

**A Pessso Boyden Therapy Group
with Kate McGeever in the City**

3 Tuesdays: January – March 2019

Pessso Boyden therapy (“PBSP”) is a powerful therapeutic method that works in a group context with the use of objects and role players to provide participants with a healing experience to overcome past traumas, wounds and losses.

You may be feeling anxious, stuck, depressed or isolated either in your personal life or at work. This is often due to experiences from the past. PBSP is a way of enabling you to come to terms with the past and make changes in your life that will help you to move forward.

As well as gaining new perspective, clients usually experience increased pleasure, satisfaction, meaning and connectedness in their lives following a client session (“structure”). A deeply respectful method, PBSP follows the client’s process.

The group will meet one morning a month and each member of the group will get the opportunity to have one “structure” during the term. The group will be limited to 9 participants.

Where: City Therapy Rooms, 33 Furnival Street, London EC4 1JQ

Time: 9.30am – 3.30pm

Dates: Tuesdays 15th Jan, 26th Feb, and 19th March 2019.

Cost: £260 per person for the term (£240 if booked and paid before 1st Dec 2018.)

To book: Contact Kate on mcgeever230@gmail.com or call 07799412602

Kate McGeever is a PBSP trained therapist and a BACP accredited psychotherapist with a private practice in North London working with couples and individuals. Trained at Spectrum, she is Humanistic in her approach. Before becoming a therapist, Kate worked as a solicitor in the City.