



*expressive
therapies*
AUSTRALIA

THREE-DAY TRAINING
Redcliffe

*For counsellors, therapists,
psychologists, social workers*

Enhancing Couple & Family Connections
Expressive Therapies as Awareness and Communication Catalysts

Trainer: Dr Mark Pearson

Co-Director of Expressive Therapies Australia and author of:
THE HEALING JOURNEY (1997); *SANDPLAY & SYMBOL WORK* (2001); *EMOTIONAL RELEASE FOR CHILDREN* (2004)
EMOTIONAL HEALING & SELF-ESTEEM (2004); *USING EXPRESSIVE ARTS* (2009)

4 - 6 October, 2024

This three-day training will empower you to use Expressive Therapies in counselling with couples and families. You will learn ways to invite couples and families to engage with creative arts, somatic focus, symbol work, and role-play as part of their journey in counselling. The program builds on the long history of activity-based interventions from the many schools of family and couple therapy. Given the highly charged atmospheres encountered in family and couples' sessions, it makes sense to include a range of interventions that engage deeper self-reflection and emotional awareness, to bring clarity to interpersonal dynamics. Experiential understanding motivates development of new positive relating.

We will integrate evidence-based methods from Emotion-Focused Therapy, Experiential Family Therapy, as well as research insights from the Gottman's. While expressive, creative counselling methods support clients of all ages, this training will also include ways to effectively include children in family sessions. There will be a focus for couples on ways family-of-origin experiences and attachment patterns can influence current relating.

COST: \$895 - Includes training manual and refreshments. BYO lunch.

DATE & TIMES: Friday 4 October – Sunday 6 October, 2024 9am to 4.30pm each day

WHAT TO BRING: Pen, journal or notebook, lunch.

WHERE: *Expressive Therapies Training & Consulting Rooms* – Level 1, Suite 1 (upstairs), 137 Sutton Street, Redcliffe - Moreton Bay/Brisbane north.

Expressive Therapies Australia

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TRAINER: Dr MARK PEARSON

Ph.D., M.Ed.(BEM); Dip T.; Cert HB & TP; Dip. ERC.



Mark has been conducting training courses in Expressive Therapies and Sandplay Therapy around Australia for over 35 years. He is Co-Director of *Expressive Therapies Australia* with Helen Wilson. He was a primary school teacher, then founded a remedial reading clinic. He spent several years studying Transpersonal Psychotherapy with Dr Stanislav Grof and the Grof Transpersonal Training team. In addition to teacher training and a two-year Diploma in Emotional Release Counselling, Mark has a Masters in Education, majoring in behaviour management, and a PhD, researching multiple intelligence theory in counselling.

Mark has over 28 years of experience as a counsellor and counselling supervisor. He has, over the past 17 years, lectured in Family and Couples Counselling at the University of Notre Dame Australia, the University of Adelaide, the University of the Sunshine Coast, and at the Australian College of Applied Professions.

Mark is the co-author of *Emotional First-Aid for Children* (1991), *Emotional Release for Children* (2004), *Sandplay & Symbol Work* (2001), and *Using Expressive Arts to Work with Mind, Body and Emotion* (2009). He is also the author of *Emotional Healing & Self-Esteem – Inner-Life Skills for Children and Adolescents* (2004) and for adults: *From Healing to Awakening* (1991) and *The Healing Journey* (1997). He is the author of the Expressive Therapies groupwork program: *Innerspace – Emotional Literacy for Student Wellbeing and Resilience* (2006).

Using Expressive Therapies in couple and family counselling can:

- Support self-reflection, communication, and connection in relationships,
 - Enhance the search for core values to re-ignite connection,
 - Generate or re-ignite emotional intimacy for couples,
 - Empower young family members to participate,
 - Generate empathy among family members and couples,
- Be a catalyst for practical insights within and beyond therapy.

Expressive Therapies Australia is the trading name for the programs created and presented by Dr Mark Pearson and Dr Helen Wilson. We offer specialised extension training for counselling and psychotherapy professionals. The form of Expressive Therapies we have developed over the last 35 years is an activity-based, invitational, self-discovery approach, encouraging insights and change from within the client. The methods and attitudes are client-centred and have been developed from the traditions of creative arts therapies and emotion-focused therapy, with a rapidly evolving research base. From our training rooms in Redcliffe, Moreton Bay/Brisbane north, we offer short and long training programs and provide clinical supervision. Keep up to date via Facebook.

To register please request the Registration Form:
info@expressivetherapies.com.au

