

Using Expressive Therapies: *Art, Music & Movement*

Supporting Young Clients in Communicating Emotions

3-day In-Person Expressive Therapies Training

MELBOURNE 19 – 21 FEBRUARY 2026



Trainer: Dr Mark Pearson

Explore a comprehensive introduction to the use of Emotional Literacy Activities, Emotion-focused and Resilience-building Processes, Somatic Self-expression, Movement, Art and Music in Counselling, Therapeutic Writing, Body Focus, Visualisation, Role-Play, Relaxation and Mindfulness.

This highly experiential 3-day 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.

This 3-day training is the first module in a 15-day Certificate course

Approved for CPD points by ACA and PACFA



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The activities presented in this training 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-based, emotion and somatic-focused activities, and is based on the framework and methods of creative arts therapies, Jungian, Gestalt, and Emotion-focused Therapy, with a long history of research in the creative arts therapies.



This training provides a solid introduction to Expressive Therapies, and also provides the first step in a larger 15-day Certificate course. An extensive training manual will be provided, as well as access to a digital Book of Readings. It is strongly recommended that students keep an A3 size *Process Journal* that records all activities.

Relative to interest levels, we may schedule the whole Certificate in Melbourne later in 2026.

Expressive Therapies

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 engagement.

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 integrated understanding of multiple therapeutic approaches. Creative arts therapies and multi-modal expressive therapies have a rapidly evolving research base.

Learning Outcomes

On completion of this training, participants will be able to:

Apply a range of creative arts modalities in an integrated fashion;

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.

Supporting Young Clients in Communicating Emotions

Topics of the 3-day in-person Expressive Therapies Training

Thursday 19 February – Saturday 21 February, 2026

MELBOURNE

New ways to help clients talk about themselves

Theoretical background for creative arts practice

Use of drawing for expressive release and integration

Using music as a stimulus for expression

Multiple Intelligences in counselling

Engaging clients in movement and bioenergetics

Developing trust and encouraging interest in self-discovery

Introducing emotion processing methods

Introduction to the 5-Stage Model for session planning

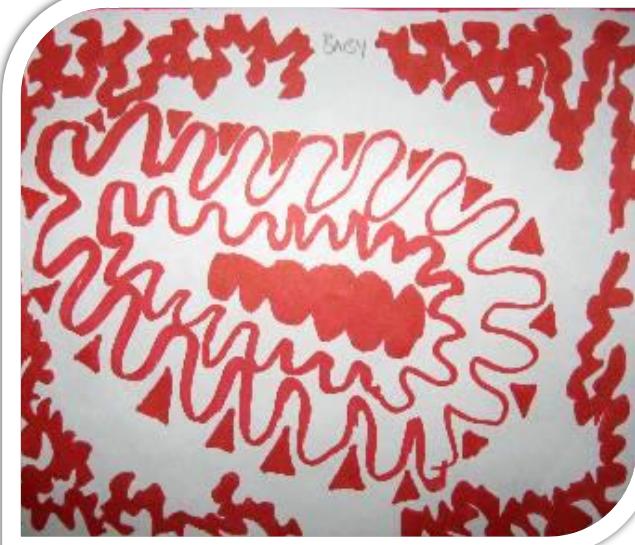
Contraindications for emotionally activating activities



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. - Liz Kinnane, Art Therapist / Counsellor, Melbourne.

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.





COST: \$975 Register and pay via our website.

WHAT TO BRING: An old towel (for artwork with crayons); large art pad/process journal (A3 size); good crayons; biro; notebook. Wear loose comfortable casual clothing. BYO Lunch, or explore nearby cafes.

DATES & TIMES: 19 – 21 February, 2026 9am to 4.30pm each day

VENUE: *The Art Room*, Canterbury Neighbourhood Centre

2 Kendall Street, Canterbury, Victoria

To contact the trainer: 0419 492 713 mark@expressivetherapies.au

For more on Expressive Therapies Australia: www.expressivetherapies.au

SUGGESTED BACKGROUND READING – The Trainer's Publications

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

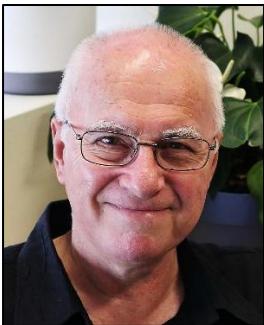
Pearson, M. (2004). *Emotional Healing & Self-Esteem - Inner-Life Skills of Relaxation, Visualisation and Meditation - for Children & Adolescents*. London: Jessica Kingsley Publishers.

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

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

You can download our 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.



TRAINER: Dr MARK PEARSON

Ph.D., M.Ed.(BEM), Dip T., Cert HB & TP, Dip. ERC.

Mark has been conducting courses in Expressive Therapies (ET) around Australia for over thirty six years, in Asia since 2001, and occasionally in New Zealand and for many agencies around Australia. 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. Mark has over 28 years of experience as a counsellor and counselling supervisor. He now lives and works on the north side of Brisbane, Queensland.

For five years Mark held a senior staff position at a training centre in the Blue Mountains, NSW, as lecturer in Emotional Release Counselling for Children, Breathwork Therapy, Dreamwork and Sandplay. He then directed courses at a personal growth and training centre in Toowoomba for eight years. He has completed further studies in Transpersonal Psychotherapy with Dr Stanislav Grof, and holds a *Diploma of Teaching* (primary), a *Masters in Education*, majoring in Behaviour Management. His PhD research explored links between Multiple Intelligences Theory and the therapeutic alliance in counselling with adult clients. Mark also completed advanced Sandplay Therapy training with Ruth Ammann, a close colleague of Dora Kalff, the founder of Sandplay. He is recognised by the *World Association for Sand Therapy Professionals* as a Consultant / Trainer.

Mark lectured in counselling at the University of Notre Dame, Australia, in Fremantle for five years, then lectured at the University of Adelaide, then was a Senior Lecturer in Counselling at the University of the Sunshine Coast for seven years, where he also founded the *USC Counselling & Wellbeing Clinic*. He also provides post-graduate counselling trainer for ACAP University College. 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 Expressive Therapies Groupwork Program: Innerspace* (2006), and his new book, co-authored with Helen Wilson, on using Expressive Therapies with young people, will be published internationally by Routledge in 2026. Mark's publications can be found at: <https://expressivetherapies.au/publications.php>

The year 2026 marks thirty-seven years of continuous development and presentation of the material in this training. Through the full Certificate course many hundreds of counsellors, social workers, psychologists, guidance officers and child-care workers have been trained to use these methods in schools, hospitals, private practice, welfare agencies, youth refuges and with families.

