

# It's Not Too Late to Have a Better Childhood

Introduction to Pessó Boyden System of Psychotherapy

*Masha Bennett*  
*Deep Release Conference*  
*15th September 2025*

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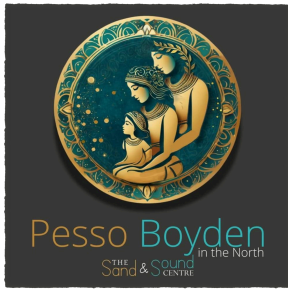
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*“Present consciousness is a tapestry  
woven out of threads of memory.”*

(Albert Pessó)

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*We are born with a capacity  
to be happy and fulfilled.*

*But we are born in an  
imperfect world.*



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## History

- ◇ Albert Pessó & Diane Boyden
- ◇ Dance teachers
- ◇ Emotional blocks to movement and flow
- ◇ Developed a system to help release those blocks
- ◇ Pessó Boyden System Psychomotor 1960s

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## Our basic needs

- ◇ Place
- ◇ Nurture
- ◇ Support
- ◇ Protection
- ◇ Limits



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## When our needs are not met (1)

- ▷ 'The pressure of unmet needs influences and distorts present day perception and behaviour, causing us to selectively attend to events and figures in the present that *appear* to promise satisfaction of those basic needs.
- ▷ Where our needs have not been met by the right people at the right age, then we seek satisfaction indirectly and unconsciously from others - friends, teachers, employers, partners - potentially distorting and overloading those relationships.'

(Tom Corbishley <https://talk-works.co.uk>)

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## When our needs are not met (2)

- ▷ When we seek satisfaction of our basic needs from people in our current life...
- ▷ *'Instead of pleasure we may experience pain, instead of satisfaction we may experience frustration, instead of meaning we may experience despair, and instead of connectedness we may experience alienation.'*

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## Some Pesso Boyden Concepts

- ▷ Structure
- ▷ The Pilot
- ▷ Witness
- ▷ Voices
- ▷ Shape / Countershape



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## Some Pesso Boyden Concepts

- Placeholders
- Scenes: True | Historical | Healing (the Antidote)
- “Holes in Roles”/ Movies
- Grief / Relief Cycle

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## Pesso Boyden ‘Antidote’

- Our needs have to be satisfied by:
  - The right kinship figure
  - At the right time
  - With the right response
- Ideal Figures: archetypal figures who have ALL the qualities to satisfy our needs:
  - Ideal Parents
  - Also Ideal Siblings, Friends, Teachers, Doctors etc



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## The Guiding Principle of Pesso Boyden

*We do not repeat the past*  
(where the past is traumatic)

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## Memory Reconsolidation

- ▷ Most neuroscientists believed that a new memory, once consolidated into long-term storage, is stable... Each time you retrieve the memory, or remembered, you retrieved that original memory, and then returned it.
- ▷ **Reconsolidation theory** proposed a radically different idea - that the very act of remembering could change the memory. Therefore, every time you remembered, you'd recall the memory as it was the very last time you remembered it, rather than the memory that was created the first time. And it would be replaced as a new representation. This theory suggested that the very act of remembering might render memories fragile, subject to change or perhaps erasure.' (Joseph LeDoux)

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## “Antidote” Memory

A Pessu Boyden structure (session) aims to create new, interactive, embodied experiences using the totality of self-expression through words, imagery, thoughts, sound, touch and movement, i.e. through all the modes of expression that are used in making real memories and life histories.

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## Holes in Roles

- ▷ When the child has to give before they have taken enough in
- ▷ Omnipotence - 'I am the only one who can...'; 'I can't trust others to do...'; 'It [healing, therapy] works for others but not for me'
- ▷ Signs of holes in roles: Difficulty in taking in the antidote | Inordinate compassion | Excessive sense of responsibility | Excessive self-reliance
- ▷ Additional intervention: 'Movies' with props, where we give the parent (grandparent, sibling etc who the client took care of as a child) what they needed, so that the client does not have to

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## Your Pesso Boyden Facilitators



Clara Charlesworth

Masha Bennett



Pete Joscelyne

Mary Hollinshed



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## Upcoming Pesso Boyden Experiential Events

majority held at The Sand & Sound Centre, Hyde, Greater Manchester SK14 1NP

- 4-5th October 2025 (2 days) with Masha & Clara [NEARLY FULL]
- 8-9th November 2025 (2 days) with Masha & Pete
- 14th December 2025 (1 day) with Masha & Mary
- 13-16th March 2026 - Residential Retreat in Ashbourne, Derbyshire with Masha & Clara

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