM PSYCHOMOTOR\* PBSP\*  
SUPERVISOR TRAINING PROGRAM  
IN THE USA 2004- 2005**

**Psychomotor Institute, Inc.**

Communications Office: Strolling Woods on Webster Lake  
Franklin, New Hampshire, 03235 USA  
Tel: (603) 934-5548 Fax: (603) 934-0077  
Email: [PBSP1@aol.com](mailto:PBSP1@aol.com)

To Certified PBSP therapists in the USA  
and other PBSP therapists who feel ready to be certified as PBSP therapists.

Franklin NH – Amsterdam, June 2004

Dear colleague,

We are pleased to invite you to the Pessó Boyden System Psychomotor Supervisor Training Program, starting Sunday, August 22 – Wednesday, August 25 2004 at the new home base of the Psychomotor Institute at Strolling Woods on Webster Lake, Franklin NH USA

In this PBSP supervisor training program you will have the opportunity to acquire the necessary expertise to impart your increased knowledge as an experienced PBSP therapist to future PBSP trainees.

You will learn how to be an effective, enthusiastic and caring PBSP supervisor.

You will be able to join the team of PBSP supervisors and make your contributions in the future that will further disseminate, and support the rich possibilities inherent in Pessó Boyden System Psychomotor.

- The training will assist you to refresh and deepen your knowledge of PBSP as well as add to your present expertise and level of inspiration.
- You will learn how to support PBSP-trainees and therapists in their efforts to learn how to lead PBSP structure groups and how to apply the steps of PBSP structures systematically.
- You will be trained to practice video and live supervision, in individual as well as in group-settings.
- You will learn from reviewing video-fragments of supervision sessions, by reviewing tapes during the training-days and during individual 'supervision-about-supervision' (SAS) sessions.
- The coming together of you and your colleagues in an intervision group will be a platform for experience-oriented learning and a collegial network to exchange literature and your learning steps as a PBSP supervisor.
- Certification by the Psychomotor Institute Inc. will give you international recognition as a PBSP supervisor.

Enclosed you will find further practical details, the training-curriculum and an application form.

To register, please send the application form and application letter, including your background and credentials as soon as possible and *before the 30<sup>th</sup> of June 2004* to the above mentioned coordination address. A confirmation of your application, instructions for payment and details about where to stay will follow.

If you are not yet certified but you expect to be so before the start of the training, please fill out the application form.

Albert Pessó, Co-founder of PBSP  
Lowijs Perquin, Certified PBSP Trainer, coordinator of the PBSP Supervisors Training

\*TM's & Copyright 2004 Albert Pessó and Diane Boyden-Pessó

# SUPERVISOR TRAINING IN PESSO BOYDEN SYSTEM PSYCHOMOTOR

USA 2004-2005

## Practical Information

### Trainers

Albert Pessa, Lowijs Perquin

### Training days

- The training-part consists of three training weeks of four days each and one week of four days for certification as a PBSP supervisor.
- Costs: \$ 225 per training day
- The minimal number of participants will be 10

Training week	Trainers	Dates	Location
1	Albert Pessa and Lowijs Perquin	22 – 25 August 2004	Strolling Woods
2	Lowijs Perquin	2 – 5 December 2004	Strolling Woods
3	Albert Pessa	Spring 2005	Strolling Woods
4 Certification	Albert Pessa, Lowijs Perquin, Diane Boyden-Pessa		Strolling Woods

### Supervision on supervision and intervision

The required 10 hours of individual supervision on supervision and the minimum of 15 hours of intervision (see training curriculum) will be organized partially on a local base, and partially planned within the total training-group centrally as group-supervision directed by Albert Pessa. The planning of these days will be discussed during the first coming together. The cost for supervision on supervision is \$ 150 to \$200 per hour.

### Literature

A list of literature will be available at the beginning of the training

### Information and application

For more detailed information see enclosed the PBSP Supervisors Training Curriculum;  
For application, please send a letter with your motivation and use enclosed application form.

# APPLICATION FORM

## USA SUPERVISOR TRAINING IN PESSO BOYDEN SYSTEM PSYCHOMOTOR 2004-2005

Please **print** and send or fax to:  
Psychomotor Institute, Inc.  
Communications Office: Strolling Woods on Webster Lake  
Franklin, New Hampshire, 03235 USA  
Tel: (603) 934-5548 Fax: (603) 934-0077  
Email: [PBSP1@aol.com](mailto:PBSP1@aol.com)

Family name: ..... First name: .....

Home address: ..... City/Village: .....

Postal Code: ..... Country: .....

Telephone number: ..... Fax number: .....

E-mail: .....

Highest level of professional training: .....

.....

Year of PBSP certification: .....

Number of years guiding a structure group: .....

Psychotherapist of a recognized school of psychotherapy: .....

Supervisor or trainer of a recognized school of psychotherapy: .....

Signature: .....

Date: ..... 200

# PESSO BOYDEN SYSTEM PSYCHOMOTOR\* PBSP\*

## SUPERVISOR TRAINING PROGRAM

### CURRICULUM

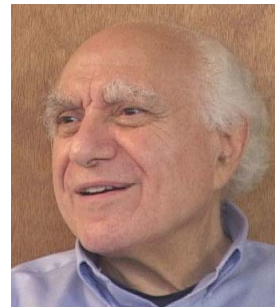
### USA 2004 - 2005

#### Trainers

**Albert Pesso**  
**Lowijs Perquin**

#### Inquiries

Albert Pesso  
Psychomotor Institute  
230 Lake Shore Drive  
Franklin NH 03235 USA  
Tel: 603 934-5548, or 934-0057  
Fax: 603 934 0077  
Email: [pbsp1@aol.com](mailto:pbsp1@aol.com)  
<http://www.pbsp.com>



Lowijs Perquin  
Frans van Mierisstraat 95  
1071 RN Amsterdam  
Tel: 0031206735234  
Fax: 0031205736687  
Email: [LPerquin@planet.nl](mailto:LPerquin@planet.nl)

# **SUPERVISOR TRAINING CURRICULUM**

## **Pesso Boyden System Psychomotor**

*This curriculum is standard for both Europe and the USA*

### **1. Application**

1. The applicant must be certified by the Psychomotor Institute as a PBSP therapist at least two years before admission to the supervisor training. Exceptions from this rule may be considered.
2. The applicant must have conducted at least one ongoing PBSP structure group (or an equivalent) for at least four years.
3. It is recommended that the applicant be a licensed psychotherapist of a recognized school of psychotherapy.
4. An intake interview by (one of) the trainers is not a requirement, but may be indicated in those cases where exceptions from the admission criteria have to be considered, or when two or more of the trainers or supervisors request an interview.
5. Fulfillment of the supervisor training does not automatically lead to admission to the trainers training program.

### **2. Training days**

The PBSP supervisor training consists of a total of 12 training days and 4 certification days.

The following subjects will be communicated in lectures, discussion, literature and demonstrations, as well as by live supervision coached and evaluated by the trainers.

#### **PBSP supervisor training topics**

##### *A. Distinctive aspects of PBSP supervision*

1. Elaboration on the newest developments in PBSP: 'microtracking'; 'inner screen and outer stage', 'brain, memory and emotions', 'Holes in Roles'
2. Learning how to differentiate between consequences of 1) Deficits in fulfilling early Developmental Needs; 2) Trauma; 3) Holes in Roles; and what kinds of interventions to make based on this knowledge

3. Review of how to work with Suicidal wishes, Early parental loss, Integration. Learning how to recognize different levels of structure work (reality, group, transference, history) and how to support the supervisee awareness of the various levels and types of pseudo-structures (magic, ruminating, acting out) of Polarities, Soul projection etc. during supervision
4. How to support and deepen the therapist's competency in applying PBSP exercises as therapeutic tools
5. How to supervise an overview of a client's biography from a developmental perspective as well as from a PBSP point of view
6. How to awaken and support body awareness of the supervisee in relation to the client
7. How to assist the therapist supervisee to: formulate working hypotheses while viewing clients' video-taped non-verbal content; and how to understand and work with transferential phenomena that is shown there
8. How to help the supervisee determine the client's central issue
9. How to supervise the sequences of a structure: Possibility sphere, Center of Truth, True Scene, Historical Scene, Antidote
10. Teaching physical-technical steps (i.e. Limit-structures) and proper accommodation
11. Techniques to 'micro-analyze' small samples of video-tapes of supervisee's client sessions
12. How to recognize indications of negative reconstructions during different phases of structures seen in video-tapes of sessions led by supervisees.

*B. General supervision topics*

1. Contract and motivation between therapist-supervisor
2. Learning goals for supervision
3. Timeframes and planning
4. Safety, support and confrontation
5. Client-, Method- and Therapist-oriented supervision
6. How to measure the readiness of the therapist supervisee to receive new input.
7. Sensitivity for the rhythm of learning and the individual style of the therapist
8. Didactical and teaching styles of the supervisor

9. Transference and counter-transference in supervision
10. Dealing with personal issues of the therapist without changing the focus to therapy
11. Pitfalls in supervision: supervisor is too central, sets too many goals etc. Supervising two therapists working as a team – Group supervision: how to be sensitive and handle feelings of public exposure in a group supervision setting; How to handle feelings of competition and envy amongst trainees.
12. Group supervision: involvement of the group; observational tasks
13. Parallel process: client-group-therapist and therapist-group-supervisor
14. Live supervision in a group, four different models
15. Using role play in individual and duet supervision
16. Video supervision: privacy rules, handling the video equipment
17. The use of sound-tape for supervision sessions
18. Tips for sound and picture quality of videotaped material
19. How to teach the therapist to select and prepare videotape material
20. Evaluation of the supervision process
21. How to assist the therapist to prepare a certification videotape
22. How to keep notes and reports of supervision sessions

*C. The intervision groups will elaborate on these above mentioned topics as well as on relevant subjects (missing links) of the most recent PBSP Therapist Training Curriculum.*

*D. Video testing materials will be used for training goals as soon as they are available.*

### **3. Supervision and 'supervision about supervision' (SAS)**

1. The supervisor-in-training must supervise at least two different therapists for a minimum of 40 hours.
2. 2 Certified PBSP trainers will supervise 10 hours of videotaped and live supervision
3. Supervision about supervision (= 'SAS') will be given by PBSP-trainers

### **4. Intervision**

The PBSP supervisor in training will meet in an intervision group on a local base, for a minimum of 15 hours. The goals are:

- to exchange individual experiences with giving supervision
- to 'rehearse' supervision together, using role-play and learning from feedback
- to discuss literature
- to discuss videotaped material

### **5 . Apprenticeship in a PBSP-training for therapists**

It is recommended that the supervisor-in-training attend a number of training days in one or more ongoing PBSP training programs for therapists, as an observer. This will provide an update for his/her knowledge of Pesso Boyden System Psychomotor and will expand his/her supervisor capabilities by observing supervision work performed by experienced trainers.

The supervisor-in-training will visit these days as a 'non paying guest'. There will be some time for exchange of ideas and feedback on a collegial level at the end of each training day for no additional fee.

## 6. Evaluation and Certification

1. When the supervisor-in-training
  - has given 20 hours of supervision
  - has received a minimum of 5 hours of supervision about supervision
  - has followed 3 training days
  - has attended 7 hours of intervision, the next evaluation steps will follow:
    - a self-evaluation report, addressing learning goals of the supervisor-in-training
    - a report composed by the supervisor-in-training containing the supervision-process of the work with one therapist
    - an evaluation report by the trainer who conducted most of the SAS
2. Before application for certification the supervisor-in-training shall compose an article on a relevant PBSP subject, that will be published in a national PBSP-journal or in the proceedings of a conference, or a public psychotherapy journal.
3. The supervisor-in-training certification review will be conducted by three trainers. It will consist of:
  - A. 60 minutes of supervision work, including a written overview of the supervision process of the client and videotaped sections to demonstrate this.
  - B. A collegial interview focusing on the trainees supervision attitude and knowledge of theoretical/technical PBSP issues

## 7. Organization of the Supervisors training

- Certification as a supervisor results in international recognition as a PBSP-supervisor
- One of the trainers will be appointed as coordinator for the supervisor training curriculum
- The coordinator of the supervisors training is responsible to inform certified PBSP therapists about curriculum, costs, trainers and 'SAS' supervisors
- The supervisors training will be announced by a letter and/or brochure  
Requirements for literature will be included in the brochure
- Financial arrangements will be coordinated by the coordinator-trainer and one supervisor-in-training
- Number of training days: 16  
2 x 4 training days by Al Pessa and one of the other PBSP-trainers  
4 days by another trainer; 4 certification days by three trainers, Al Pessa and/or Diane Boyden-Pessa included
- Intersession: minimal 2 days (15 hours)
- Supervision Trainers: Al Pessa, Lowijs Perquin  
Supervision About Supervision (SAS): Al Pessa, Lowijs Perquin
- Cost: depending on the number of participants.  
Estimation for 12 participants:  
\$ 225 per training day  
\$ 100 – 200 per hour, Supervision About Supervision (SAS)

## EVALUATION CRITERIA FOR CERTIFICATION OF SUPERVISORS

1. Does the supervisor create such an amount of safety in the supervisory relationship that the therapist is enabled to show his/her uncertainties and anxieties?
2. Does the supervisor stay in charge of the supervisory relationship?
3. Does the supervisor stay in touch with the therapist's rhythm of learning and understanding?
4. Is the supervisor aware of his/her own relationship issues with the therapist without them getting in the way of the learning process?
5. Does the supervisor explore and follow the learning goals of the therapist?
6. Does the supervisor demonstrate understanding of the hypotheses presented by the therapist?
7. Is the supervisor able to clarify and define hypothesis in terms of Pesso Boyden System Psychomotor if they are not clear?
8. Is the supervisor able to get presented what is essential in the structure without getting lost in too many details?
9. Is the supervisor able to see if the therapist picks up pre-structural issues in the clients' work and to help the therapist to see this as the highest priority if necessary?
10. Did the supervisor integrate the theories and techniques of PBSP in his/her own way so that he/she can communicate the essentials from his/her own personal understanding and in his/her own language, especially concerning body movements, body-symbolism?
11. Does the supervisor demonstrate his/her own competence and ease in working with PBSP-psychotherapy theories and techniques, especially in finding individual procedures that assist the therapist in developing his/her own style of looking at and understanding PBSP-exercises and structures?
12. Is the supervisor able to note personal issues of the therapist that block the professional development? In other words, can he/she shift gears to those personal issues in the service of the supervision, without doing a therapy?
13. Is the supervisor able to confront in a clear, direct and emphatic way?
14. Is the supervisor able to keep a balance between empathy for the client and empathy for the therapist?
15. Is the supervisor able to place individual supervision in a group, in a way which enables the whole group to gain from the supervision of the individuals?