

Pesso Boyden System of Psychotherapy

Resistance and Systemic Defences

The PBSP Perspective



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A & DB Pesso

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Children understand the system of a family – that each person should have two parents

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What happens when someone fills holes in roles:

- We hear about suffering or something that is missing
- A part of our brain makes a movie that we don't see
- In which we are the star actor - the healer of injustice
- We become the 'one and only'
- When that part of the brain puts us in the *one and only* position
- It has a strange effect on the powerful forces that run our lives: aggression and sexuality
- **And they break loose**



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When these forces break loose, systemic defences kick in

- In some people, when these two forces break loose, it results in raping and murdering behaviour
- But the average person who makes these movies in their mind has some kind of systemic defence that holds those powerful, explosive forces down
- There are 6 systemic defences



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The 6 defences

Depression
Dissociation
Retroflexion
Inability to complete things
Excessive guilt and shame
Inability to take in



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External movie counteracts original *mind's eye* movie

- We create a movie with objects or people
- In which the role that the client had is now played by an appropriate ideal figure who does the job really well
- The client no longer has to be that figure and is not in the movie
- It shifts something internally, like a kind of brain surgery

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What happens to the client when you fill holes in roles

- The sensory overload they had somatised and were unaware of falls away
- Their perception shifts
- They feel like a burden is lifted
- There is a redistribution of energy back into their body
- They often sigh deeply
- They often sit back
- They can begin to take in and receive

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An example

- My father's father died when he was 3 weeks old
- So a part of me wanted to take care of my father
- And was doing that *out of my awareness*

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Examples

- It's my job to rescue all animals who are hurt by humans
- *We brought in ideal governments that take animal welfare seriously, and ideal societies throughout the world*
- It's my job to take care of the psychological well-being of everybody
- *We brought in energy fields who would do this*

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When is holes in roles work indicated?

- When there is an inability to take in - resistance
- When there is inordinate compassion

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