



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 Junior

For 7 to 9 year olds

*Seven-weeks of creative arts activities
for Emotional Literacy, Wellbeing and Bonding*

Created and Presented by Dr Mark Pearson
Co-Director of the Expressive Therapies Australia

30 October – 1 November, 2025

This 3-day experiential training, developed in Australia, will equip you to use the practical seven-week Expressive Therapies groupwork program for students from 7 to 9 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 creativity and communication, as well as group bonding. *Innerspace Junior* supports children with emotional or behavioural challenges; affected by grief and loss; at risk of depression; with relational difficulties; with low self-esteem.

While the program builds written and verbal skills, it is also designed to support self-esteem and peer bonding. It is designed to help students open up and share their concerns through the use of metaphor, image, colour, shapes and words, and learn how to relax and enhance emotional resilience.

Experience has shown that students enjoy the activities in the program, which use movement, bioenergetic games, role-play, writing, drawing, worksheets, imagination and relaxation.

Expressive Therapies Australia

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

mark@expressivetherapies.au www.expressivetherapies.au

This fun program empowers you to help young people:

Identify their feelings
Communicate through playfulness
Experience imagination
Use metaphor for better communication

Learn to relax
Open up and share their concerns
Strengthen peer bonds
Develop emotional resilience

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 7-week program of practical activities to help young people reflect, feel and care about self and others.

The A3 size Student Workbook provides a foundation for self-expression, a place for colour and image, recording the experiences from fun movement games, and imaginary adventures.

Please request the free background paper on Innerspace for further information

***The Statement of Attendance awarded is a license to use
the Student Workbook, Facilitator Guide and conduct the program.***

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

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

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 35 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.

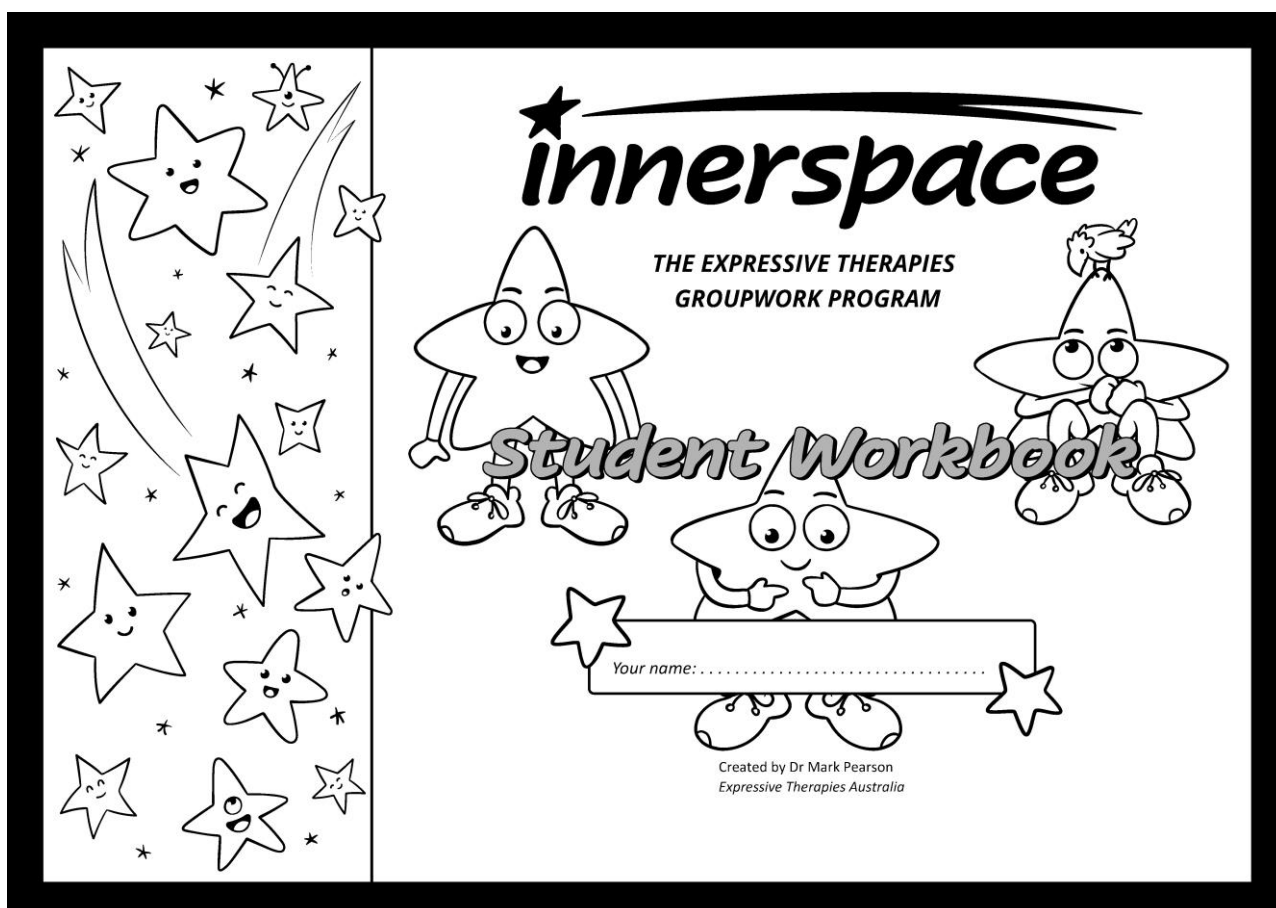
In addition to teacher training and a two-year Diploma in Emotional Release Counselling, Mark holds a Masters in Education, majoring in behaviour management, and a PhD, researching multiple intelligence theory in counselling.

Mark has over 28 years of experience as a counsellor and counselling supervisor, and lectured in counselling at four 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.

Innerspace Junior will be also available in Singapore in November 2025

I just thought I would drop you a brief line to let you know that for a while now I have been using activities from **Innerspace** across the school from Prep children to year 7. It is remarkable the genuine hunger that the majority of children display for this type of communication and process. After working with a year 6 class over a 6-8 week period, which is made up of a number of children with challenging behaviours, how engaged the group became over that time and the extent to which they shared their processes with the class. What is obvious is the need for this type of work/philosophy with a whole school approach. – Behaviour Support Consultant, Education Queensland



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.

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