

NEWS FROM The Psychomotor Institute

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FACT SHEET

PESSO BOYDEN SYSTEM PSYCHOTHERAPY (PBSP)

- Developed 1961 by Albert Pessa and Diane Boyden-Pessa
- A body-based psychotherapy in which new memories are created to compensate for emotional deficits in early life
- Thousands of therapists trained in PBSP are active in the U.S., Brazil and 10 European countries
- Harvard, Boston University and the Massachusetts School of Professional Psychology are among the institutions that have offered programs in PBSP
- The system is based on the notion that ego is created through physical and emotional interactions
- Clients report increased levels of forgiveness and ability to cope with the problems of everyday life
- Used to treat anxiety, depression, victims of sexual and other traumas, recovering drug abusers, and prison inmates
- Employed in family therapy, couples therapy, and pastoral counseling
- Corporate executives, teachers, performers and individuals in every walk of life have used PBSP to improve their efficiency, effectiveness and emotional fitness
- Has become known as "the therapists' therapy," with many therapists who practice other methods turning to PBSP for their own personal work

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