

EXPRESSIVE THERAPIES AUSTRALIA
in conjunction with
CAPE COUNSELLING & WELLBEING CENTER

Certificate in Expressive Therapies with Children & Adolescents

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

North Burnett / Bundaberg June – November 2025



Trainer: Dr Mark Pearson

Assistant Trainer: Yvette Carter

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

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.

You will learn to use: 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.

Approved for CPD points by ACA and PACFA



*expressive
therapies*
AUSTRALIA

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www.expressivetherapies.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 in-person training days, spread over 5 workshops of 3 days each - a total of 100 hrs. Two short written assignments are required. 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 by the lead trainer 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 – North Burnett / Bundaberg

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

WORKSHOP ONE:

3 days 12 – 14 June, 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 31 July – 2 August, 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 4 – 6 September, 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 9 – 11 October, 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 20 – 22 November, 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 manuals, e-book of readings, morning tea. BYO lunch or explore the many local cafes.

Registration and payment can be made directly from our website:

https://expressivetherapies.au/courses/cc_expressive_therapies_children.php

Or via Registration Form - contact Mark on 0419 492 713 or email mark@expressivetherapies.au for a copy.

WHAT TO BRING

Large art pad/process journal (A3 size); good crayons; biro; notebook. Wear loose comfortable casual clothing. Bring camera / iPad / phone for recording Symbol Work.

BYO lunch

TIMES

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

DATES – Bundaberg 2025

Each workshop starts Thursday and ends Saturday

Workshop 1: 12 – 14 June, 2025

Workshop 2: 31 July – 2 August, 2025

Workshop 3: 4 – 6 September, 2025

Workshop 4: 9 – 11 October, 2025

Workshop 5: 20 – 22 November, 2025

VENUE

*Close to Bundaberg, Queensland
Details TBA*





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, where he first learned much about the learning needs and emotions of young people. He then founded a remedial reading clinic. He has completed further studies in Transpersonal Psychotherapy with Dr Stanislaw 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:

<https://expressivetherapies.au/publications.php>



ASSISTANT TRAINER: YVETTE CARTER

M.Couns., B.Couns., Accredited Mediator, Cert.ET.

Yvette is the CEO of ***Cape Counselling and Wellbeing Centre***. She provides individualised therapy and support to clients to promote a greater sense of wellbeing. She works with a broad range of issues, including mental illness, depression, anxiety disorders, relationship difficulties, self-esteem problems and trauma, through to life transitions for individuals and groups.

Having worked for more than four decades in the field of counselling, Yvette's professional goal is to continue to enhance the care of clients so they may be able to achieve their personal goals while gaining a greater understanding of themselves. She is currently extending her in-person and online counselling and clinical supervision practice to the North Burnett region.

Yvette has been using the ET activities in her practice for several years, and has extensive experience working in Indigenous communities in Far North Queensland. Yvette's ongoing commitment and therapeutic service to these communities afforded her 'sanctioned' status. This honor was bestowed upon her from a respected Traditional Owner, Elder and community member. Further to this, Yvette has been a Child Counsellor with the Remote Area Aboriginal and Torres Strait Islander Child Care Association (RAATSIC), as well as a Numeracy and Literacy Facilitator.

She is registered with the ACA and PACFA. She is a member of the ACA College of Clinical Counsellors, and the College of Clinical Supervisors. She is also a nationally accredited mediator.

Contact Yvette : capecounselling@outlook.com

SUGGESTED BACKGROUND READING – The Trainer’s 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: <https://expressivetherapies.au/publications.php>

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