



*expressive
therapies*
AUSTRALIA

TWO-DAY TRAINING Redcliffe / Moreton Bay

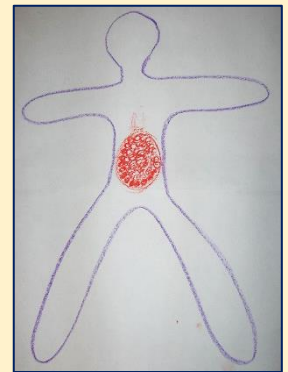
*Specialised extension training for
counsellors, therapists, psychologists,
mental health social workers*

Body Awareness in Integrative Counselling Introducing Somatic-Focussed Expressive Therapies

Presenter: Dr Mark Pearson
Co-Director: Expressive Therapies Australia

Friday 24 & Saturday 25 October, 2025

The wisdom of the body has been neglected in the evolution of cognitive and behaviourally focused therapy. Focussing on the body, its sensations, feelings and energies enables clients to enhance their therapeutic gains, achieve clearer cognition and establish a more rewarding relationship to the life of their emotions.



This experiential two-day training will introduce a range of creative arts-based therapy skills, including:

- ✓ the use of sensory art,
- ✓ body focus techniques,
- ✓ using movement through bioenergetics for self-awareness and stress release,
- ✓ effective relaxation techniques for those who may struggle to be still and quiet.

In this training you will learn to guide clients to use somatic signals to:

- ✓ support self-understanding,
- ✓ combat excessive self-criticism,
- ✓ enhance emotional regulation
- ✓ and improve self-care.

COST: \$585 (includes training manual and refreshments. BYO lunch)

DATE & TIMES: 24 and 25 October, 2025. Each day from 9am to 5pm

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

WHERE: Expressive Therapies Training & Consulting Rooms – Level 1, Suite 1 (upstairs) Phoenix House, 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 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. He has also trained in remedial massage and energy release bodywork.

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, and the University of the Sunshine Coast, and more recently with the Australian College of Applied Professions. He was the founder and Director of the *USC Counselling & Wellbeing Clinic*, and is 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 creator of the Expressive Therapies Groupwork Program: *Innerspace – Emotional Literacy for Student Wellbeing and Resilience* (2006).

While some therapeutic approaches stress the need to recognise and repair cognitive dysfunction, in ET it is equally critical to pay attention to somatic experience and understand the importance of psycho-physiological connections. What seems evident is that if we focus on removing the symptom only, then in terms of healing potential this is ‘tantamount to killing the messenger’ (Rossi, 1990). Rather than aiming for relief of, or diversion from presenting symptomology, ET increases the ways a counsellor can draw the client’s attention to the body’s messages. Along with expanding the ways they respond to reported somatic symptoms, this focus can lead to assisting a client to, and increasing their skills for, self-exploration and achieving emotional and psychological change.

Extract from Pearson & Wilson, 2009.

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-centered and have been developed from the traditions of creative arts therapies and emotion-focused and somatic-focused therapy, with a rapidly evolving research base. Follow us on Facebook.



To enrol please request the Registration Form:

info@expressivetherapies.com.au

