


Pesso Boyden System of Psychotherapy
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www.therapyandcounselling.co.uk
 www.pessoboydentraininguk.com

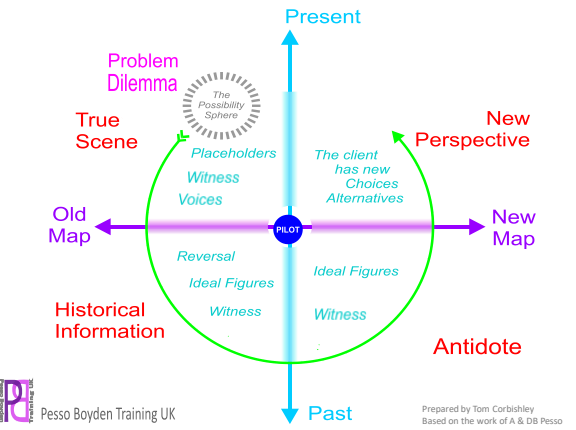
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The structure of a structure

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Satisfying our basic needs

- According to AI Pesso, our inherent basic needs must be satisfied at the
- Right age, by the
- Right kinship relationship
- When this hasn't happened literally, we can do it symbolically – and that happens during a PBSP structure
- It doesn't erase the old memory but it reduces the emotional impact of it

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In PBSP we use an antidote

- So many therapies give us coping strategies for living
- PBSP says these early deficits don't have to be tolerated or managed
- They can actually be repaired
- Clients can thrive rather than just survive

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Witnessing

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Very OK to get it wrong

- Let's make this an
- accepting environment
- and a learning situation
- We learn by most have having a go and getting things wrong

For more practice:
 Paul Eckman: How to read faces
 Micro-expressions Patryk Wezowski
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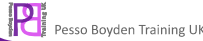


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Witnessing Micro Expressions

- Client may not have been aware that they were feeling that
- They learn to pay attention to their internal affective states
- Validates the feeling
- Client feels seen
- Awakens client's pilot (reflective ego)
- Connects pilot to movement of the soul: "the endless act of becoming"



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