

CREATE A NEW NARRATIVE WITH PESSO BOYDEN SYSTEM (PBSP)

WORKSHOPS BY
SASHA MAYE + MICK SANDS



POWERFUL MIND/BODY THERAPY IN LONDON + KENT

UPCOMING 2024 DATES:
LONDON: 14TH JULY, 8TH SEPT, 3RD NOV
FOLKESTONE: 4TH AUG, 6TH OCT, 1ST DEC
LOOK OUT FOR 2 DAY WORKSHOPS TBC



FACILITATORS

Sasha Maye is a member of the BACP and has a Diploma in Contemporary Psychotherapy (CP). CP integrates approaches from a variety of therapies including understanding from existential psychodynamic, Gestalt, systemic, NLP, and advances in neuroscience. Sasha is trained as a PESSO Boyden Therapist and has been part of the PESSO community in the UK since 2017 when she was introduced to the method in a London group.

Sasha runs a private practice in London and Folkestone. She is a co-founder of Ecstatic Dance Folkestone and a sound practitioner with Sound Emergence.

Mick Sands is an experienced PESSO Boyden System Psychomotor therapist, and has a Diploma and Advanced Diploma in Contemporary Psychotherapy. He has a background in secondary and special education on professional theatre and music and extensive experience in therapeutic communities, learning disability, social and palliative care. Mick attends to creating a safe space within which to explore possibilities for healing and growth; explore and develop awareness around the life choices that have been made, in the face of issues that may trouble clients' present and may have their roots in their past. He has worked for six years at the Number 42 Therapy Centre.



WORKSHOP FORMAT & BOOKING

Workshops typically begin at 9:30 am and conclude around 5:00-5:30 pm, with breaks provided.
Tea, coffee & snacks are included.
Attendees are asked to bring lunch.

After an introduction and a check-in, we offer 4 sessions focused on a single client - called a 'structure'. Each is followed by an invitation to share.
Up to 3 of the 4 structure places can be reserved in advance. The unreserved structure is allocated by means of a simple lottery.

'The PESSO group has shown me that there is always hope for change and we just have to keep on moving forward and trying new things. You are both highly skilled, Sasha and Mick, at creating a safe and inclusive space for people to explore some of the deepest things that trouble them. Thank you both.'

DATES & BOOKING

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Find events on
www.eventbrite.com/sashamaye

MORE ABOUT PESSO BOYDEN

Discover the Power of PBSP

The Pessó Boyden System of Psychotherapy (PBSP) offers a transformative approach to healing and growth, blending body-based techniques with psychological insights to create profound shifts in individuals' lives. Through PBSP, clients access hidden emotional processes and limiting patterns, empowering them to rewrite their narratives and cultivate a more optimistic, connected, and fulfilling life.

Where Does It Come From?

Developed by Albert Pessó and Diane Boyden, PBSP integrates classical psychology, attachment theory, and neuroscience to create a revolutionary therapeutic method. Recognised for his contributions, Albert Pessó received a prestigious Lifetime Achievement Award for his groundbreaking work in body psychotherapy.

The Impact of PBSP

In "The Body Keeps the Score," Professor Bessel van der Kolk describes his transformative experience with PBSP, highlighting its profound impact on healing trauma and fostering inner security and love. PBSP structures offer clients the opportunity to form new, empowering memories that coexist alongside painful realities, providing a path to healing and growth.

"IT'S NEVER TOO LATE TO HAVE A HAPPY CHILDHOOD"

AL PESSO

PBSP in Action

In a PBSP group, clients engage in sessions guided by a trained therapist. Through symbolic objects and role-playing, clients explore current issues, uncovering hidden emotions and memories from their past. Together they externalise how the person maps their experience of the world through tracking their feelings and thoughts clarifying how their history creates this map. Group members play supportive 'ideal' roles, contributing to the therapeutic process and fostering connection and insight.

The role of the group members

First of all, they witness the structures. Then someone may be invited to take a more participatory role as an Ideal figure. No initiative, improvisation or acting is required. Their position, movement and words are given them by the therapist. They are there to accommodate the needs of the client and to contribute to a vivid and believable experience. This can be also powerful for the role player. After each structure group members have opportunities to share what is happening for them as they witnessed/participated in this experience.

A New Memory

A key aspect of PBSP is the creation of 'new memories', imagined and installed by the therapist to replace painful past experiences. These memories offer sensory experiences of safety and support, nurturing an inner sense of security and love.

While doing this, they create new personal memories, a new map, a re-structure. If we can experience these new memories in our bodies and imaginations and put them back into moments in our history when we most needed them we can have a better basis for living a satisfying, pleasurable, meaningful and connected life.

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