

What we have been doing in Munich (Germany) for many years and what points to the future of PBSP

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Dear all,

we talk a lot about what should be done in the future.

I would like to report what we have been doing in Munich (Germany) for many years and what points to the future:

- a) PBSP training as in all other countries
- b) Implement PBSP into regular state psychotherapy training.

On the one hand, we try to get as many psychotherapists as possible interested in PBSP training. On the other hand, we introduce PBSP offers at many points in the training and further education:

Action 1: In our scientific journal

Psychotherapy in Psychiatry, Psychosomatic Medicine and Clinical Psychology (only in German Language)

we try to establish a PBSP article for each themed issue (e.g. therapeutic relationship, empathy skills, mentalization, group therapy, trauma therapy, self-awareness, personality disorders, couple therapy, etc.)

Action 2: at psychiatric and psychosomatic congresses (DGPPN and DGPM) we offer a symposium in which a PBSP contribution is presented. And we offer PBSP workshops that last two hours to two days.

Action 3: Psychotherapy training is very regulated in Germany. Every psychotherapist has to learn a scientifically recognized procedure and pass an examination. Psychoanalysis, psychodynamic psychotherapy, behavior therapy and systemic therapy (the latter only for adults) are currently recognized. Anyone who has only learned PBSP is not allowed to practice psychotherapy in Germany. He must master one of the other psychotherapy procedures and apply it in practice. He is only allowed to work with PBSP for a few sessions or only part of his therapy sessions.

We offered individual PBSP techniques in workshops in further medical training and in the training of psychologists: microtracking, ideal parents, holes in roles, limitation. In this way, more and more psychotherapists will use more and more PBSP - not as a whole, but in many parts of their therapies. PBSP is no longer foreign, it is trusted.

A considerable percentage of psychotherapists who are in training have a PBSP group leader in their **self-awareness group** (150 hours) who only does PBSP structures with them. In this way, each participant receives six of their own structures in the course of their training and takes part in almost 50 structures of other participants.

Action 4: We conduct small **empirical studies** in which we test the effectiveness of the PBSP techniques. However, these are not double-blind and have no control groups.

Action 5: In addition to the more informal use of PBSP techniques and strategies, we adapt them to the respective psychotherapy procedures, so that **PBSP elements become an official and integral part of regular training.**

For example, anyone who learns Mentalization Based Behavior Therapy (MB-VT) learns "Emotion Tracking" as an adapted microtracking in one of the seven modules. The modules are:

1. Attachment and therapeutic relationship
2. Implicit Working Model Bowlby and the new Allowance giving Life rule
3. Mindfulness and Acceptance
4. Emotion tracking as the first step of mentalization
5. Metacognition and Theory of Mind as basis of Mentalization
6. Development from the affect to the cognitive stage: affect regulation and self efficiency
7. Development from the Cognitive to the Empathy Stage: The step to empathy and compassion

Action 6: **Promotion of book publications about PBSP (only in German language)**, e.g.

Sulz et al: Psychotherapy discovers the body. CIP media publisher

Pesso & Perquin: stages of consciousness. CIP media publisher

Noichl: Pessotherapy for everyone. Psychosocial Publishing House

To be published in March 2022: Bachg, M. & Sulz, S. (2022): Pesso-Therapie: Bühnen des Bewusstseins. Oder: Werden wer wir wirklich sind. Pesso-Therapie (PBSP®) als ressourcenorientierter, neurobiologisch fundierter Ansatz der Körper-, Emotions- und Familientherapie.

Action 7: PBSP-Publications in PSYCHOTHERAPY in German language with English summary.

Editor of the Scientific Journal PSYCHOTHERAPY are Serge Sulz et al.

[Guggemos, D. & Feldt K. \(2021\). Feeling Seen als idealer Start einer Strategischen Jugendlichtherapie. Psychotherapie 25-1, S. 173-194](#)

[Michael Bachg, Eva Hille-Kluczewski, Stefanie Grüter \(2016\). Die Methode Feeling-Seen als familientherapeutischer Ansatz zur Förderung der Affektregulierung und des Beziehungsverhaltens bei Kindern und Jugendlichen. Psychotherapie 22-2, S. 143-178](#)

[Maria Schreiner \(2019\). „Wenn ich damals da gewesen wäre ...“ Tiefe emotionale Erfahrung als Kern der Selbsterfahrung in der Verhaltenstherapie-Ausbildung – ein Bericht aus der Praxis. Psychotherapie 24-2, S. 91-113](#)

[Florian Sedlacek, Serge K. D. Sulz \(2019\). Welchen Stellenwert hat Selbsterfahrung in der verhaltenstherapeutischen Aus- und Weiterbildung? Ergebnisse einer Online-Studie von Ärzten, Psychologen und \(Sozial-\)Pädagogen. Psychotherapie 24-2, S. 50-60](#)

[Günter Weier \(2019\). Körperverachtung, Geistvertreibung und die Notwendigkeit der Personwerdung in einer unendlichen leiblich-personalen Selbsterfahrung. Psychotherapie 24-2, S. 185-206](#)

[Leonhard Schrenker \(2017\). Empathie zwischen rationaler Distanz und emotionaler Konfluenz: Microtracking - der sichere methodische Weg der Pesso-Therapie. Psychotherapie 22-2, S. 109-126](#)

[Leonhard Schrenker \(2015\). Die Bedeutung der therapeutischen Beziehungsebene in der Pesso-Therapie \(PBSP\). Psychotherapie 20-2, S. 146-167](#)

[Leonhard Schrenker \(2014\). Die Behandlung narzisstischer Störungen mit Pesso-Therapie \(PBSP\). Psychotherapie 19-1, S. 73-106](#)

[Sabine Löffler \(2013\). Die Entwicklung des Selbst. Reintegration und Stärkung von Selbstanteilen in der Pesso–Therapie. Psychotherapie 18-2, S. 144-152](#)

[Leonhard Schrenker \(2010\). Die Behandlung traumatischer Störungen mit Pesso-Therapie \(PBSP\). Psychotherapie 15-2, S. 279-297](#)

[Albert Pesso & Melanie Thole-Bachg \(2007\). Die körperlichen Wurzeln der Gerechtigkeit. Bearbeitung eines Vortrages von Albert Pesso in Osnabrück am 6.11.2006. Psychotherapie 12-2, S. 197-204](#)

[Barbara Fischer-Bartelmann \(2006\). Pesso-Therapie und Systemische Therapie. Psychotherapie 11-1, S. 97-111](#)

[Albert Pessó \(2004\). Die Bühnen des Bewusstseins. Psychotherapie 9-2, S. 260-267](#)

[Lowijs Perquin und Albert Pessó \(2004\). Therapeutische Arbeit mit Missbrauchspatienten in der Pessótherapie. Psychotherapie 9-2, s. 268-282](#)

[Michael Bachg \(2004\). Microtracking in der Pessó Boyden System Psychomotor \(PBSP\). Brückenglied zwischen verbaler Psychotherapie und körperorientierten Psychotherapien. Psychotherapie 9-2, S. 293-294](#)

[Leonhard Schrenker und Barbara Fischer-Bartelmann \(2004\). Die Behandlung von Paaren in der Pessó-Therapie. Psychotherapie 9-2, S. 295-309](#)

[Leonhard Schrenker und Barbara Fischer-Bartelmann \(2003\). PESSO BOYDEN SYSTEM PSYCHOMOTOR \(PBSP\) PESSO-THERAPIE – EIN IN DEUTSCHLAND NEUES GANZHEITLICHES VERFAHREN EINER KÖRPERORIENTIERTEN FORM DER GRUPPENTHERAPIE. Psychotherapie 8-2, S. 306-314](#)

This overview can be downloaded from my website:

<https://eupehs.org/neue-psychotherapien/pbsp-pessotherapie/>

I look forward to your feedback:

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Sincerely, Serge Sulz

Munich, on July 29th, 2021