

SEE ME, FEEL ME, TOUCH ME, HEAL ME



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How do we take a place ?

BOR 2 /5min

- Exercise 1. Your PLACE in the room:
- Take one minute to explore the PLACE you took for watching this webinar: what are it's physical qualities like: the chair, the background, the table, where in your house, other people around ? The light , the quality of your connection (closeness to the router), what do you (think you) show on your camera ?
- Share this for 2 minutes with a peer

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Overview interactive webinar

- Exercise 1 in place
- Energy-Action-Interaction-Meaning, Accomodation: Shape/Countershape
- Exercise 2 in accomodation in duets, how to connect ?
- 5 developmental tasks in PBSP, Basic Needs
- Exercise 3 which basic need needs attention now ?
- Working with new memories : Ideal figures
- Exercise 4 Ideal Parent exercise
- Structures, Microtracking, Holes In Roles
- Training Information
- Q&A

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Diana & Albert Boyden-Pesso (1929-2016)



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‘ we are made to be able to be happy in an imperfect world that is endlessly unfolding and we human beings are the local agents of that cosmological unfolding’

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accomodation:
shape-countershape
click of closure

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Connectedness

A biological Imperative:

- The body's need to co-regulate biobehavioral state through engagement with others
- Connectedness is the ability to mutually (synchronously, and reciprocally) regulate physiological and behavioral state.
- Connectedness provides the neurobiological mechanism to link social behavior and both mental and physical health.

Stephen Porges 2017

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Coregulation, social engagement behaviors

Face to face behaviors:

- facial expressions
- gestures
- prosodic vocalizations

maintains a physiological state that supports health, growth, and restoration.

optimizes the ability to rest, relax, sleep, digest, and perform bodily processes

enables feelings of trust, safety, and love.

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How do we connect ?

BOR 2/6min

- Online connection lacks eye-contact (oxytocine), reciprocity and synchronicity
- Exercise 2: accomodation & connection in duets
- Try to feel in your body your actual need for connectedness: which gesture (one gestalt) and what words (one word or sentence) would like you to get from your peer ? Pay especially attention to facial mimic, eye contact (accomodator looking in camera ?) and prosody of the voice.
- The peer enroles as an accomodator and deroles after the exercise and then change roles.

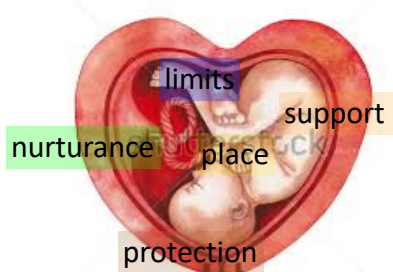
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5 developmental tasks, pushed by our genes:

- 5 **basic maturational needs** met, literal and symbolic, in the right time and the right kinship relation: place, nurturance, support, protection, (safe) limits
- **integration and unfication of polarities** in life, : male/female, right/left hemisphere, sensori/motor, output/intake
- development of the **pilot**: i.e. ' the CEO of the self'
- development of **consciousness**, meaning, language
- fullfilling of our **unique talent/potential**

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5 basic needs



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Which basic needs needed fulfilling ? BOR 3/ 3min

- Exercise 3: Basic Needs
- Go back in your own history, feel your body and try to feel how having a place, being nurtured, protected, supported and safely limited was part of your upbringing on as well a material(physical) as a symbolic level.
- What would you have needed more of ?
- Share this with 2 peers

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Bessel van der Kolk; "The body keeps the score" (2014)

- "People process spatial relations with the right hemisphere of the brain, and neuroimaging research had shown that that the imprint of trauma is principally on the right hemisphere as well. Caring, disapproval and indifference are all primarily conveyed by facial expression, tone of voice, and physical movements. According to recent research, up to 90% of human communication occurs in the nonverbal, right hemisphere realm, and this is where Pessó's work seemed primarily to be directed".
- "Physically reexperiencing the past in the present and then reworking it in a safe and supportive 'container' can be powerful enough to create new supplemental memories: simulated experiences of growing up in an attuned, affectionate setting, where you are protected from harm".

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'present consciousness is a tapestry woven of threads of memory'

goal of therapy: make a **new** long term memory out of a short-term event

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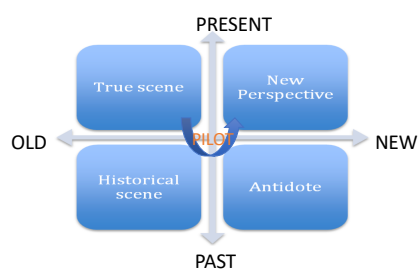
Creating new memories with Ideal figures

exercise in the big room

- Exercise 4: Ideal parent exercise
- With one participant, having some objects (cushions, a blanket) around and enrolling ideal parents from the group in the big room.

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structure



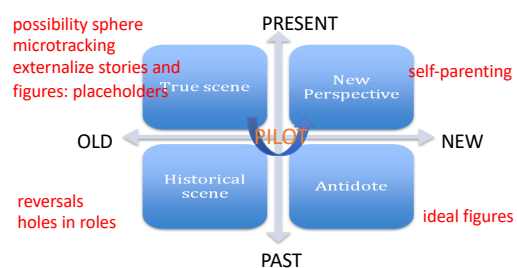
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'the roots of justice are in the body'

- when we meet stories of injustice we all want to do justice and we unconsciously start to fill the 'holes in roles'
- our vital energy goes into unconscious movies we made pushed by our 'messiah gene' (we are the one and only)
- there is no 'other' anymore, our capacity to receive shrinks, we can't take in positive accommodation
- in that case we make 'movies' in a structure to restore this.

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structure

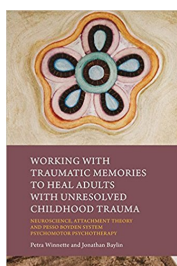


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Interested ?

- www.pbsp.com
- Petra Winette & Jonathan Baylin:
'Working with traumatic memories to heal adults with unresolved childhood trauma'

Training in Finland: <http://www.pbsp.fi/>
 contact Riitta Saarikko
 start in 2021 ? 2022 ?



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