

# The UK PESSO Boyden Training Institute Emerges as the Best Body-based Psychotherapy Training in 2024

Congratulations to the UK PESSO Boyden Training Institute voted the Best Body-based Psychotherapy Training Enterprise 2024 in the GHP Mental Health Awards.

***“We’re delighted to have won the GHP Mental Health Award for the Best Body-based Psychotherapy Training Enterprise 2024 because it will help us to spread the word about this little-known method that has the potential to bring lightness to even more people’s lives,”*** said Juliet Grayson, one of the three Accredited trainers at the UK PESSO Boyden Training Institute.

Sandy Cotter, Juliet Grayson and Sally Potter founded the UK PESSO Boyden Training Institute in 2015 and have trained 44 graduates in the UK to date. The trio qualified in 2003 and continued to study with Al PESSO, a co-founder of the PESSO Boyden System Psychomotor (PBSP) psychotherapy, and Lowijs Perquin, a psychiatrist from The Netherlands who developed training programmes for PBSP therapists over 30 years. All the UK trainers are passionate and dedicated to teaching and sharing this beautiful and effective approach.

***“We’re honoured to receive the award. We continue to grow and develop as trainers to keep the method alive and sparkling, and to connect with other PBSP trainers across the globe so that we’re always improving our training and infrastructure to best support our students. Our course participants validate the training and that feels satisfying but to receive external validation means a lot,”*** commented co-founder Sally Potter.

The PBSP body-based psychotherapy approach represents the coming together of psychodynamic, cognitive-behavioural and system-oriented principles, along with client-centred attitudes, in one integrated philosophy to create a robust and comprehensive model. Al PESSO was also highly influential in the development of several body-based psychotherapy methods and Peter Levine (Somatic Experiencing), Pat Ogden (Sensorimotor Psychotherapy), and Ron Kurtz (Hakomi) all spent extensive time training with Al PESSO. In his book “The Body Keeps the Score” Bessel van der Kolk also credits Al PESSO with his own profound healing experiences and continues to use the PBSP method with his clients.

***“PBSP helps me to know what I really want that I didn’t know I wanted, and then you give it to me using the ideal parents, and that provides a lasting impact that has changed my life,” said a PBSP client.***

***“We’re enormously excited to continue to train therapists in this method that some describe as ‘speed dialling the unconscious’. Whereas most therapies help you cope with issues, PBSP helps to resolve issues, creating deep change and healing,” commented Juliet Grayson.***

***“We’re dedicated to ensuring that this method continues beyond the three of us in the UK, in a way that maintains its integrity and freshness so that we can be proud of what our future UK trainers deliver under the umbrella of the PBSP UK training. This award signals to us and the wider world that we’re on track!”***  
said Sally Potter.

The next Foundation Skills and Therapist 2-year training programmes in PBSP are scheduled to start in April 2025.

Find out more about the award-winning PBSP body-based psychotherapy training in the UK: <https://pessoboydentraininguk.com>  
or email the institute: [info@pessoboydentraininguk.com](mailto:info@pessoboydentraininguk.com)

## **About GHP**

GHP is a pioneering platform dedicated to recognizing and celebrating excellence in the realm of mental health. In a world where the importance of mental wellbeing is increasingly acknowledged, GHP stand as a beacon, honouring individuals and organizations that have made significant strides in advancing mental health awareness, support, and understanding.



Sally Potter, Juliet Grayson and Sandy Cotter,  
founders of the UK Pesso Boyden Training Institute