



*expressive  
therapies*  
AUSTRALIA

**ONE-DAY TRAINING**  
**Redcliffe / Moreton Bay**

*For counsellors, therapists,  
psychologists, social workers*

**Introduction to Expressive Therapies with Adult Clients**  
***Expressive Arts for Growth & Wellbeing***

**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)

**Saturday 2 November, 2024**

This training is designed to introduce a specialised approach for counsellors, psychotherapists, social workers, psychologists and those who support mental health and wellbeing of adult clients. It introduces the theories, principles, and methods for applying Expressive Therapies in counselling with adult clients. The Expressive Therapies approach was developed from Creative Arts Therapies by Mark and Helen, weaving together creative arts, person-centred therapy, emotion-focused and somatic therapies, applied to client issues such as: relationships, grief and loss, anger, and self-judgement.

**Modalities explored:**

**Symbol Work (miniatures), Creative arts worksheets, Therapeutic writing for self-reflection, Music and rhythm for emotional and somatic reconnection.**

**COST:** \$285 (includes training manual and refreshments. **BYO lunch**)

**DATE & TIMES:** Saturday 2 November, 2024 9am to 4.30pm

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

**WHERE:** *Sage Counselling Sanctuary, Tanawha, Sunshine Coast.*



**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 30 years. 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 holds 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, and lectured in counselling at the University of Notre Dame Australia, the University of Adelaide, the University of the Sunshine Coast, and the Australian College of Applied Professions. He is Co-Director – with Helen Wilson – of Expressive Therapies Australia.

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 for schools and agencies: *Innerspace– Emotional Literacy for Student Wellbeing and Resilience* (2006).

**The style of Expressive Therapies demonstrated in this program is pluralistic, drawing from creative arts therapies and a range of therapy theories, is somatically based and emotion-focused. It provides a self-discovery orientation to therapy, being client-centred and invitational. As a multi-modal approach that provides many doorways to engage clients. It increases outcomes through being process-oriented, that is, clients do something or create something that expresses their experience in a way that enhances self-understanding and communication. For many adult clients, identity, spirituality, meaning and purpose may be areas of concern: ways to explore these concerns will be explored in this training.**



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 30 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. Keep up-to-date with our events via Facebook.

**To register please request the Registration Form:  
[info@expressivetherapies.com.au](mailto:info@expressivetherapies.com.au)**

