



Kathryn Power-O'Brien M.A. , M.Th. is a body-centered Psychotherapist and Therapeutic Educator in the Twin Cities. She has two decades of experience in the field of integrative studies, body work, body psychology, spirituality, and body-mind therapies. She has authored two audio tapes for relaxation and sleep. The focus of her work is the integrity and integration of body-mind-spirit.

She has worked with Al Pessó since 1981 and has experienced and studied the evolution of Psychomotor as a system. She says, **“Its hopeful world view and precise process for tracking client’s energy are two of its unique strengths.”** Kathie has led PBSP Exercise and Structure groups since 1986. As the work became more refined, she began using this model as a backdrop in individual sessions as well as incorporating the process when appropriate.

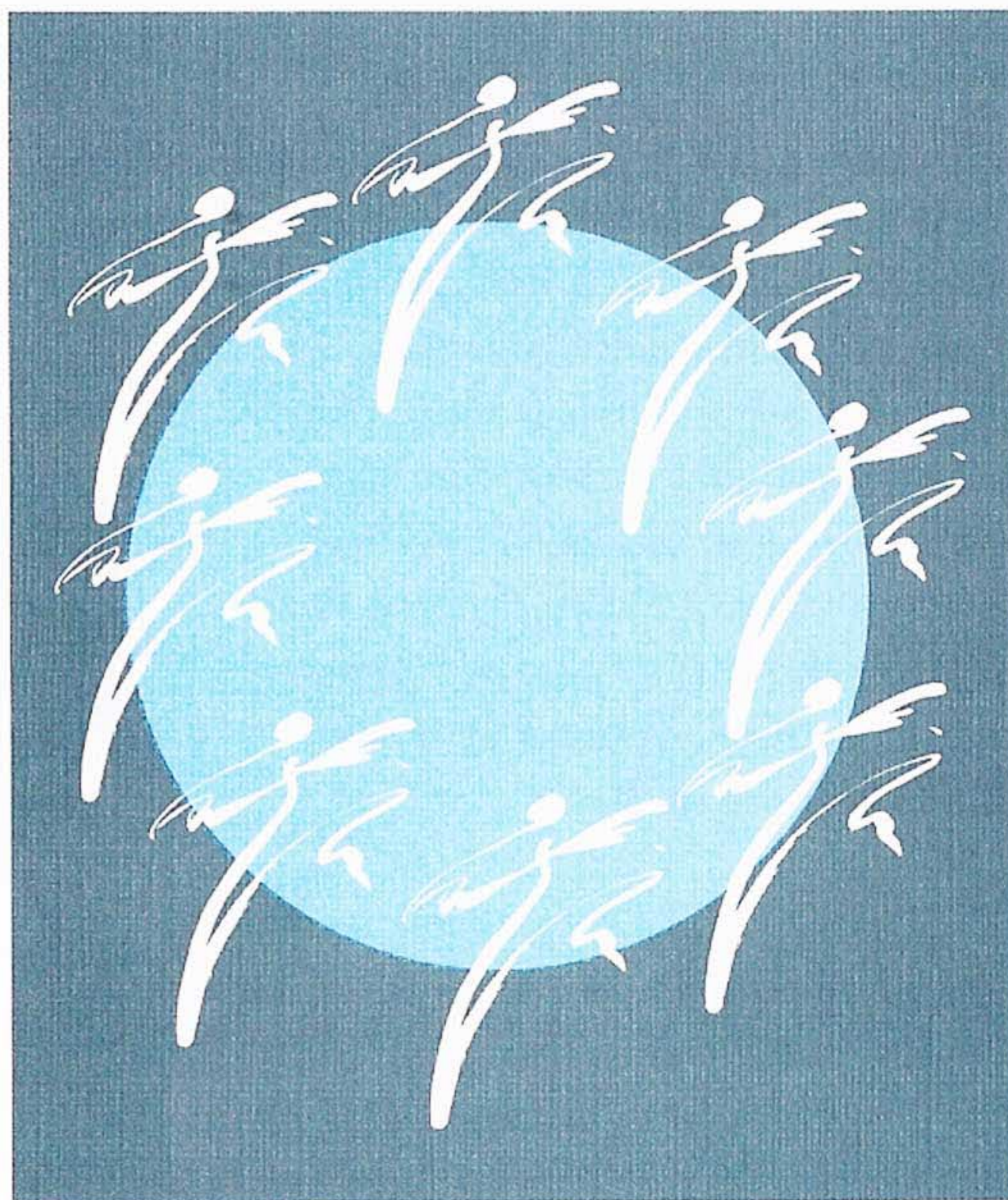
Kathie is a certified Psychomotor Therapist, Trager Practitioner and Esalen Massage therapist. She co-founded the North Central Psychomotor Society and holds memberships in the Pessó Boyden Psychomotor Institute, Body Psychotherapy Association, International Massage Therapy Association and Women of Vision and Action.

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PRESENT

**Psychomotor
Therapy**

TOUCHING POWER

Pesso Boyden System Psychomotor Therapy tends the soul and midwifes the true self into existence

New Ways to Meet Needs

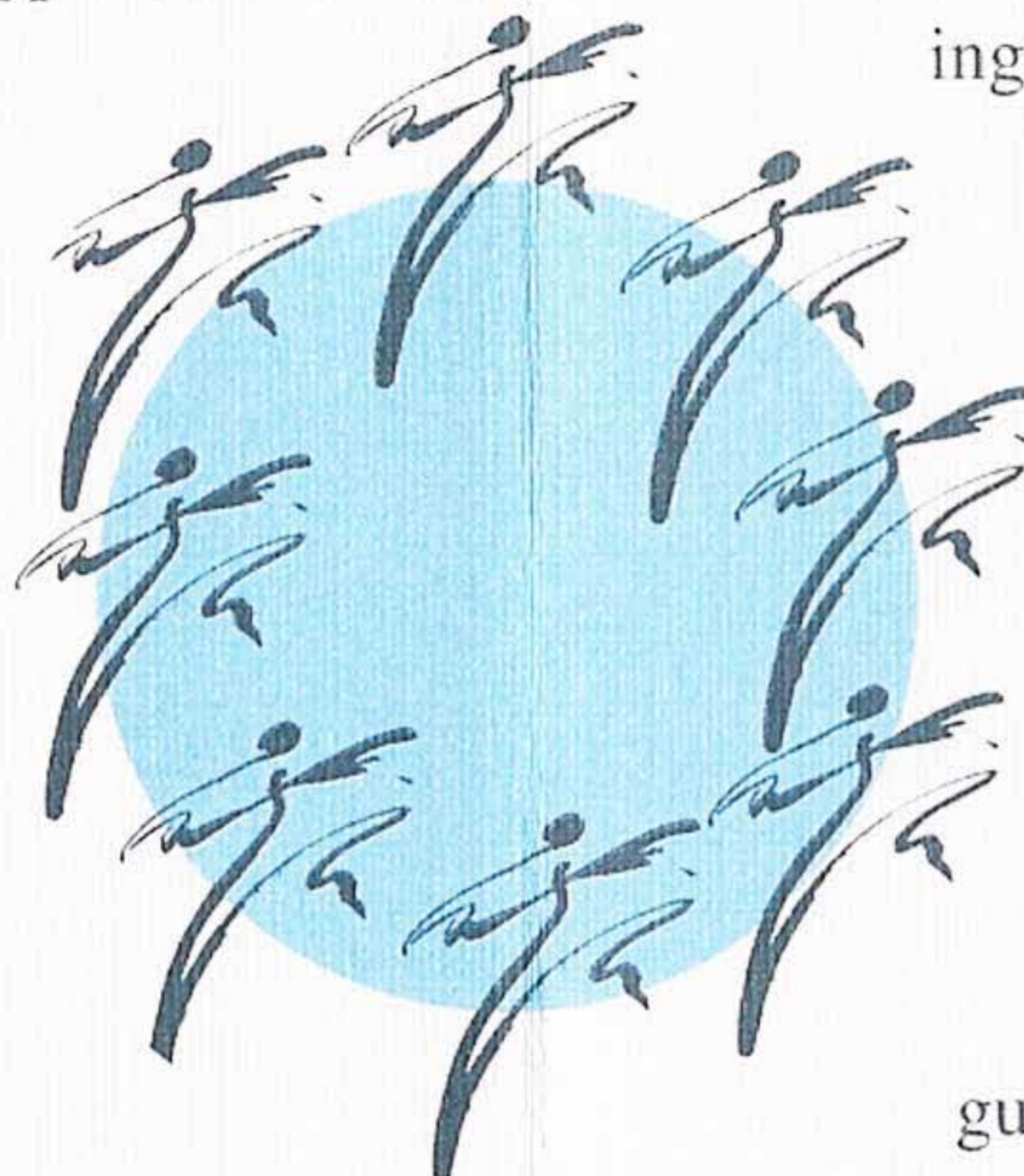
Many of us live with painful memories which stem from not having had the nurture, support, protection and loving limits which were needed at particular moments in our life. This process makes it possible to experience what it could feel like to have had some of those needs met. Pesso Boyden System/ Psychomotor Therapy helps us create new memories in our **body's mind** as well as in our **mind's body**.

Addresses Old Sources of Pain

Psychomotor Therapy makes it possible to work through feelings from old hurts, losses, deprivations or abuses—feelings which we tend to push away or bury because they seem to have no solution. By tracking our energy and exploring symbolic accommodation (role-playing), we find a solution.

Integrates Feelings and Thoughts

New possibilities open up for us once we both name and begin to structure the true scene of an old conflict, while at the same time experiencing all the feelings surrounding that conflict. By experiencing thoughts and feelings that are in sync, we feel more positive and connected to what is really true for us.



Increases Capacity to Direct One's Life

The structuring process gets us in emotional touch with our his/herstory while still maintaining our observing ego (vs. regressive state).

Through tracking facial expressions, emotional and bodily responses each person comes to a greater consciousness of all that is happening in their mind and body. As the material comes to consciousness and is named through the witnessing process, **our inner director** is being engaged and strengthened. This results in a more **benevolent inner presence** guiding and directing us. Because of Psychomotor's emphasis on symbolic bodily satisfaction, clients come away with increased capacity for pleasure and mastery in their own lives.

Adds a New Dimension to Therapy

Pesso Boyden System Psychomotor Therapy is an individual therapy process most effectively utilized in a group context. It has a series of awareness exercises which prepare clients. PBSP adds a **BODY DIMENSION** to therapy which increases awareness of sensory and emotional energy, deepens the therapeutic experience and helps us move through stuck places in our lives. This process engages us cognitively, emotionally, bodily, and spiritually.

**What people long to enjoy as the fruits of living
are pleasure, satisfaction, meaning,
and connectedness.**