NEW INTAKE
SUNSHINE COAST
Starts 7 – 9 June, 2018
For counsellors, social workers, psychologists, guidance officers, therapists, youth workers and chaplains

Certificate in Expressive Therapies with Children & Adolescents
Somatic Focussed, Creative Counselling for Emotional Integration

Five 3-day workshops = 15 days spread over 7 months - Total 105 hours
Course Created by Dr Mark Pearson and Helen Wilson
Trainer: Helen Wilson

Developed from the material in Mark and Helen’s books:

This highly experiential course offers training in emotionally expressive methods and Inner-Life Skills that promote emotional integration, self-awareness, self-esteem and resilience in children and adolescents. Expressive Therapies (ET) methods 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 better sense of self.

The wide range of, often playful, activities ensure that both clients and counsellors have increased motivation to participate. The course provides a large number of new skills that enhance the creativity of counsellors, and provide a means of making deep contact with clients. Imagine you and your clients enjoying the counselling process, quickly forming empathic bonds, and working through challenges with ease.

MODALITIES USED IN THE COURSE
Emotional Release Processes, Symbol Work, Bioenergetics, Art as Therapy, Music in Therapy, Expressive Writing, Body Focus, Visualisation, Role-Play, Relaxation and Meditation. There will be a focus on developing trust, self-discovery, emotional processing and integration.

LEARNING OUTCOMES
On completion of this course, students will be able to:
Understand the principles of emotional resolution in counselling
Describe basic theory and neuroscience of emotional healing processes
Utilise a range of appropriate expressive counselling techniques
Demonstrate a client-focussed approach to using ET
Assess the suitability of ET strategies for individuals
Understand and demonstrate how to plan an ET counselling session

This style of Expressive Therapies has a psychodynamic and somatic focus, and is based on the framework and methods of Jungian, Gestalt and Transpersonal Therapy, as well as emotion-focussed and creative arts therapies. The course is made up of lectures, demonstrations, experiential skills practice, debriefing sessions, peer facilitation, background reading and assignment writing. This course has been offered annually around Australia since 1989, and in Asia since 2001.
COMPONENTS OF THE COURSE

The course consists of 15 training days, spread over 5 workshops of 3 days each - a total of 105 hrs. Students can begin at workshops 1, 2 or 3. There are two short written assignments. An extensive manual will be provided at each workshop. It is strongly recommended that students keep an A3 size Process Journal that records all activities, artworks and symbol work photographs.

WORKSHOP ONE: 7 – 9 June, 2018
Supporting Emotional Expression - Art, Music & Movement

- Theoretical background for client-centred practice
- Multiple Intelligences in counselling
- New ways to help clients talk about themselves
- Developing trust and encouraging interest in self-discovery
- Introducing emotional processing methods
- Use of drawing for expressive release and integration
- Contraindications for emotionally activating activities

WORKSHOP TWO: 16 – 18 August, 2018
Exploring Family Issues - Processing Strong Emotions

- Exploring family of origin issues using art and symbols
- Emotional release processing:
  - supporting the resolution of grief
  - safe anger release and integration
- Bioenergetics and movement in therapy
- Expressive writing: e.g. self-discovery worksheets, sentence starters

WORKSHOP THREE: 18 – 20 October, 2018
Symbol Work, Group Work & Transforming Trauma

- Symbol Work and non-threatening communication
- Role-play for a strong sense of self
- Trauma-informed therapeutic processes
- Building resilience
- ET in group work and group dynamics
- Illustrated case stories

WORKSHOP FOUR: 6 – 8 December, 2018
Balancing Emotional, Cognitive and Somatic Processes

- Foundation Principles of Expressive Therapies
- Dealing with reactivity and anger
- Body Focus - supporting somatic resolution
- Music as a therapeutic tool
- Research and background literature

WORKSHOP FIVE: 31 January – 2 February, 2019
Inner-Life Skills for Self-Awareness and Self-Esteem

- Approaches for teaching relaxation and centering
- Visualisation and imagination for enhancing self-esteem
- Engaging parents and carers in the therapeutic journey
- Emotional expression through bioenergetics
- Enhancing emotional stability

COURSE AIMS

The course aims to equip counsellors, psychologists, social workers, guidance officers, educators, chaplains and child-care professionals to use an Expressive Therapies framework and activities with children and adolescents in their particular area of expertise. The course assumes that participants have already completed basic counselling training. Although entrance to the course is not restricted, Certification is awarded only to participants with previous qualifications - or extensive experience - in counselling, psychotherapy, psychology, social work, education and related professional fields.
COURSE REQUIREMENTS

These include the completion of two short written assignments and attendance at all training days. It is a principle of Expressive Therapies that practitioners 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 and intense time of professional and personal development.

SUGGESTED BACKGROUND READING


RESEARCH ON EXPRESSIVE THERAPIES

Mark’s research on the effectiveness of ET in school settings, found that, in the opinion of guidance officers and school counsellors, who have completed this training course, ET is highly effective. Report published in the Australian Journal of Guidance and Counselling, available at www.mark.pearson.com.au.

Art and music in therapy, the use of therapeutic writing, narratives and emotionally focussed methods, and expressive therapies generally have extensive documentation and research. This will be discussed during the course. See also other Pearson and Wilson articles on-line at www.mark.pearson.com.au

EXPRESSION THERAPIES

Expressive Therapies (ET) is a blend of experiential personal growth (developmental) and counselling (therapeutic) methods, developed in Australia by Mark Pearson and Helen Wilson, and others, since 1987, which support the emotional healing of adults, adolescents and children. ET includes a range of approaches and activities that explore the drivers behind many of the conflicts in our clients’ lives. Through developing Inner-Life Skills, ET helps clients access a wider range of intrapersonal skills and resources. These approaches cooperate with the natural movement within the psyche towards wholeness - the process Jung called ‘individuation’. ET uses a number of modalities that help bring awareness to, and resolution of, the emotional causes of present problems. Once clients become less emotionally charged, they can be supported to recognise creative strategies for developing healthy life skills for more effective interaction with their environments.

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 is given to the significance of the client’s personal interpretations and meanings. The activities have been developed from an expanded understanding of therapeutic approaches, with a rapidly evolving research base.

This course is recognised by the Australian Creative Arts Therapies Association, and by the Australian Counselling Association, and a number of PACFA member associations, for professional development points.
HELEN WILSON
M. Couns.; B. Bus. (HRM); G. Dip. ERC.; Cert SP; Cert. HB & TP; Cert. ERC. Ph.D. candidate.

Helen is co-founder of the Expressive Therapies Institute and a senior trainer in Expressive Therapies and Sandplay Therapy, and has conducted a counselling and supervision practice around Australia for over twenty six years. She offers online and individual supervision for therapists using expressive therapies and sandplay therapy. Helen also offers personal and professional development and supervision programs around Australia.

Helen has completed advanced studies in Transpersonal Psychotherapy with the Grof Transpersonal Training, has a degree in Human Resource Management, a Master of Counselling, and has completed PhD research on self-compassion. Helen has completed all three levels of training in Emotional Release Counselling and Transpersonal Studies and holds a Post-Graduate Diploma. She has a Certificate in Emotional Release Counselling with Children, and a Certificate in Sandplay Therapy, as well as several certificates in clinical supervision. In addition to international training for the Expressive Therapies institute, Helen has been a Lecturer and Senior Lecturer in counselling in a number of Australian universities, and currently lectures to and supervises post-graduate counselling students at the University of the Sunshine Coast.

In 2018 Helen will also offer the 12-day Certificate in Sandplay Therapy and Symbol Work from her studio at Maroochy River, as well as several 2-day advanced Sandplay training and supervision workshops (for graduates of the course).

Helen and Mark are authors of Sandplay and Symbol Work - Emotional Healing & Personal Development (2001), and Using Expressive Arts to Work with Mind, Body and Emotion (2009).

CO-CREATOR OF THE COURSE:

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

Mark has been conducting training courses in Expressive Therapies around Australia since 1989. He was a primary school teacher, then founded a remedial reading clinic. He has completed further studies in Transpersonal Psychotherapy with Dr Stanislav Grof, and holds a Masters in Education, majoring in behaviour management, and a PhD, researching multiple intelligence theory in counselling. Mark has over 20 years experience as a counsellor, and lectured in counselling at the University of Notre Dame Australia, the University of Adelaide, and is currently a Senior lecturer and Counselling Program Coordinator at the University of the Sunshine Coast, Queensland, Australia. He is the Director of the Expressive Therapies Institute of Australia.

FEES
Cost $770 per 3-day workshop.
Participants can pay per workshop. Payment required to enrol, as spaces are limited.
Fee includes: tuition, extensive manual, morning and afternoon tea. BYO Lunch.
Payment can be made by direct bank deposit, or by cheque to: Expressive Therapies Institute
BSB: 084 435  Account No: 56 421 0169  ABN 48 106 863 281
Book a place via the Registration Form - contact Helen on 0421 129 117 or email
info@expressivetherapies.com.au for a copy.

WHAT TO BRING
An old towel (for pastels); large art pad (A3 size); good crayons; biro; journal and/or notebook.
Wear loose comfortable casual clothing. Bring camera / ipad / phone for recording Symbol Work

TIMES
9am – 5pm each day, last day ends at 4pm.

DATES – Sunshine Coast 2018 - 2019
Each workshop starts Thursday and ends Saturday
Workshop 1:  7 – 9 June, 2018
Workshop 2:  16 – 18 August, 2018
Workshop 3: 18 – 20 October, 2018
Workshop 4:  6 – 8 December, 2018
Workshop 5:  31 January – 2 February, 2019

VENUE  Expressive Therapies Studio, at Maroochy River, Sunshine Coast, Queensland
(12 minutes west of Coolum Beach).

COMMENTS ON THE COURSE
After the course I am much more aware of the inner resources of my clients, respectful of their process and relaxed
about my need to know the answers. The course has confirmed the direction I want my career to move in. -
Christine Kernke - counsellor, BRISBANE.

The course was extremely helpful – it has been for me the most fulfilling training I have done.– Cobi van der Es, Gympie Women’s Health Service, GYMPIE.

The course has been life-changing – both professionally and personally. A highlight of the course was discovering
creative and innovative ways of working. I am more tuned in to my intuitiveness, and holding the space, without
having to intervene – words are not always necessary! - Sue Boggan – family counsellor, VICTORIA.

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

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. It marries with Art Therapy
well. - Liz Kinnane – Art Therapist / Counsellor, MELBOURNE

A highlight was the various activities which are extremely creative and therapeutic in nature and very apt for children
and youths. Highly valuable for professional - and very much in personal - development. - Nooraini Mohamed
Razak, counsellor, SINGAPORE

The course very much emphasised self-experiencing. It provides sufficient practices that actually prepares
participants to apply in real cases with much confidence. I truly enjoyed the course, the things we did and the
interpersonal warmth of the trainers. - Chia Wee Pheng, SINGAPORE