



# Into Blue Expressive Therapies

in conjunction with:

Expressive Therapies  
INSTITUTE OF AUSTRALIA



## Certificate in Transpersonal Expressive Therapies

With Adult Clients: New Intake October 27<sup>th</sup> 28<sup>th</sup> 29<sup>th</sup> Phillip Island Vic.

For counsellors, psychotherapists, social workers, psychologists, guidance officers, therapists, welfare officers, youth workers, and chaplains.

**Trainer for Victoria: Jo Ablett**

Five 3-day workshops = 15 days 105 hours. Recognised for professional development by the ACA, PACFA

Course creators: Mark Pearson and Helen Wilson – developed from their books:

*From Healing To Awakening* (1991), *The Healing Journey* (1997), *Sandplay & Symbol Work* (2001),

*Using Expressive Arts to Work with Mind, Body and Emotion* (2009).

Expand your creativity. Enhance your professional support and self-care skills. Gain in-depth training in the use of experiential, change-oriented counselling methods for use with adult clients. Learn through action - increase confidence through blending theory and extensive skills development. Through discussion, study, experiential interaction and self-reflection you will enjoy greater confidence with Expressive Therapies as well as enhance professional self-awareness.

This Certificate course is designed for practitioners who are drawn to a change-focused, person-centred somatic and emotion-focused approach. As well as preparing participants for a highly effective support role, the course provides opportunities for expanding self-discovery through growing emotional intelligence and emotional literacy. The course brings to life use of self with a heart-centred therapeutic approach. A range of expressive techniques is offered in each workshop organised around a core topic and focused on developing skills across the range of ET modalities.

### MODALITIES USED IN THE COURSE

Expressive Counselling Methods; Sandplay Therapy and Symbol Work; Expressive and Reflective Writing; Process Drawing; Mandala Artwork; Emotional Release Processes; Individuation and Differentiation Processes; Bioenergetics and Expressive Movement; Visualisation; Meditation; Embodied Self-Awareness.

The trainer's perspectives on counselling utilises a pluralistic, experiential growth-focussed approach that aims to empower clients and counsellors through a high degree of acceptance and a wide choice of counselling techniques. The philosophy of the course and methods are in keeping with the principles of Person-centred and Transpersonal approaches. In each of these frameworks the client's personal meaning making is highly valued. Trust in the healing mechanisms of the client's psyche, and providing a wide range of healing methods, is central to Expressive Therapies.

Contact:

**INTO BLUE EXPRESSIVE THERAPIES**

Phone Jo on: 0417 078 792 E: [ablett@waterfront.net.au](mailto:ablett@waterfront.net.au)

[www.intoblue.com.au](http://www.intoblue.com.au)

## **GAINS FROM THE COURSE**

This course offers the opportunity to gain valuable skills and a wider conceptual framework for one-to-one support of adult counselling and psychotherapy clients using expressive methods. These methods increase creativity and effectiveness both in agency settings and in private counselling practice. The program also provides a rich experience of the inner world and healing experiences that can enhance participants' personal and relational effectiveness. We understand that practitioners' growth has a direct influence on clients' growth. Developing deeper self-awareness improves the way we can relate professionally, and care for ourselves personally.

## **COMPONENTS OF THE COURSE**

The course consists of fifteen training days, scheduled as five workshops of three days each - a total of 105 hours over about nine months. There are two short written assignments. An extensive manual will be provided at each training workshop. An electronic *Book of Readings* will also be provided during the course. It is strongly recommended that students keep an A3 size *Process Journal* that records all activities, insights and outcomes from the experiential component.

### **WORKSHOP ONE: October 27<sup>th</sup> 28<sup>th</sup> 29<sup>th</sup> 2016**

#### ***Exploring Body and Emotions***

- Overview of ET and the psychodynamic paradigm
- Client-centred therapeutic skills
- Introduction to Sandplay Therapy and Symbol Work
- Role-play techniques to support integration
- Client self-awareness: somatic and emotional mapping
- Emotional processing: expressive writing and art
- Introducing emotional release processing
- Contraindications for emotionally activating activities

### **WORKSHOP TWO: December 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 2016**

#### ***Moving Beyond Old Patterns – Family of Origin Work***

- Exploring family of origin issues - using art and symbols
- Healing inner child scripts – reducing reactivity
- Moving beyond family patterns in relationships
- Emotional release facilitation skills
- Expressive writing, emotional release processes and symbol work.
- Identifying client resources - internal and external

### **WORKSHOP THREE: February 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> 2017**

#### ***Individuation and Differentiation – Making Sense of Self***

- Client empowerment paradigms
- Multiple Intelligences in counselling
- The psychology of the selves – transforming the Inner Critic
- Differentiation Processes – developing awareness and clarity
- Jung's Framework for the Individuation Journey
- The mechanisms of repression and emotional healing

### **WORKSHOP FOUR: March 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 2017**

#### ***Focus on Transpersonal and Perinatal Influences***

- The Inward Arc - Spirituality in counselling
- Brief history of transpersonal psychotherapy
- Perinatal influences on the psyche, and on relationships
- Working with transpersonal issues – conceptual frameworks
- Introduction to meditative practices for clients
- Self compassion in psychotherapy

## **WORKSHOP FIVE: April 20<sup>th</sup> 21<sup>st</sup> 22<sup>nd</sup> 2017**

### ***Integrative Practices and Enhancing Creativity***

- Research on ET, emotion-focussed and transpersonal practice
- Visualisation and imagination for enhancing self-esteem
- Integration practices – mandala art, reflection, relaxation
- Creative session planning, self-care, and supervision
- Creating the ideal therapeutic environment

### **COURSE AIMS**

The course aims to equip counsellors, therapists, psychologists, social workers, chaplains and welfare professionals in the practical application of Expressive Therapies exercises with adult clients in their particular area of expertise. To best understand and apply an Expressive Therapies framework, the course assumes that participants have completed basic counselling training. Although entrance to the course is not restricted, Certification is awarded only to participants with relevant professional qualifications - or extensive relevant experience.

### **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 facilitators personally experience the exercises they will use with clients in order to present them safely and confidently. Be prepared for a rich and intense time of professional and personal development.

### **COURSE TEXTS**

Pearson, M., & Wilson, H. (2001). *Sandplay and symbol work: Emotional healing and personal development with children, adolescents and adults*. Melbourne: ACER Press.

Pearson, M., & Wilson, H. (2009). *Using expressive arts to work with mind, body and emotion. Theory and practice*. London: Jessica Kingsley Press.

### **EXPRESSIVE 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, that support emotional healing for adults, adolescents and children. ET includes a range of approaches that explore the underlying causes behind many of the conflicts in our lives. 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 release of, the emotional causes of present problems.

ET is an 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 processes have been developed from an expanded understanding of the human psyche, with an evolving research base, founded on the tradition of creative arts therapies and particularly Jungian, Gestalt, Emotion-focused and Transpersonal Psychology.

### **LEARNING OUTCOMES**

On completion of this course, students should be able to:

- 1 Understand the principles of emotional processing and basic principles of a transpersonal perspective in counselling.
- 2 Describe and apply processes for emotional healing.
- 3 Understand and demonstrate how to plan an Expressive Therapies counselling session.
- 4 Assess the suitability of emotion-focussed strategies for individual clients and utilise a range of appropriate expressive counselling techniques.
- 5 Demonstrate a client-focussed approach to facilitation of Expressive Therapies.

## **FEES**

\$850 per 3-day workshop

Includes: tuition, manual, Electronic Book of Readings, lunch, morning and afternoon tea, GST.

Payment can be made per workshop, by direct bank deposit to ACC 10970 BSB 704191 (please tag with your name), or by cheques to: *J. Ablett* PO Box 506 Cowes 3922

## **WHAT TO BRING**

Process Journal – a large art pad (A3 size); good crayons; biro; journal and/or notebook. Wear loose comfortable casual clothing. Bring camera for recording Symbol Work.

## **COURSE TIMES**

Each day from 9am to 5pm; last day ends 4pm.

## **COURSE DATES**

Workshop One: 8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> September 2016

Workshop Two: 27<sup>th</sup> 28<sup>th</sup> 29<sup>th</sup> October 2016

Workshop Three: 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> December 2106

Workshop Four: 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> February 2017

Workshop Five: 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> March 2017

## **VENUE**

*Into Blue Studio* ~ 51 Harris Rd. Ventnor, Phillip Island Vic.

## **TRAINER FOR VICTORIA**

### **JO ABLETT**

M. Couns., Dip & Adv Dip. ET, Cert ET, Dip Ed. B. Ed. Cert IV &. Grad. Dip. Couns. Supervision.

**Jo is the trainer and organiser for both the Certificate in Sandplay Therapy & Symbol Work, and the Certificate in Expressive Therapies with Children and Adolescents at Phillip Island and in Melbourne, Victoria.**

An experienced psychotherapist, educator and clinical supervisor, Jo has been a senior trainer for the Expressive Therapies Institute of Australia since 2009.

For over 35 years, Jo has facilitated meditation and personal development in support of children, adolescents and adults and continues her life long passion to set the scene for healing, personal growth and life enrichment for people of all ages.

With an extensive background working with children and adolescents, including 10 years teaching in the secondary school system and 20 years in the primary system, Jo began incorporating ET in her work from 1997 and established private practice in 2002 on Phillip Island.

Jo currently has a private practice as a psychotherapist with adults, adolescents and children. She is a clinical supervisor (ACA, PACFA, ACATA) for counsellors, psychotherapists and ET graduates and a member of PACFA, ACA, SCAPE, ACATA and VIT.

**Learn more about Jo and her work at the Into Blue website: [www.intoblue.com.au](http://www.intoblue.com.au)**

**You can contact Jo about her practice and the Certificate courses:**

**Phone: 0417 078 792, or email: [ablett@waterfront.net.au](mailto:ablett@waterfront.net.au)**

## COURSE CREATORS

**Dr MARK PEARSON** Co-creator of the course, Director of the Expressive Therapies Institute of Aust. PhD., 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. Mark has over 20 years experience as a counsellor, and is currently a senior lecturer in counselling with the University of the Sunshine Coast. Mark's PhD research explored multiple intelligences and the therapeutic alliance in counselling. He has completed studies in Transpersonal Psychotherapy with Dr Stanislav Grof, and holds a Masters in Education, majoring in behaviour management. Mark has undertaken advanced Sandplay Therapy training with Ruth Ammann. He 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 multiple intelligence groupwork program for schools and agencies: *The Innerspace Program – Emotional Literacy for Student Wellbeing and Resilience* (2006). See his books and articles at [www.markpearson.com.au](http://www.markpearson.com.au) See Expressive Therapies programs: [www.expressivetherapies.com.au](http://www.expressivetherapies.com.au)

**HELEN WILSON** Co-creator of the course, Senior Trainer, Brisbane, Adelaide and Perth M. Couns.; B. Bus. (HRM); G. Dip. ERC.; Cert SP; Cert. HB & TP; Cert. ERC.; PhD candidate.

Helen is co-founder of the Institute and a senior trainer in Expressive Therapies, and has conducted a counselling and supervision practice around Australia for twenty years, and now offers Skype and individual supervision on Queensland's Sunshine Coast. Founder of the original *Turnaround Centre*, she offers personal and professional development programs using Expressive Therapies. Helen has completed further studies in Transpersonal Psychotherapy, has a degree in Human Resource Management, a Master of Counselling, and is currently engaged in PhD studies. Helen has completed all three levels of training in Emotional Release Counselling and Transpersonal Studies and holds the Post-Graduate Diploma. She has a Certificate in ERC with Children, a Certificate in Sandplay Therapy. She has undertaken advanced Sandplay Therapy training with Ruth Ammann. In addition to private practice and her work as an ET trainer, Helen has been, for the last nine years, a Lecturer and Senior Lecturer in Counselling at a number of Australian universities. Helen is co-author of *Sandplay and Symbol Work - Emotional Healing & Personal Development* (2001), and *Using Expressive Arts to Work with Mind, Body and Emotion* (2009).

**For information on the Expressive Therapies Institute  
and courses in other states of Australia and in Asia, go to:**

[www.expressivetherapies.com.au](http://www.expressivetherapies.com.au)

**You can contact the Director at 0419 492 713 or [info@expressivetherapies.com.au](mailto:info@expressivetherapies.com.au)**

**For Expressive Therapies articles go to: [www.markpearson.com.au](http://www.markpearson.com.au) publications page**

This course introduces students to principles of using expressive therapies to support somatic and emotion-focused, transpersonal counselling with adult clients. It draws on Transpersonal theory developed by Stan Grof and others, Sandplay Therapy, developed by Dora Kalff in the late 1950s, based on Dr Margaret Lowenfeld's play therapy and Analytic Psychology developed by Carl Jung, Emotion-Focussed Therapy developed by Leslie Greenberg, Bio-energetics and body awareness from the perspective of Alexander Lowen and a range of expressive therapies developed in Australia by the course creator and colleagues over the last twenty five years.

The course combines theoretical, experiential and skills development, and an opportunity for understanding the nature of the human psyche using a paradigm of client empowerment, an opportunity for learning to facilitate wellness-seeking clients drawn forward by their inner healing mechanism. As well it is a unique opportunity to undertake a journey of personal growth with a group of like-minded peers.

## COMMENTS ON PREVIOUS COURSES

*Carl Jung (1964) stated that no textbook can teach psychology; one learns only by actual experience. Completing the Expressive Therapies course provided an experiential learning environment that assisted me to reconnect with my intuitive wisdom which now guides my academic knowledge in my psychological practice.*

- C. Farnell - Psychologist, Expressive Therapist - Brisbane

*The combination of consistent focus on self-healing within the framework of sound theory, extensive integration and support, has resulted in measurable change. The integrity of the teaching, the absence of ego, the emphasis on balancing the aspects of holistic humanity, (mental, emotional, physical and spiritual), the environment of emotional safety, the experience of the facilitators; the proven course format; the concepts of a strength-based philosophy and the notion of learning by doing; these are some of the attributes that make this course life-changing both personally and as a therapist. – G. Hovey – Counsellor and Therapist - Victoria*

*A time of awakening to myself, finding an energy and enthusiasm for life that I've not experienced before I embarked on this journey of self-discovery through Expressive Therapies. It's been the hugest challenge of my life, but well worth the effort. And the journey has just begun.... – J. Glenday - Workplace Trainer - Sydney*