

**A Pessu Boyden Therapy Group  
with Kate McGeever in Islington, North London  
Wednesday Evening: January - April 2019**

Pessu 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 roughly one evening 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 8 participants.

Where: Barnsbury Therapy Rooms, 144 Liverpool Road, London N1 1LA  
Time: 6.30 pm – 10/10.15 pm  
Dates: Wednesdays 23<sup>rd</sup> January, 13<sup>th</sup> February, 6<sup>th</sup> March, 3<sup>rd</sup> April 2019.

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

To book: contact Kate on [mcgeever230@gmail.com](mailto:mcgeever230@gmail.com) or call 07799412602

**Kate McGeever** is a PBSP accredited 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.