

Certificate in Expressive Therapies with Children & Adolescents

*Somatic & Emotion Focused, Creative Arts-based Counselling
for Emotional Integration*

REDCLIFFE 2025 Intake: February - September



+ Trainer: Dr Mark Pearson

Five 3-day training workshops, 15 days over 5 months

Emotional Literacy Activities, Emotion-focused and Resilience-building Processes, Symbol Work for Enhanced Communication, Somatic Self-expression, Art and Music in Counselling, Therapeutic Writing, Body Focus, Visualisation, Role-Play, Relaxation and Mindfulness.

This highly experiential course offers training in creative arts-based, emotionally expressive methods and Inner-Life Skills that promote emotional integration, self-awareness and resilience in children and adolescents.

Approved for CPD points by ACA and PACFA



*expressive
therapies*
AUSTRALIA

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www.expressivetherapies.com.au

The activities in the course are used with children from 6 to 19 years. Research and supervision reports indicate that ET provides substantial long-term benefits such as an increase in resilience, self-motivation, increased attention span, less aggressive behaviour and a stronger sense of self.

This style of Expressive Therapies integrates many person-centred, psychodynamic, attachment, emotion and somatic-focused activities, and is based on the framework and methods of creative arts therapies, Jungian, Gestalt, Emotion-focused and Transpersonal Therapy, with a long history of research in the creative arts therapies.



The course consists of 15 training days, spread over 5 workshops of 3 days each - a total of 105 hrs. Students can begin at workshops 1, 2 or 3. There are two short written assignments. An extensive training manual will be provided at each workshop, as well as a digital Book of Readings. It is strongly recommended that students keep an A3 size *Process Journal* that records all activities, artworks, outcomes, and symbol work photographs.

Course requirements

These include the completion of two short written assignments and attendance at all training days. It is a principle of Expressive Therapies that therapists personally experience the activities they will use with clients so as to be able to present them safely and confidently. Be prepared for a rich time of professional and personal development.

ET is an activity-based, invitational, self-discovery approach, encouraging insights and change from within the client. The methods and attitudes are client-centred; recognition and value are given to the significance of the client's personal interpretations and meanings.

The activities have been developed from an expanded understanding of therapeutic approaches, with a rapidly evolving research base.

Learning Outcomes

On completion of this course, students will be able to:

Understand the principles of emotional resolution in counselling;

Describe basic theory of emotion-focused processes;

Utilise a range of appropriate expressive counselling techniques;

Demonstrate a client-focused approach to using ET;

Assess the suitability of ET strategies for individuals;

Understand and demonstrate how to plan an ET counselling session.

FIVE TRAINING WORKSHOPS – Redcliffe / Moreton Bay

In-person Training: 5 X 3 days = 15 days over 5 months

WORKSHOP ONE:

3 days 13 - 15 February, 2025

Supporting Emotional Expression - Art, Music & Movement

- Theoretical background for client-centred practice
- Multiple Intelligences in counselling
- New ways to help clients talk about themselves
- Developing trust and encouraging interest in self-discovery
- Introducing emotional processing methods
- Use of drawing for expressive release and integration
- Contraindications for emotionally activating activities

WORKSHOP TWO:

3 days 27 - 29 March, 2025

Exploring Family Issues - Processing Difficult Emotions

- Exploring family of origin issues using art and Symbol Work (miniatures)
- Emotion-focused processes:
 - supporting the resolution of grief
 - safe anger release and integration
- Bioenergetics and somatic-self-expression
- Expressive writing and worksheets for expression and integration

WORKSHOP THREE:

3 days 8 - 10 May, 2025

Symbol Work, Group Work & Transforming Trauma

- Symbol Work and non-threatening communication
- Role-play with miniatures for a strong sense of self
- Trauma-informed therapeutic processes
- Building resilience
- ET in group work and group dynamics
- Illustrated case stories

WORKSHOP FOUR:

3 days 19 - 21 June, 2025

Balancing Emotional, Cognitive and Somatic Processes

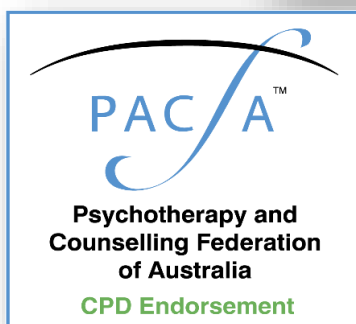
- Reviewing Foundation Principles of Expressive Therapies
- Emotion-focused processes: Dealing with reactivity and anger
- Body Focus - enhancing somatic resolution
- Music as a therapeutic tool
- Research and background literature

WORKSHOP FIVE:

3 days 11 - 13 September, 2025

Inner-Life Skills for Self-Awareness and Self-Esteem

- Approaches for teaching relaxation and mindfulness
- New possibilities through visualisation and imagination
- Engaging parents and carers in the therapeutic process
- Somatic self-expression through bioenergetics
- Enhancing emotional stability





Course Information

FEES

Cost \$895 per 3-day training workshop.

Participants can pay per workshop. Payment required to enroll, as spaces are limited.

Fee includes: tuition, extensive manual, book of readings, morning tea. BYO lunch or explore the many local cafes.

Payment can be made by direct bank deposit, to: *Expressive Therapies Australia*

ABN: 6558 494 0014 BSB: 084 034
Account No: 41 205 5948

Book a place via the Registration Form - contact Mark on 0419 492 713 or email info@expressivetherapies.com.au for a copy.

WHAT TO BRING

An old towel (for artwork with pastels); large art pad/process journal (A3 size); good crayons; biro; notebook. Wear loose comfortable casual clothing. Bring camera / iPad / phone for recording Symbol Work.

TIMES

9am – 5pm each day, last day ends at 4pm.

DATES – Redcliffe 2025

Each workshop starts Thursday and ends Saturday

Workshop 1: 13 – 15 February, 2025

Workshop 2: 27 – 29 March, 2025

Workshop 3: 8 – 10 May, 2025

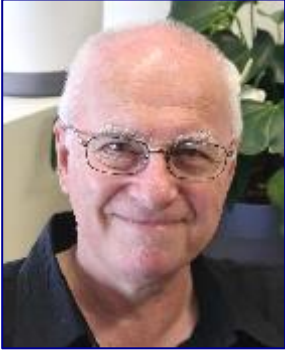
Workshop 4: 19 – 21 June, 2025

Workshop 5: 11 – 13 September, 2025

VENUE

***Level 1, Suite 1, Phoenix House,
137 Sutton Street,
Redcliffe – Moreton Bay***





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 since 1989. He was a primary school teacher, then founded a remedial reading clinic. He has completed further studies in Transpersonal Psychotherapy with Dr Stanislav Grof, and 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 has been a Lecturer and Senior Lecturer in counselling at the University of Notre Dame Australia, the University of Adelaide, and the University of the Sunshine Coast, as well as for The Australian College of Applied Professions. He is the Co-Director 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 groupwork program for schools and agencies: *The Expressive Therapies Groupwork Program: Innerspace* (2006).

You can access Mark's research papers at: www.markpearson.com.au



**CO-CREATOR
OF THE COURSE
& CO-TRAINER:**

Dr HELEN WILSON

PhD., M. Couns.; B. Bus. (HRM); G. Dip. ERC.; Cert SP; Cert. HB & TP; Cert. ERC.

Helen is co-founder of the *Expressive Therapies Institute* and a senior trainer in Expressive Therapies and Sandplay Therapy, around Australia and internationally, and has conducted a counselling and supervision practice for over 30 years. She offers online and individual supervision for therapists using sandplay and expressive therapies. She has completed advanced studies in Transpersonal Psychotherapy with the *Grof Transpersonal Training*, has a degree in Human Resource Management, a Master of Counselling, and has a PhD, researching self-compassion.

Helen has completed all three levels of training in Emotional Release Counselling and Transpersonal Studies and holds a Post-Graduate Diploma. She has a Certificate in ERC with Children, a Certificate in Sandplay Therapy, as well as several certificates in clinical supervision. Helen has been a Lecturer and Senior Lecturer in counselling in a number of Australian universities and most recently at the University of the Sunshine Coast.

She is the Co-Director of Expressive Therapies Australia.

Helen and Mark are authors of *Sandplay and Symbol Work - Emotional Healing & Personal Development* (2001), and *Using Expressive Arts to Work with Mind, Body and Emotion* (2009).

SUGGESTED BACKGROUND READING – The Trainers’ Books

Pearson, M. & Nolan, P. (2004). *Emotional Release for Children - Repairing the Past, Preparing the Future*. London: Jessica Kingsley Publishers.

Pearson, M. (2004). *Emotional Healing & Self-Esteem - Inner-Life Skills of Relaxation, Visualisation and Meditation - for Children & Adolescents*. London: Jessica Kingsley Publishers.

Pearson, M. & Wilson, H. (2001). *Sandplay & Symbol Work - Emotional Healing & Personal Development with Children, Adolescents & Adults*. Melbourne: ACER Press. Now only as an e-Book

Pearson, M., & Wilson, H. (2009). *Using Expressive Arts to Work with Mind, Body and Emotion*. London: Jessica Kingsley Publishers.

See also articles at: www.markpearson.com.au

This course is approved by the Australian Counselling Association and the Psychotherapy & Counselling Federation of Australia for professional development points.

COMMENTS ON THE COURSE

The course was extremely helpful – it has been for me the most fulfilling training I have done.

– Cobi van der Es, Gympie Women’s Health Service, GYMPIE.

The course has been life-changing – both professionally and personally. A highlight of the course was discovering creative and innovative ways of working. I am more tuned in to my intuitiveness, and holding the space, without having to intervene – words are not always necessary!

- Sue Boggan – family counsellor, VICTORIA.

The course was truly life changing for me, both personally and professionally. I have a greater understanding of emotions, identity, the Self and how deep healing can occur within ourselves and children. – Jodie Cicaji, psychologist MELBOURNE

My confidence has grown. I am happy now to try new activities and to make changes to suit the needs of children. ET is infectious, and I want to know so much more. This feels the right thing to be doing. It marries with Art Therapy well. - Liz Kinnane – Art Therapist / Counsellor, MELBOURNE

A highlight was the various activities which are extremely creative and therapeutic in nature and very apt for children and youths. Highly valuable for professional - and very much in personal - development.

- Nooraini Mohamed Razak, counsellor, SINGAPORE

The course very much emphasised self-experiencing. It provides sufficient practices that actually prepares participants to apply in real cases with much confidence. I truly enjoyed the course, the things we did and the interpersonal warmth of the trainers.

- Chia Wee Pheng, SINGAPORE