expressive therapies AUSTRALIA

6 hrs ONLINE TRAINING

For counsellors, therapists, psychologists, social workers

LIVE INTERACTIVE ONLINE TRAINING

Emotion-focused Expressive Therapies with Children

Resolving Emotional Distress with Art, Music and Movement

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); *Child and Adolescent Counselling with Expressive Therapies* (2026)

Monday 14 June & Monday 21 June, 2027

Ways of responding to children's challenging behaviours have evolved over recent years, from an outdated behaviourist approach, to counselling that addresses the underlying issues that drive behaviour. In child-friendly counselling, trauma-sensitive and attachment-focused perspectives have incorporated creative arts methods, to access these underlying challenges and give voice to previously unacknowledged issues. The evidence base for multi-modal Expressive Therapies has consolidated significantly over the last few decades, along with evidence for the use of art, music, somatic and emotion-focused methods.

This training of two x 3-hour live online sessions, introduces the basic theory and core activities for applying Expressive Therapies in support of young clients whose behaviour, attention, and relational skills have been impacted by emotional distress. The program is highly experiential and practical. The detailed training manual supports integration of the ET activities into integrative counselling.

COST: $285 - Includes training manual.

DATE & TIMES: Monday 14 June & Monday 21 June
2 x 3hrs = 6hrs 5.30pm to 8.30pm (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 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 with the ACAP University College. He is Co-Director of *Expressive Therapies Australia* with Helen Wilson.

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 *Child and Adolescent Counselling 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 ET approach includes a flexible and interactive range of activities to explore, process and resolve causes of emotional distress, which can shape the interior landscape and influence behaviour. ET includes use of somatic and emotion focus, visual art, music, metaphor, movement, therapeutic writing, drama, miniatures, relaxation, visualisation and mindfulness practice. Process-oriented, with an invitation to self-discovery through a person-centred relationship, ET aims to foster a clients' capacity for resilience, hope and optimism.

The emotion-focused approach proposes that working through emotion is a necessary step prior to enhanced cognitive clarity or understanding behavioural change. In general, after accessing, accepting, and experiencing emotion, clients are guided to review and understand their experiences. Greenberg clearly recommends that, emotion "schemes", or pattens of emotion, are activated within the safety of a positive therapeutic relationship, providing potential for resolution.

- Extracts from Pearson & Wilson, 2026.

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 37 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. Along with our team, we offer short and long training programs that integrate a wide range of the creative arts. Keep up-to-date with our events by signing up to our newsletter via our website.

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