

Diane Boyden-Pesso
Strolling Woods on Webster Lake
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Date of Birth: August 8, 1929
Place of Birth: Boston, Massachusetts
Citizenship: USA
Married, 3 adult children, 4 grandchildren

Education

1948-50 Bennington College, Bennington, Vermont, scholarship student
1942-46 The Woodward School, Quincy, Massachusetts

Professional Positions

1971 to Present
Vice-President of the Psychomotor Institute, Inc.
Senior Trainer
Psychomotor Institute, Inc.

1972 to Present
Senior Trainer in Psychomotor Therapy (PBSP)
Long term certification training programs for practicing psychotherapists
in the United States, The Netherlands, Belgium, Norway, Switzerland,
Germany, Israel, Denmark, The Czech Republic and Brazil.

1970-1971
Pesso Boyden Psychomotor Therapy
New England Rehabilitation Hospital, Pain Unit, Boston, MA

1965-1973
Psychomotor Therapist
McLean Hospital, Belmont, MA
Psychomotor therapist for patients

1961
Co-founded Psychomotor therapy (PBSP) (with spouse Albert Pessa)
1957-60
Instructor in Dance
Wheaton College, Norton, Massachusetts

1963-66

Instructor in Dance

Emerson College, Boston, Massachusetts

1967-68

Instructor in Physical Education and Dance

Sargent College, Boston University, Boston, Massachusetts

1956-63

Co-Director of Dance (with spouse Albert Pessa)

The Dance Center - emotional and creative movement studios, Quincy and Boston MA

1959-1963

Co-director

Pessa Dance Company, concert dance group

1953-56

Professional Dancer

Several NYC off-Broadway shows and numerous performances in the US

1952-53

Dance Soloist and actor

National touring company, "Kiss Me Kate"

Articles

Pessa, Albert and Diane. From Art to Psychotherapy. **Voices**: Journal of American Academy of Psychotherapists. Winter 1975-76. Pp.54 – 56

Pessa, Diane. Diane Boyden Pessa on PBSP* Technique, 1987

Partial List of Lectures , Programs and Presentations

1970

1st Annual New England Institute in Psychomotor Therapy, Salve Regina College, Newport By-the-Sea, Newport RI -June 29 - July 2, 1970

1973

Intensive programs: Psychomotor Institute, Boston MA

1975

Training Institute: Continuing Education of the Therapist. The American Academy of Psychotherapists Training Institute and Annual Conference. Atlanta, Georgia. Oct. 1-5

1976

Workshops: Jan – May, conducted for students at Lake Grove School, NY

Presentation: Eastern Regional AHP Conferences in Atlantic City NJ

Professional Workshops: PSP (PBSP) Three Year Training Program and Dutch Psychomotorisch Organization, June 21 -24: Amsterdam & June 26 - July 1, Orvelte, Netherlands

3 hour Presentation : AHP Conference. Aug : Princeton NJ

Workshop: New England Center, Oct 16 -17. Amherst MA

1978

Workshop: Stichting Foundation Center, Amsterdam, Netherlands. Group from Dutch Psychomotor Association -Jan 26 - 29

Presentation: Eastern Region AHP, Atlantic City NJ -March 31

1982

Presentation: 12th Annual Eastern Regional Conference AHP, May 7-8-9. Philadelphia, PA. 'Reaching Out: Human Relationships in the 80s

1993

Seminar. Psychomotor Institute, *Introduction to Psychomotor for Members of the Helping Professions*, Boston, MA, June 27 - 28

Southeastern Psychomotor Society (SEPS) hosts the Second Pessó Boyden System/Psychomotor International Meeting Days, Atlanta GA, April 13 – 16

1996

Third International PBSP Conference, Pessó Vereinigung of Switzerland/Germany (PVSD), Aug. 29-Sept. 2, 1996, Basel, Switzerland.

Conference Institute: Conference on Psychological Trauma, Bessell van der Kolk, Director, Harvard Medical School, Department of Continuing Education: *Psychomotor Therapy*. Boston, MA

1997

Co-Presenter: (with Albert Pessó). HRI-Arbour Hospital, Special Eight session training program in *Psychomoto (PBSP)r*. Brookline, MA

1998

Conference Institute: *Psychomotor Therapy*. Conference on Psychological

Trauma, Boston University School of Medicine. Boston MA

1999

Preconference Institute: Trauma Conference, Boston University School of Medicine, Department of Psychiatry. April 8

Training: Massachusetts Mental Health, Department of Continuing Education, Short term training for professional therapists. Boston MA, Nov. 19-20

2000

Pre-conference Institute: Trauma Conference, Boston University School of Medicine, Department of Psychiatry. Boston MA, Mar. 9

Currently

Diane Boyden-Pesso, in collaboration with Albert Pesso, is working on the development of video training capsules for Psychomotor Therapy training that will facilitate the learning process for psychotherapists. Al and Diane, with the assistance of the Psychomotor Institute and the rapidly expanding network of Psychomotor organizations and individuals, are developing systems and materials for safe-guarding and maintaining the essential principles and high standards of Psychomotor for future generations. Currently, there are approximately 250 therapists in long term PBSP training programs in the USA and nine other countries.