expressive therapies AUSTRALIA

6 hrs ONLINE TRAINING

For counsellors, therapists, psychologists, social workers

Gaining Freedom from the Inner Critic

Increasing self-compassion

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)

Monday 10 May, and Monday 17 May, 2027

Over the years clinical observations and clinical supervision have confirmed the centrality of the need for clients and professionals to address reducing harsh self-criticism. This practical two-part live online training offers creative arts-based and self-reflective approaches for identifying and disempowering automatic negative thoughts critical of the self. The Expressive Therapy tools of visual art, symbol work, and self-discovery worksheets will be introduced. The eight step pathway to mastering the inner critic will be presented. Along with mindfulness and self-compassion practice, we will explore understanding of, and separation from, self-criticism. This live online training, while focused on supporting adult clients, provides much that can also be applied with younger clients.

The Inner Critic is that inner voice or part of ourselves that criticizes us and speaks about us in a disparaging way. Most of us are not even aware that it is a voice or a self, speaking inside of us because its constant judgments have been with us since early childhood and its running critical commentary feels like a natural part of ourselves. (Stone & Stone, 1993)

COST: $285 - Includes extensive training manual.

DATE & TIMES: Monday 10 May & Monday 17 May
2 x 3hrs = 6hrs 5pm to 8pm (Brisbane time)

YOU WILL NEED: Pen, journal / notebook, crayons, A3 size art paper

Certificate of Attendance provided. Approved for CPD points by Australian Counselling Association in 2026

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 36 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 with the *ACAP University College*. He is Co-Director of *Expressive Therapies Australia* with Helen Wilson. Dealing with his own inner critic has been a strong motivator for his support of others.

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).

Self-criticism serves as an explanation we give ourselves for why we did not get the love, recognition or safety that was needed. The self-critical voice can often be experienced as tyrannical - aiming to correct us, in the hope that we can then get what we needed (Stone & Stone, 1993). Keeping the hope of fulfilment alive through the effort to be different, can result in a confused or weakened sense of self, and may establish a foundation for later relationship disappointments.

The inner critic can be likened to a script, self, or perhaps even 'voice', scolding us from the inside – imposing prohibitions on what we do, what we need, how we feel. The inner critic develops early in life, absorbing then mimicking judgements from significant others, absorbing expectations of family and society, motivated by creating self-protection and maintaining some sense of emotional equilibrium. - 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 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