

How to get a taste of Pesso Psychotherapy in 2019

If you would like to experience a Pesso 'structure' – either as a client or an observer/participant – come along to one of the following offerings and see if this method appeals to you

Attend as an Observer/Participant on Supervision Days with Sally Potter in London

Attending as an observer will provide an up-close view of how the Pesso method works as you watch Sally coach trainees and graduates as they deliver a 'structure' in supervision.

March 15 – Friday
May 11 – Saturday
September 14 – Saturday

Cost: £90

Location: City Therapy Rooms, 33 Furnival Street
 LONDON EC4A 1JQ

Contact: jgrinham@yahoo.co.uk

Experiential Workshops with Sally Potter in Manchester

You can attend these classic Pesso workshops either as an observer/participant or take a turn as a client and have a 'structure'.

March 23 & 24 – Saturday Sunday
July 6 & 7 – Saturday Sunday

Cost: Observer/Participant £90 per day
 Attendance both days with a 'structure place' £375

Taster Workshops with Sandy Cotter in London or Bath

These days are specifically designed to give you an experience of the fundamentals of the Pesso method through short lectures and interactive exercises along with demonstration 'structures'

Feb 9 – Saturday (London)
May 18 & 19 – Saturday Sunday (London)
June 29 – Saturday (London)

Cost: £100 per day
 plus £50 for a 'structure place.'

Location: City Therapy Rooms, 33 Furnival Street
 LONDON EC4A 1JQ

May 11 – Saturday (Bath)

Location: Villa Gaia, 3 Widcombe Terrace
 Bath BA2 6AJ

Contact: sandycotter.centaur@gmail.com



Experiential Workshops with Juliet Grayson in London, Oxfordshire, Bristol and Wales

You can attend these classic Pessso workshops either as an observer/participant or take a turn as a client and have a 'structure'.

Jan 24 & 25 – Thursday Friday: Bristol (Hanham)

Feb 12 & 13 – Tuesday Wednesday: South Wales (Chepstow)

March 25 & 26 – Monday Tuesday: Oxfordshire (Didcot)

May 21 & 22 – Tuesday Wednesday: West London (Teddington, Middlesex)

Cost:

Observer/Participant £90 for first day of any workshop

Observer/Participant £160 both days of any workshop

Attendance both days with a 'structure place' £410



Observer/Participant Attending Supervision Days in London and Oxfordshire

Attending as an observer/participant will provide an up-close view of how the Pessso method works as you watch Juliet coach trainees and graduates as they deliver a structure in supervision.

March 27 – Wednesday: Oxfordshire

July 1 – Monday: Middlesex West London

Cost: £90

Contact: juliet@therapyandcounselling.co.uk

"Choosing this training has vastly expanded what I can offer to my psychotherapy clients. It's so fulfilling to be able to give a client an experience of how things could have been and to see their world begin to open once that seed has been planted."

Kamlesh Gupta (psychotherapist)



"Learning the Pessso method has given me confidence in my abilities, the resilience to overcome adversity and an improved ability to work with clients' reactions and emotions. It has improved my relationships with my own family members and enabled me to ask for help when I need it instead of soldiering on alone."

Jill Jarvis (psychotherapist)

More details on Pessso Psychotherapy: www.pessoboydentraininguk.com