



Redcliffe, Queensland 2025

For Counsellors in Schools, Social Workers, Teacher Aides, Behaviour Support Consultants, Teachers, Psychologists, Psychotherapists, Chaplains, Youth Workers

Join us for the 3-day Facilitator Training to use:

The Expressive Therapies Groupwork Program

Innerspace

Level 2 - middle school - for 10 to 14 year olds

*8-weeks of creative arts activities
for Emotional Literacy, Wellbeing and Resilience*

Created and Presented by Dr Mark Pearson

Co-Director of the Expressive Therapies Australia

29 – 31 May, 2025

This 3-day experiential training will equip you to use the practical eight-week Expressive Therapies groupwork program for students from 10 to 14 years old. This is a creative arts, multiple intelligence approach to supporting children through groupwork, based on the theories and activities of Expressive Therapies. There is a particular focus on developing emotional literacy, knowing self, enhancing communication and group bonding. *Innerspace* supports children with emotional or behavioural challenges; affected by grief and loss; at risk of depression; with relational difficulties; with low self-esteem.

Help young people expand their self-understanding; improve interpersonal effectiveness; develop the skills of self-reflection, emotional support and empathic communication. This program presents new ways to foster resilience and mental wellbeing in students.

A range of proven personal development and therapeutic skills-building techniques are woven through the program, such as: therapeutic writing, emotional literacy tools, emotional and somatic mapping, responding to music, bioenergetics, relaxation skills, imagination and self-esteem activities, visualisation and self-discovery worksheets.

Expressive Therapies Australia

PO Box 101 Clontarf Beach Qld 4019 Ph: 0419 492 713

info@expressivetherapies.com.au www.expressivetherapies.com.au

The program empowers you to help young people:

Develop emotional literacy
Resolve feelings of isolation
Experience imagination
Use metaphor for better communication

Learn to de-stress
Open up and share their concerns
Form more supportive peer bonds
Develop emotional self-care skills

The methods in the programs are effective for groupwork, one-on-one support, or classroom application. At the end of the three-day training, you will be able to apply an organised 8-week program of practical activities to help young people reflect, feel and care about self and others.

Innerspace has proven effective in developing emotional literacy, helping students overcome difficulties, and increasing prosocial behaviour (Zigterman, 2010, University of Southern Queensland). Help your clients and students expand their self-understanding; improve interpersonal effectiveness; develop the skills of self-reflection, emotional support and empathic communication. This program presents new ways to foster resilience and mental wellbeing.

Please request the free background paper on Innerspace for further information

The Statement of Attendance awarded is a license for you to copy and use the Student Workbook and conduct the program.

COST: \$950 for the 3-day training.

Includes refreshments (BYO lunch), a Facilitator's Guide, and a license to copy the Student Workbook. You will get a Facilitator's Guide, Student Workbook, digital Workbook Master copy.

TIMES: 9am to 4.30pm each day, last day ends 4pm.

VENUE: Level 1, Suite 1, Phoenix House, 137 Sutton Street, Redcliffe, Queensland

Program Developer and 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, and in S. E. Asia since 2001. 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 several Australian universities. He is the author of *Emotional Healing & Self-Esteem – Inner-Life Skills for Children and Adolescents* (2004), *Emotional First-Aid for Children* (1991), *Emotional Release for Children* (2004), *From Healing to Awakening* (1991) and *The Healing Journey* (1997). He is co-author of *Sandplay & Symbol Work* (2001), and *Using Expressive Arts to Work with Mind, Body and Emotion* (2009).

Mark created the first edition of *Innerspace* in 2006, and it has been trialled, researched and developed, with hundreds of students around Australia and in New Zealand. Increases in confidence and prosocial behaviour are the most often reported outcomes.

Feedback from an experienced *Innerspace* facilitator:

A lot of the activities allow the children to interact. Innerspace allows them to feel valued and safe, because their input is really important. They're encouraged in ways that are child-friendly. I think that it helps them then feel that they're sharing is valuable and important and wanted. A couple of the children who come, often will sit back, initially they're more withdrawn in their presentation than other children. But we often see by week four, some of those kids are really starting to be a little bit more confident. You see them, instead of sitting and slouching, they're sitting a bit more upright and smiling and you think, yes, you're doing okay now.

Comments on the *Innerspace* Facilitator Training

The facilitator training was very helpful. I like the way it was presented. It is an excellent program to use with children. I liked its flexibility. - Peter Shaw, Classroom Teacher, GYMPIE

The trainer had a relaxed manner, gave us time to participate, but also kept the group going. The Facilitator's Guide was very clear and the Student Workbook well set out. There is a great need for this! - Kerri Keppel, Visiting Special Education Teacher, QUEENSLAND

The course was thought-provoking and motivating. I can see relevance to my work in the classroom and am eager to begin with my students. The program had good progression and flowed easily. - Debby Garrett, Primary Teacher, GYMPIE.

Prior to doing this workshop I was aware of some of the techniques – music, drawing, relaxation, visualisation, etc. – this program has put them all together. Thank you. - Bernice Webster, Advisory Visiting Teacher, QUEENSLAND

I would just like to thank you Mark for sharing your expertise with us. There is such a huge need for children in our schools in today's society, to be able to get in touch with their emotions and become resilient. This is a great tool to help empower the children. I can't wait to try this out with my special ed. kids. - Lynette Walsh, Head of Special Education, GYMPIE

This course helps with personal reflectiveness. It confirmed a lot of what I believe helps kids and that in education we need to incorporate these expressions of inner creativity. - Josephine Frost, Learning Support Teacher, GYMPIE

I thoroughly enjoyed my time in the program. Creating that "Innerspace" for children who have difficult lives is important. Schools need this to offer hope to students. - Intha Chetty - Literacy Teacher - Special Ed, MELBOURNE.

This course was extremely beneficial and enlightening for me. The workbook was very clear. - Michelle Beirouti, Psychologist, MELBOURNE

I am excited to be able to take this program back to my school and practice it with confidence engendered to me from Mark's experience. - Julie Reiher, Chaplain, MELBOURNE.