

## Workshop Overview

Neurobiological research has confirmed Albert Pesso's long-held contention that emotional experiences are encoded and patterned in our brains and throughout our bodily nervous systems. These experiences become woven into the fabric of our mental and physical being. The experiences we do remember, the memories we maintain a connection to, are those that carry an emotional charge. When these experiences are negative, our whole being is affected. These negatively charged memories, when triggered by everyday events, can manifest as depression, anxiety, and a host of other mental and physical symptoms. These echoes from the past can also cause destructive patterns in relationships and life-style.

To retrieve, integrate and correct these painful, life-altering memories, Pesso has developed a highly effective mind/body therapy which he has named, Pesso Boydon System Psychomotor (PBSP). In an atmosphere of safety, care and respect, the therapist closely tracks the client's verbal and bodily expressions as they emerge during this structured work. Through specific techniques, this mind/body information highlights the client's interior/exterior perspective and is then represented in the room through the use of role-play figures. These external representations of consciousness spur the client's associations and induce powerful recollections of past life-shaping events. Symbolic corrections are then offered. These corrective experiences are understood to enter the psyche at a core level and produce psychological/neurological reorganization.

To assist participant learning, Al will deliver the basic tenets of PBSP theory in lecture form on Saturday. He will use live demonstrations so the concepts become alive and useable. Discussion and questions will follow each demonstration so participants can begin to integrate theory with application. For a limited number of participants interested in advancing their learning, additional training will be offered on Sunday. The Sunday program will focus on lecture, demonstration and experiential learning for all participants.

## Who Should Attend?

PBSP was founded on such clear and easily understandable formulations that therapists with various types of professional training and experience will find the process readily adaptable to their own frames of reference. This workshop is recommended for all professionals who conduct psychotherapy, such as psychiatrists, psychologists, family physicians, mental health counselors, marriage and family therapists, clinical social workers, psychiatric nurses, and clergy. It is also recommended for students learning about psychotherapy.

## Workshop Objectives

**By the end of the program, participants will be able to:**

- Diagnose a client's distress from a PBSP perspective
- Express an understanding of the emotional link between mind and body
- Demonstrate an understanding of the correction of painful past memories through the use of ideal parent symbols

## Workshop Schedule

### Saturday, February 5, 2005

|            |  |
|------------|--|
| 8:15 a.m.  | Registration and Continental Breakfast           |
| 9:00 a.m.  | An Introduction to PBSP                          |
| 10:15 a.m. | Break  |
| 10:30 a.m. | Live Demonstration                               |
| 11:30 a.m. | Discussion & Questions                           |
| 12:00 p.m. | Lunch  |
| 1:30 p.m.  | Lecture: Holes in Roles; Family of Origin Theory |
| 2:45 p.m.  | Break & Refreshments                             |
| 3:00 p.m.  | Live Demonstration                               |
| 4:00 p.m.  | Discussion & Questions                           |
| 5:00 p.m.  | Closing  |

**\*Registration for Saturday program is required for Sunday's advanced training.**

## About Albert Pesso

Albert Pesso co-founded Pesso Boyden System Psychomotor with his life partner, Diane Boyden-Pesso, in 1961. He is the president of the Psychomotor Institute Inc., in Boston, a non-profit organization that promotes PBSB internationally. Seven months out of the year, he runs training institutes in Holland, Belgium, Germany, Switzerland, Denmark, Czech Republic, Norway, Israel, and Brazil. He has been supervisor of psychomotor therapy at McLean Hospital; consultant in psychiatric research at the Boston Veteran's Administration Hospital; and director of psychomotor therapy at the pain unit of the New England Rehabilitation Hospital. He is a compelling public speaker and one of the great pioneers in the field of mind/body work. His work has recently advanced the field of traumatology.

He is author of *Movement in Psychotherapy* (1969) and *Experience in Action* (1973). He co-authored with Tilmann Moser *The Dramaturgie of the Unconscious* (1988) and *Structures of the Unconscious* (1991). He co-authored with Willy van Haver *The Wounded Self* (1990). He co-edited with John Crandell *Moving Psychotherapy: Theory and Applications of Pesso System/ Psychomotor Therapy* (1991). He has published numerous articles on PBSP.

*"Over the past 40 years, Al Pesso and Diane Boyden-Pesso have perfected an extraordinarily effective technique, PBSP (Pesso Boyden System Psychomotor), providing people with experiences that were missing during their growth and development. The artistry of Pesso's 'structure' can be a unique and profoundly life-altering experience."*  
—Bessel a. van der Kolk, M.D.

*"I now believe it to be true that unprocessed painful memories are often lodged within the nervous circuitry in physical ways and not addressable by means of traditional forms of treatment."*  
—Maggie Scarf

*"The main requirement for this 'missing link' in couples work (or work with any adult client in a family) is a method which allows control in staging and re-staging key family dramas—without requiring that the family of origin change dramatically. In the work of Albert Pesso and Diane Boyden-Pesso, whose approach I have described in more detail in *The Fragile Bond* (Napier, 1988), I have found such a method, and it offers exciting potential to this latter stage of family of origin work."*  
—Augustus Napier, Ph.D.

*"This is psychoanalysis enacted."*  
—Martha Stark, M.D.

## Continuing Education Credit

The Saturday portion of the program is offered for 6 CE's and the Sunday portion is offered for 5 CE's for Psychologists, Mental Health Counselors, Marriage & Family Therapists, and Clinical Social Workers licensed in the State of Florida. Division 39 is approved by the American Psychological Association (APA) to offer Continuing Education for Psychologists. Division 39 maintains responsibility for the program.

**Please address questions, concerns, and any complaints to:**  
**Jan M. Snyder, Ph.D.**  
**Continuing Education Coordinator**  
**Telephone 352-372-2206**

## Special Needs and Grievances

Division 39 is committed to accessibility and non-discrimination in its continuing education activities. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them.

## Registration Form

Saturday, February 5, 2005  
by 1/14/05 1/15/05 or On-site

|                              |       |       |
|------------------------------|-------|-------|
| *FORS Members                | \$120 | \$145 |
| Non-member professionals     | \$145 | \$170 |
| Students, interns, residents | \$55  | \$75  |

(Proof of student status must accompany the registration form, e.g. a copy of student ID.)

\*Sunday, February 6, 2005  
by 1/14/05 1/15/05 or On-site

**\*Registration for Saturday program is required for Sunday's advanced training.**

|                              |       |       |
|------------------------------|-------|-------|
| *FORS Members                | \$120 | \$145 |
| Non-member professionals     | \$145 | \$170 |
| Students, interns, residents | \$55  | \$75  |

(Proof of student status must accompany the registration form, e.g. a copy of student ID.)

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

E-Mail Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone: Day \_\_\_\_\_ Evening \_\_\_\_\_

License Number \_\_\_\_\_

### Registration/Payment Methods:

- \*  FORS \$50 for new or renewed annual membership
- Check enclosed • payable to: **FORS**

Send this form and check to:

**FORS**  
Attn: Laurie Phillips, Treasurer  
1850 Lee Road, Suite 103  
Winter Park, FL 32789

### Cancellation Policy:

All cancellations must be requested in writing, addressed to Laurie Phillips, LCSW at the address above. The cancellation of any registration will incur a \$25 processing fee. No refunds will be made after January 20, 2005.

## Workshop Location

### First Congregational Church in the Fellowship Hall

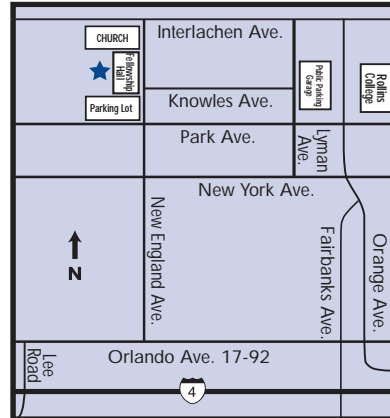
225 S. Interlachen Avenue  
Winter Park, FL 32789

### Public Parking

On the street & lot adjacent to church

### Public Parking Garage

On Lyman Ave.



## Contact Information

Information about the workshop and registration forms are available at  
[www.forsonline.com](http://www.forsonline.com)

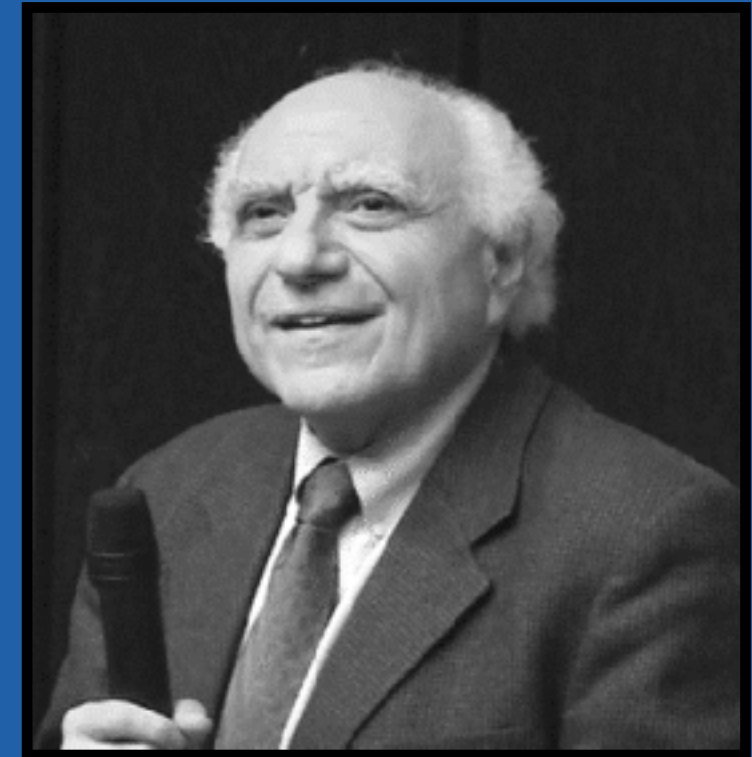
For more information on PBSP go to [www.southerncenter4pbsp.com](http://www.southerncenter4pbsp.com)  
For further information, please contact The Southern Center for Psychomotor,  
Sandy Canfield or Deborah Willbur at 407-645-3507.

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The Florida Organization for Relational Studies (FORS)  
& The Southern Center for Pessó Boyden System Psychomotor  
Proudly present...

# HEALING ATTACHMENT INJURIES & TRAUMA PBSP: A MIND / BODY APPROACH

Featuring Albert Pessó



## Live Demonstrations

First Congregational Church  
(Fellowship Hall)  
225 S. Interlachen Avenue  
Winter Park, Florida

**Basic Training • Saturday, February 5, 2005 • 8:15 am to 5 pm**  
**Advanced Training • Sunday, February 6, 2005 • 9 am to 4 pm**  
**Earn 6 CEs Saturday & 5 CEs Sunday • Space is Limited!**