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PBSP is unique among the body therapies because of its outstanding integration with the psychoanalytic theories of development. The fundamental hypothesis as well as clinical practice of PBSP have been confirmed by international research on the psychological development of infants and young children.

My therapeutically skills have been enriched enormously by applying PBSP conclusions and techniques. Over the years I have been able to observe the growth of patients in several PBSP groups I have led. Using regression that was protected by the group, traumas could be treated which hardly could be dealt with by purely verbal psychotherapy.

Especially, in my main area of research -- the psychic consequences of Nazi rule and the war years -- it even has been possible to work with threatening "demonic" episodes from this time of terror. In many workshops I have observed how Albert Pessa helped German Jewish and Non-Jewish patients work on severe traumas and experience relief. PBSP is important both in the psychotherapeutic area and in the area of counseling. It speaks highly of the importance of PBSP that Albert and Diane Pessa have been able to stimulate interdisciplinary research. More support for this work is needed.

Dr. Tilmann Moser

Letter translated from original in German