

Mental Dynamics: How to Employ PBSP Techniques for the Treatment of the Burn-Out Syndrome

Liesbeth de Boer

Workshop (optional)

Friday, 27 September 2019, 3:00 p.m. – 4:30 p.m.

Being healthy and full of life with pleasure and satisfaction is basic for life and work. Full of life and being vital means: energy, being strong, movable, tendency to take action, being active, resilience, flexibility. In work situations you regularly see distortions of this vitality scope. In life we need a good balance between work and relax-time. We need to honor our basic needs in a manner that we lead a satisfying work–life balance.

Unhealthy stress and negative emotions are working together in such a way that the balance becomes disturbed. Healthy stress is defined as: all the capacities you have to respond to the expected demands, without suffering from emotions.

The brain is the key organ of stress reactivity, coping, and recovery processes. The brain coordinates the amount of stress with hormones. To influence the amount of stress hormones one activates the hippocampus by movement. Also other parts of the brain have a crucial function in directing the balance of adrenaline and cortisol. This knowledge about the functioning of the brain helps us to understand the way clients develop burn-out.

Burn-out starts step by step and is unconscious: under intolerable pressure and stress our power and vulnerability vanish and unhealthy stress takes over. We call it a vital exhaustion: body and mind of clients are entirely shut down, showing signs of anxiety, low mood and feeling detached from day-to-day life. In our practice we see often dysfunctional behavior and habits, most of the time unconscious. The PBSP method is very effective to help them by bringing them in bodily contact with their own feelings and emotions deliver more consciousness. The most important question at this point is: how do they deal with their need for pleasure, satisfaction, meaning and connectedness.

To help clients to cope with the diagnosis burn-out syndrome PBSP gives the following process for the healing work:

- To learn about their own basic needs.
- To activate their bodily consciousness.
- Attention for body signals: to improve physical condition.
- Keeping healthy boundaries which are well fitted as well as physically, as mentally.
- In PBSP we use externalization of expectations, witness figures, placeholders, limitation exercises and role playing figures.

In this workshop you get a short introduction into quick steps to the heart of causes for burn-out. You will learn about how to practice the PBSP method with burn-out clients. I will show a case, and we do some exercises.

Liesbeth de Boer (NL)



Liesbeth de Boer (born in 1949) is a psychotherapist, PBSP supervisor and trainer, and a business coach. She was trained by AI and Diana Pessa from 1980 till 1983. Afterwards she had the training for supervisors and trainers in this method by AI himself. For many years she has applied the PBSP method with clients (1980–1998). During the last 30 years she was involved in the PBSP trainings in Belgium, Switzerland and Germany, besides the Netherlands together with AI. The method is close to her heart and she uses the mindset also in her business work. Her style is didactic, supporting and in a pleasant way confronting.