

Body Based Therapy Days

using the Pesso-Boyden Method of Psychotherapy



“to help people to become more truly who they are”

Pesso Boyden therapy uses the physical sensations, gestures and movements that reveal unconscious patterns as a guide. It is an experiential therapy developed to gently draw out and remedy traumatic experience, unmet needs and the unconscious beliefs which hold us back.

These days will support participants to make contact with their bodies and their felt-sense in a welcoming, non-judgmental space.

We will introduce the method, and no prior experience of Pesso-Boyden work is needed to participate in this day.

Pesso Boyden is an embodied psychotherapy explored and promoted by Bessel Van der Kolk in his book *The Body Keeps the Score*.

It is an Individual therapy that takes place within a group. It can be undertaken either as a one-off piece of work or as an adjunct to ongoing therapy.

Dates & Costs 2026

Sat 13th June

Sun 20th September

Sat 21st November

(Attend one or multiple days)

9.45 – 5.30 pm

£100 per day

Practice Rooms,
150 Caledonian Rd N1 9RD
Kings Cross

Facilitators



Amanda Sandeman is an integrative counsellor and psychosexual and relationship therapist focussing on trauma, trauma-related sexual issues, attachment and relational work. She was drawn to the healing potential of PBSP from her first group experience. She is an accredited member of the BACP and a registered member of COSRT.



Katherine Engel is an experienced creative psychotherapist blending art and pesso-boyden methods into her work with both individuals and couples. Her area of interest is on attachment and trauma from a relational perspective. She is also part of the training team at Bath Centre for Psychotherapy & Counselling (BCPC). She is an HCPC registered professional.

JOIN US!

To find out more about the days contact either Katherine or Amanda:
katherine.engel@pm.me / amandassandeman@gmail.com

