expressive therapies AUSTRALIA

3 hours - LIVE ONLINE

For counsellors, therapists, psychologists, social workers

Introduction to Expressive Therapies

Foundations, Evidence-base and Practice

Trainer: Dr Mark Pearson

Co-Director of Expressive Therapies Australia and author of: *The Healing Journey* (1997); *Sandplay & Symbol work* (2001); *Emotional Release for Children* (2004); *Emotional Healing & Self-esteem* (2004); *Using Expressive Arts* (2009); *Mindfulness & Relaxation Activities for all Ages* (2026); *Counselling Children & Adolescents with Expressive Therapies* (2026)

Live Online - Monday 26 April, 2027

This three-hour program introduces counsellors to the background, history, evidence base, and practice of the Australian multi-modal creative arts approach known as Expressive Therapies. This Expressive Therapies approach was developed from *Creative Arts Therapies* by Mark and Helen, weaving together creative arts, person-centred therapy, emotion-focused and somatic therapies, applied to client issues such as: relationships, grief and loss, anger, and self-judgement.

Modalities Discussed: Applications of visual art, Symbol Work (miniatures), use of music for connection with emotions.

COST: $155

DATE & TIMES: Monday 26 April, 2027
Live online: 5pm to 8pm (Brisbane Time)

YOU WILL NEED: Pen, paper, crayons, journal or notebook.

Slides will be sent after the presentation.



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 37 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.

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, the University of the Sunshine Coast, and ACAP University College. He is Co-Director – with Helen Wilson – 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), *Using Expressive Arts to Work with Mind, Body and Emotion* (2009), and *Counselling Children & Adolescents with Expressive Therapies* (2026). He is also the author of *Emotional Healing & Self-Esteem* (2004), and *Mindfulness & Relaxation Activities for all Ages* (2026); 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).

The style of Expressive Therapies demonstrated in this program is pluralistic, drawing from creative arts therapies and a range of therapy theories, is somatically based and emotion-focused. It provides a self-discovery orientation to therapy, being client-centred and invitational. As a multi-modal approach that provides many doorways to engage clients. It increases outcomes through being process-oriented, that is, clients do something or create something that expresses their experience in a way that enhances self-understanding and communication.

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Expressive Therapies Australia is the trading name for the programs created and presented by Dr Mark Pearson and Dr Helen Wilson, as well as our training team. We offer specialised extension training for counselling and psychotherapy professionals. The form of Expressive Therapies we have developed over the last 37 years is an activity-based, invitational, self-discovery approach, encouraging insights and change from within the client. The methods and attitudes are client-centred and have been developed from the traditions of creative arts therapies and emotion-focused therapy, with a rapidly evolving research base. Keep up-to-date with our events via signing up to our newsletter via our website.

To register please go to our website: www.expressivetherapies.au