

Touched by "Ideal Parents" Hands – Creating the Experience of Good Physical Countershape in a 1:1 Setting

Erika Hubbuch

Workshop (optional)

Saturday, 28 September 2019, 2:00 p.m. – 3:30 p.m.

The appliance of small pads of woven fabric, in a range of different weight can make it much easier for PBSP therapists to create the right sensoric experience of "ideal parents" hands for the clients in 1:1 settings.

Educational or informative goals:

- Increasing the ideas for Good Practice in PBSP in 1:1 settings.
- Developing new possibilities for fitting contact with "ideal parents" or other "ideal figures".

PBSP was developed for groups. There are role players available for creating an artificial history for the client. But how to create a satisfying experience of physical contact with "ideal parents" in a 1:1 setting? How can a therapist create the sensoric impression for the client of such as a sensitive blessing mother's hand or strong and proud father's one, while staying physically out of the clients process?

In contact with colleagues, trainers and at least AI, I developed small pads of woven fabric for especially this challenge. In the workshop I would like to give colleagues an idea how such pads of different weight can be used for creating a good physical countershape to the clients desires. This appliance offers the possibility to find out the right intensity of a contact similar as role players would be able to.

Erika Hubbuch (DE)

Erika Hubbuch is a PBSP therapist, evaluated in 2015 by Albert Pesso. Before she became a psychotherapist, she worked as professional joiner and graduated in business administration. Since 2015 she run her own praxis for coaching and psychotherapy; mainly used method is PBSP. Since 05/2017 she has been the 2nd CEO of the German Pesso-Association (PVDS/PVSD e.V.)

