



“PCI-MP; Pilot study about the effectiveness of Core-energetic technics in psychotherapy process”

lecture

by Gees Boseker and Resie Bessems

A joint presentation about research of somatic (psycho)therapy with young children and their caregivers and the results of a pilot study about the effectiveness of Core-energetic technics in psychotherapeutic process.

PCI-MP: Parent child interaction movement play (PCI-MP) is a short-term experiential body therapy for caregivers and their children up to nine or ten years with attachment problems. Treatment is aimed through movement play and video feedback to increase the sensitivity of the caregivers and the responsiveness of the child. The emphasis is on shared relationship and playful movement of caregivers and child together. To determine whether PCI-MP is effective, a pilot study is accomplished. PCI-MP shows that the sensitivity of the parent has significantly increased just like the responsiveness of the child, while the child’s behavioral problems are reduced.

Given the results, it’s a hopeful new treatment for youth healthcare, family therapy and body psychotherapy

Pilot study about the effectiveness of Core-energetic technics in psychotherapy process: Practice based research is done since 2012. Do Core-energetic technics have an effect on the outcome of the psychotherapeutic process? We think it does, but can we prove it and can we measure the effect? In this presentation we will present the results and we will explain which technics deliberately were used for the purpose of the reduction of anxiety and depression.

This joint research presentation will take you along the line of child development to adulthood and the various somatic interventions.



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biography



Presenters and workshop conductors are Resie Bessems and Gees Boseker. Both have many years of experience in working with adults and children and family's. They are experienced trainers and supervisors and work a lot together.

Resie Bessems is the developer of PCI-MP, clinical psychologist/psychotherapist and family therapist. She is trained and experienced in Core-energetic body psychotherapy. Resie maintains a private practice and works at mental health institutions in the Netherlands. She is a supervisor and master trainer clinical psychology.

Gees Boseker is Core-Energetic psychotherapist. She completed her Core-energetic training and post-graduation at the berlin institute. She is a co-developer PCI-MP, teaches about attachment and the brain (inter personal neurobiology) in psychiatric institutions in the Netherlands. She incorporates interpersonal neurobiology (IPNB) in her Core Energetic body psychotherapy and offers therapy for individuals, couples, and groups in her own private practice.

Resie and Gees both has become deeply inspired to integrate Core-energetic body psychotherapy and theory with mainstream psychology.

