

PBSP PAUS

HEALING TRAUMA, ATTACHMENT & UNMET CHILDHOOD NEEDS

PESSO BOYDEN SYSTEM OF PSYCHOMOTOR (PBSP)

Join Us for Live Professional Development Training on PBSP Pessó Boyden System of Psychomotor!
Are you ready to enhance your skills and knowledge in the field of psychomotor therapy? Psychomotor therapy helps people deal with the effects of past trauma. It uses body and mind interactions to create new, positive memories. This helps individuals feel seen, accepted, and supported, repairing emotional bonds. Join us for an immersive and transformative professional development training on the Pessó Boyden System of Psychomotor (PBSP) in Brisbane. This training is designed for therapists, practitioners, and anyone interested in learning more about this unique therapeutic approach.



INTRODUCTION & PERSONAL DEVELOPMENT

Why Attend This Introduction Training?

Gain valuable insights for personal development and take part in experiential group work. This is a rare opportunity to explore the foundations of PBSP in a supportive, hands-on learning environment.

PROFESSIONAL DEVELOPMENT & TRAINING

Why Attend This PD Training?

PBSP is an internationally recognised therapeutic method known for addressing unmet emotional needs. This once-a-year live training, offers therapists a chance to go deeper, both personally and professionally. Learn how to apply PBSP techniques with clients and gain practical experience through immersive group work. Don't miss this unique opportunity to learn from experts and expand your therapeutic toolkit.

ADDRESS THE ROOT CAUSE OF CLIENTS' MENTAL WELL-BEING

- **Endorsed by Experts:** Bessel van der Kolk, author of *The Body Keeps the Score*, highlights psychomotor therapy as one of the most effective approaches for healing attachment and trauma wounds.
- **Create Healthy Memories:** Discover techniques to replace traumatic memories with positive, new ideal ones
- **Address Developmental Needs:** Understand how PBSP addresses our five basic psychological developmental needs
- **Professional Training:** Gain skills in PBSP to improve your professional practice and client outcomes
- **Interactive Learning:** Participate in role-play scenarios to experience the transformative power of PBSP

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WANT TO KNOW MORE?

ESSENTIAL INFORMATION

<https://pbsp.com/home/faqs/>

FURTHER READING

Bessel van der Kolk begins to discuss the Pesso Boyden System of Psychomotor (PBSP) in his book "**The Body Keeps the Score**" on page 237 This section delves into the therapeutic approach and its significance in trauma recovery.



RECOMENDED READING

Transcript of a PBSP Therapy Session With Commentary. This is lengthy and gives you a really good overview of this therapy, so grab a cuppa!

<https://pbsp.com/theory-and-technique/description-of-a-pbsp-therapy-structure-session/full-transcript-of-a-description-of-a-pbsp-therapy-session/>

MORE READING

In her book, 'Secrets, Lies, & Betrayals: The Body/Mind Connection,' Maggie Scarf devotes three chapters to PBSP characterizing it as 'one of the most remarkably compelling of the alternative (power) therapies.'

TRAINING DETAILS

- Date: 6,7,8 August 2025 Introduction & Groupwork
- Date: 11,12,13 August 2025 Advanced Training
- Attend both for a reduced price of \$2,500
- Location: PIP Theatre, Milton, Brisbane
- Cost: \$1,500 each or \$2,500 together

ENROLMENT

Don't miss this chance to improve your skills and make a positive impact on your clients' lives. For more information and to register, please visit our website.

CONTACT US

VISIT WWW.ARTOFHAPPINESS.COM.AU/PBSP-TRAINING TO ENROL OR CALL 0400 050 437