

RINO NOORD-HOLLAND
Stichting Regionale Instelling Nascholing en Opleiding

To the psychiatrists and
psychotherapists of the Netherlands

Amsterdam, November, 1992

Dear colleague,

This brochure informs you about a four years course in psychotherapy according to Pesso System Psychomotor. The first part of the brochure gives a summary of what Pesso Psychotherapy is. The second part shows the national training programme in this form of psychotherapy, organized by the RINO Noord-Holland* In Amsterdam.

Due to the body-orientation of Pesso Psychotherapy, the course offers you the opportunity to gain knowledge and practical experience that goes beyond your training in verbal-oriented psychotherapy. In this sense the training is a specialization following your training as a psychiatrist or a basic psychotherapist registered by the Dutch Department of Public Health and Mental Health.

In the first two years of the training you will expand your knowledge and awareness of the non-verbal aspects of communication in a verbal individual psychotherapeutic process. The third and fourth year will focus on how to apply Pesso Psychotherapy in individual sessions within a group setting.

Pesso Psychotherapy

There is a growing insight that mere verbal psychotherapy is not sufficient to overcome the late consequences of child neglect, physical and sexual abuse and other forms of psychotrauma. There is an increasing demand for modes of psychotherapy in which the body is involved in a safe way. This is the reason that the interest in Pesso Psychotherapy is growing both on the part of psychotherapists and on that of clients.

Pesso Psychotherapy is a form of body-oriented psychotherapy in which emotion and cognition have an equal place. Psychoanalytic theory and basic assumptions from learning theory and family psychotherapy concur in a systematic approach.

Pesso Psychotherapy shows ample consideration for the fact that psychological phenomena also manifest themselves in a physical way and that bodily aspects can be systematically integrated in psychotherapy.

The RINO Noord-Holland and the Committee of Recommendation consider Pesso Psychotherapy as an important trend in psychotherapy.

They highly recommend this training as a specialization in psychotherapy.

Dr. H. Ras, MD, Psychiatrist, Director of the RINO Noord Holland.
Drs. M. van Dam, PhD, Psychologist, Coordinator of the RINO Noord Holland

** The five RINOs officially are designated by the Dutch Government as the Institutes for Education and Training in Mental Health Care in the Netherlands.*

**COMMITTEE OF RECOMMENDATION
RINO TRAINING PROGRAM
IN PESSO SYSTEM/PSYCHOMOTOR THERAPY
IN THE NETHERLANDS**

Doctor P.Y. Drayer, Ph.D.

Research Psychologist specialized in research on sexually abused women
Free University of Amsterdam

Professor Dr. W.K. van Dyk, MD

Emeritus Professor of Clinical Psychiatry, former Dean of the faculty of Psychiatry
University of Groningen
Senior Trainer and Supervisor in Psychoanalysis

Professor Dr. R. Van Dyck, MD

Professor of Ambulatory and Social Psychiatry
Free University of Amsterdam
Author of many articles on hypnosis and dissociation. Editor of the Handbook of Hypnosis in the Netherlands. Involved in psychotherapy research

Professor Dr. W.T.A.M. Everaerd, Ph.D.

Professor of Clinical Psychology
University of Amsterdam
Dean of the faculty of Psychology
Author of many articles and books on sexuality and partner relationship. Involved in research on somatisation and "body image."

Professor Dr. B.P.R. Gersons, MD

Professor Clinical Psychiatry
Dean of the Faculty of Psychiatry
University of Amsterdam
Author of the Handbook on Acute Psychiatry in the Netherlands. Involved in research about Post-Traumatic Stress Disorders
Member of the Psychoanalytic Association

Professor Dr. D.Y. de Levita, MD, Psychiatrist

Professor in the field of "Second Generation Victims of the War"
Former Professor in Child Psychiatry
University of Nijmegen

Professor Dr. P.J. van der Maas, MD

Professor General Health Care

University of Rotterdam
Involved in research of quality of life in the population
Dean of the Faculty of General Health Care

Professor Dr. J. Soetenhorst de Savarin Lohman, Ph.D.

Professor of Child Health Care
University of Amsterdam

Professor Dr. W. van Tilburg, MD

Dean of the Faculty of Psychiatry
Free University in Amsterdam
Senior Trainer in Psychoanalysis
Author of several books and more than 100 publications on several subjects in psychiatry
Specialized in organic mental brain disorders and dementia (Alzheimer's disease)

Drs. J.J. Verhoeff, MD, Psychiatrist

General Director of the Netherlands Department of Health Care