

“Present consciousness is a tapestry woven from the threads of memory”

“Memory runs the show”

Al Pessso



Pesso Boyden Training UK

Three Types of Memory

- Memory of Deficit: too little coming in, our basic needs are not met
- Memory of Trauma: too much coming in, penetrates us
- Memory of ‘Holes in Roles’: a ‘gap’ that we have filled in the family system or the world



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A Deficit of Basic Needs: Tier 1

‘Not enough comes in’

- Basic needs not met literally by caregivers are never internalised into self-reliance
- Unbounded and in need of countershape, the unfinished basic needs can haunt adult life
- Because the need is not countershaped, the need ‘goes on forever’
- So unmet needs can lead to **Omnipotence**



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Trauma: Tier 2

‘Too much comes in’

- Boundaries have been broken
- Pilot is damaged
- Forces of power and vulnerability break loose
- Aggression, sexuality or openness are unbounded
- So a consequence of trauma can be **Omnipotence**



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Holes in Roles: Tier 3

‘Too much goes out, too soon’

- Before the child’s own basic needs have been met
- Igniting forces of compassion and justice in the child before sufficient Pilot is established
- The injustice / gap in the family system [‘Hole in Role’] is being filled with un-unified and uncontained elements of the child, flowing out without Limits
- Resulting in distrust of subsequent outer authority figures
- Often manifests as inability to receive, alongside limitless impetus to ‘give’ which borders on **Omnipotence**



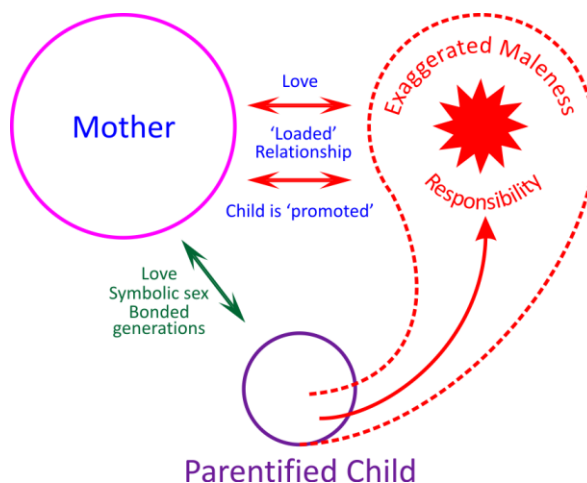
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When a child fills Holes in Roles

Child is drawn into unconsciously satisfying the needs of an other or seeking to heal injustice in the world: in PBSP this is known as ‘filling Holes in Roles’



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Healing Tier 1

Healing is the right response at the right age in the right kinship relationship provided by ideal figures



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Healing Tier 2

- Give Place and 'licence' to client's feelings by sanctioning aggression, vengeance or love
- Use Limits to permit flow of feeling
- Protection is healing. Check all steps with client. Builds **Pilot**
- Support client's strength: "You are strong – you can keep me out!"
- End with Basic Need work, giving client the right response, at the right age with the right kinship figure



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Topics to Attend to in Trauma and Abuse

- The experience of loss of control
- Feelings of fear and terror
- The need for protection
- The experience of pain, hurt and sadness
- The impulse and expression of revenge and sadistic feelings
- The expression of eroticism, receptivity and openness
- The impulse and expression of hatred and murder
- The increase of guilt, shame & the desire for punishment
- The desire to express love for abuser
- The need for an antidote relationship



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Healing Tier 3

- Indications of 'Hole in Roles' may suggest a **Movie** intervention
- **Movies** relieve client of their unconscious job of providing the healing for the 'other'
- Facilitates the client's receptivity to their own healing
- So creating a bridge to Basic Need work for the client, giving client the right response, at the right age with the right kinship figure(s)



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