

HEALING THE SELF: AN INTRODUCTION TO PSYCHOMOTOR THERAPY*

by
Portia Franklin, CSW

Pesso Boyden System Psychomotor is a comprehensive method of mind-body therapy that applies successfully to a wide range of psychological and emotional problems. Its uniqueness lies in its capacity to help people both re-experience and symbolically satisfy unmet emotional needs from early childhood—the needs for support, nurture, protection, limits and a sense of place in the world. This process deeply affects the human psyche and initiates fundamental healthy change in the entire being. The result is enhanced self-esteem and creativity, more fulfilling relationships and the capacity to find greater meaning and satisfaction in life.

DATE:	Sunday, September 12, 2004
TIME:	2:00 to 5:00 pm*
PLACE:	TRS Inc. Professional Suite 44 E. 32nd Street, 11th Floor New York City
FEE:	\$25.00 (if received by 8/30/04) \$35.00 thereafter

**Please note that ending time is approximate*

**Group size will be limited, so please call 212-427-6921 to reserve your place.
Advance payment should be mailed to: Portia Franklin, CSW, 1379 Lexington
Avenue, Suite 1C, New York, New York 10128**

Portia Franklin, CSW, is a certified psychotherapist who has produced award-winning documentaries on psychological subjects for National Public Radio. She has studied with PBSP creator, Albert Pesso, for the past fourteen years. Ms. Franklin has taught psychomotor to clinical staff at Mt. Sinai Hospital and conducts PBSP workshops and groups in the New York area.

***Psychomotor is also known as Pesso-Boyden System Psychomotor or PBSP**

Comments about Psychomotor:

“Many traumatic or early painful experiences are difficult to modify with verbal therapies alone...The idea of PBSP is that people can actually work through somatic states and master old hurts in a way that they don’t have to relive them over and over again, but can be open to gratifying new experiences and be freer to pay attention to the present instead of fixating on the past.” **Bessel van der Kolk, MD, Director, HRI Trauma Center, Boston, Massachusetts**

“Psychomotor...lets the body say what speech too often cannot express.”

“Psychomotor is the best method I have found to enable people to learn to live with themselves, with each other, at peace, with joy and with continuing growth.”

“Psychomotor is remarkable work. It has helped me to feel more confident as a creative artist and more fulfilled as a human being.”

To register for this workshop, please send the form below to: Portia Franklin, CSW, 1379 Lexington Avenue, Suite 1C, New York, New York. 10128

Name: _____

Telephone: _____

Address: _____

Amount Enclosed _____

Number of people attending _____

Email: _____

I would like to be placed on the Psychomotor mailing list to be informed about future workshops and groups: yes _____ no _____

