

## **ABSTRACT**

Pesso Boyden psychomotor therapy (PBSP) belongs to a body-oriented psychotherapies that in their thought basis point to the importance of linking physical, emotional and cognitive components of each of us. The dissertation is focused on the psychological characteristics of the psychotherapeutic movement, which is processed by the available literature only to a limited extent. PBSP is presented in the context of working with traumatized individuals. The theoretical part consists of two basic topics-theoretical and application framework of PBSP and trauma issues.

The theory of Pesso Boyden Psychomotor Therapy is expressed primarily through general psychological topics and developmental perspective on individual personality. PBSP practice is reflected in the detailed description of the psychotherapeutic process and approached by fictitious case report of PBSP. In the theory of trauma is particularly pointed out its genesis, heterogeneous definition of the term, and both positive and negative symptomatology and treatment option for clients with traumatic history.

Empirical research was to contribute to the knowledge of PBSP process by mapping the content and time proportions of selected PBSP phenomena. The experimental group consisted of individuals with a traumatic history from american - czech pilot study: „ The effect of two sessions of PBSP psychotherapy on brain activation in response to trauma-related stimuli the pilot fMRI study in traumatized persons“, while into the control group were integrated future PBSP therapists who did not meet the hurting experience during their development and do not suffer from post-traumatic symptoms.

Next to the basic research design the empirical part introduces used methods: content analysis, descriptive statistics, and hypothesis tests; and acquaints readers with the data results. They describe in detail the conclusions and point to significant differences in the specific areas in all four basic analyzed categories: working with emotions, education, focusing on the everydayness and returning to the historical scene. To work with traumatized individuals collectively arises the importance of using the witness character for the initial work with the emotional experiences, education of client for understanding of PBSP process and comprehension the dynamics of trauma as well as creating a safe therapeutic space by retraumatization risk reduction and other therapeutic interventions.

Key words: Pesso Boyden psychomotor therapy (PBSP), trauma, posttraumatic growth, basic development needs, structure, symbolic scene, content analysis, casuistry.