

Pesso Boyden Therapy Days - Information

These days offer a welcoming, non-judgmental space where participants can reconnect with their bodies and their felt sense. Each person will have the opportunity to experience around an hour of individual therapeutic work during the day, exploring whatever material feels most relevant for them. Participants frequently find that witnessing others' work can also be deeply meaningful. Observing and participating with the experience of others can open new insights and be a powerful and healing part of the day.

Groups are intentionally small and intimate, allowing us to create a safe, supportive and confidential environment.

No prior experience of Pesso-Boyden work is needed to take part.

What is Pesso Boyden?

Pesso Boyden is an embodied psychotherapy described in *The Body Keeps the Score* by Bessel Van der Kolk.

This approach works with physical sensations, gestures and movements that can reveal unconscious patterns. These signals from the body help guide the therapeutic process. Pesso Boyden is an experiential therapy developed to gently draw out and remedy traumatic experience, unmet needs and the unconscious beliefs that can hold us back.

It is a form of Individual therapy that takes place within a group setting. Unlike many therapies that are undertaken weekly, Pesso Boyden can be experienced as a one-off or occasional therapeutic process, and it can work either on its own or alongside ongoing therapy.

What will happen in the days?

The day begins with a welcome and short introduction to Pesso Boyden work, followed by a warm-up exercise designed to help people connect with their body awareness. We then move into structured individual work times, with breaks throughout the day.

Before attending, each participant will be invited to a short introductory phone call as part of the joining process. Once you have booked a place, we will be in touch to arrange this.