

Pesso-Boyden System Psychomotor (PBSP) Training for Psychotherapists and Mental Health Providers

PBSP® Supervisor and Trainer, Jim Amundsen, PhD will be offering 3 days of training in San Diego, CA. Psychotherapists, social workers, and mental health practitioners of all levels of experience with PBSP, from beginner to advanced, are welcome to attend.

February 7, February 9, & February 10, 2019

Thursday: 9 am to 5 pm

Saturday: 9 am to 5 pm

Sunday: 9 am to 4 pm

Cost \$450 | Student Cost \$375

Email Maya Heffernan at mheffernan.therapy@gmail.com to sign up

Visit <https://pbspamericaconnect.org/events> to register and submit payment (Location and details forthcoming upon receipt of completed registration)

PBSP® is a powerful mind-body approach to psychotherapy that is recognized as a modality of choice whenever people are struggling with emotional challenges originating in childhood. **PBSP**® is an effective therapy for the reeducation and remolding of difficult mind /body patterns in the human psyche. Participants will develop and enhance their skill and knowledge as PBSP therapists. This hands-on, experiential program will consist of theory, exercises, demos, and supervision.

Participants will be able to:

- Identify manifestations of unmet basic developmental needs as they arise in the therapy session.
- Review PBSP principle of Ideal Parenting as a healing response to unmet needs and how to teach it to the client.
- Utilize the techniques of witnessing and “voices” when working with clients in the early stages of a PBSP session or in relational therapy.
- Practice helping their clients use symbolic action and satisfying interactions with ideal parent figures to create new and more positive, experientially anchored internal maps.
- Utilize PBSP tools, focused on developing and maintaining safety, respect and careful limits when working with abused and traumatized clients.

For more information, contact Dr. Aimee Pearson at draimeepearson@yahoo.com or
Maya Heffernan at mheffernan.therapy@gmail.com



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www.pbspamericaconnect.org