

## **PESSO BOYDEN SYSTEM PSYCHOMOTOR**

Led by K. Stevens Westmoreland, L.C.P.C., L.M.F.T.  
Certified P.B.S.P. Therapist

**PESSO BOYDEN SYSTEM PSYCHOMOTOR** is an extraordinary, internationally recognized **MIND-BODY THERAPY** that can help you:

- get a clear picture of the old, unconscious maps you've been living by, which keep leading you to places you don't want to be;
- understand how to identify unmet emotional needs which have created obstacles on your path to personal and professional fulfillment;
- experience the richness of your own creative potential when those needs are symbolically met through the process of PBSP;
- use that potential to move forward to your personal and professional goals with increased optimism and self-confidence;
- be in your life in the here and now (vs. the there and then) with new, positive mental and emotional maps.

<b>Group #1 – Tuesday</b>	<b>Group #2 – Wednesday</b>	<b>Group #3 – Friday</b>	<b>Group #4 - Saturday</b>
Sept. 9, 2003	Sept. 17, 2003	Sept. 19, 2003	Sept. 27, 2003
Oct. 7	Oct. 15	Oct 17	Oct. 25
Nov. 4	Nov. 5	Nov. 14	Nov. 15
Dec. 2	Dec. 3	Dec. 12	Dec. 13
Jan. 6, 2004	Jan. 14, 2004	Jan. 16, 2004	Jan. 24, 2004
Feb. 3	Feb. 4	Feb. 6	Feb. 7
Mar. 2	Mar. 3	Mar. 5	Mar. 27
April 6	April 7	April 9	April 10
<b>Time: 4-8:30pm</b>	<b>Time: 4-8:30pm</b>	<b>Time: 12-4:30</b>	<b>Time: 8:30- 1:00pm</b>

**Size: All groups are limited to 6 people**

**Cost: \$130 per session (8 sessions in all)**

**Place: 6 Blue Wave, Kennebunk, ME 04043, (207) 985-2511**

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Please send this form back to: K. Stevens Westmoreland, 6 Blue Wave, Kennebunk, ME 04043, or call (207) 985-2511.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I would like to be in: \_\_\_\_\_ Group #1 – Eight Tuesdays, 4:00 – 8:30 p.m.  
\_\_\_\_\_ Group #2 – Eight Wednesdays, 4:00 – 8:30 p.m.  
\_\_\_\_\_ Group #3 – Eight Fridays, 12:00 noon – 4:30 p.m.  
\_\_\_\_\_ Group #4 – Eight Saturdays, 8:30a.m. – 1:00 p.m.

K. Stevens Westmoreland is a certified PBSP therapist. She has trained with Al Pessso, the co-founder of PBSP, for over twelve years and has run PBSP groups for four years. Stevens maintains her private practice of 20 years in Kennebunk, Maine.