



NEW INTAKE
GARDENVALE VICTORIA 19 – 21 JULY, 2018

*for counsellors, social workers, psychologists, guidance officers, therapists, welfare officers,
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 6 months - Total 105 hours

Course Created by Mark Pearson and Helen Wilson

Trainer for Victoria: Jo Ablett

Developed from the material in Mark and Helen's books: *EMOTIONAL RELEASE FOR CHILDREN* (2004), *EMOTIONAL HEALING & SELF-ESTEEM* (2004), *SANDPLAY & SYMBOL WORK* (2001), *USING EXPRESSIVE ARTS* (2009)

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 release and integration.

LEARNING OUTCOMES

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

- Understand the principles of emotional release 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 focus, and is based on the framework and methods of Jungian, Gestalt and Transpersonal Psychology, as well as Emotion-Focussed Therapy and creative arts therapies. The course is made up of lectures, demonstrations, experiential work, debriefing sessions, peer facilitation, background reading and assignment writing. This ACA recognised course has been offered annually around Australia since 1989, and in Asia since 2001.

See more on Into Blue Expressive Therapies at: www.intoblue.com.au

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.

WORKSHOP ONE: 19 - 21 JULY 2018

Supporting Emotional Expression - Art, Music & Movement

- Theoretical background for client-centred practice
- Multiple Intelligence in counselling
- New ways to help clients talk about themselves
- Developing trust and encouraging interest in self-discovery
- Introducing emotional release processes
- Use of drawing for expressive release
- 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, de-armouring and movement in therapy
- Expressive writing and worksheets for expression and integration

WORKSHOP THREE: 20 - 22 SEPTEMBER 2018

Symbol Work, Group Work & Transforming Trauma

- Symbol Work in contemporary counselling
- Role-play for a strong sense of self
- Safe processes for traumatised clients
- Building resilience
- ET in group work and group dynamics
- Illustrated case stories

WORKSHOP FOUR: 25 - 27 OCTOBER 2018

Balancing Emotional, Cognitive and Somatic Processes

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

WORKSHOP FIVE: 29 NOVEMBER to 1 DECEMBER 2018

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 process
- Emotional expression through bioenergetics
- Enhancing emotional stability

COURSE AIMS

The course aims to equip counsellors, psychologists, guidance officers, educators, chaplains and child-care professionals to use an Expressive Therapies framework and exercises 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, 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 facilitators personally experience the exercises 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.

BACKGROUND READING

Pearson, M. & Nolan, P. (2004). *Emotional Release For Children - Repairing The Past, Preparing the Future*. London: Jessica Kingsley Publishers.

Pearson, M. (2004). *Emotional Healing & Self-Esteem - Inner-Life Skills of Relaxation, Visualisation and Meditation - for Children & Adolescents*. London: Jessica Kingsley Publishers.

Pearson, M. & Wilson, H. (2001). *Sandplay & Symbol Work - Emotional Healing & Personal Development with Children, Adolescents & Adults*. Melbourne: ACER Press. Available only as an e-Book

Pearson, M., & Wilson, H. (2009). *Using Expressive Arts to Work with Mind, Body and Emotion*. London: Jessica Kingsley Publishers.

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

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, and others, since 1987, which support the emotional healing of adults, adolescents and children. Formerly called Emotional Release Counselling, it includes a range of approaches that explore the hidden causes behind many of the conflicts in our lives. Through the 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 release 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 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 psyche, with an evolving research base.

EXPRESSIVE THERAPIES INSTITUTE OF AUSTRALIA

in conjunction with

Into Blue Expressive Therapies, Phillip Island

Contact: Jo Ablett - Phone: 03 5956 8306 M: 0417 078 792

Email: ablett@waterfront.net.au www.intoblue.com.au

Expressive Therapies Website: www.expressivetherapies.com.au

TRAINER FOR VICTORIA

JOANNE ABLETT M. Couns; Dip & Adv Dip E T; Grad. Dip. Couns. Supvsn; Dip.Ed; B.Ed; Prof. clinical supervisor and member ACA, PACFA, AAOS member SCAPE, VIT.

Jo conducts a private practice, *Into Blue Expressive Therapies* from her studio on Phillip Island, Vic. and has been a senior trainer for ETIA since 2009. Jo's qualifications include a Master in Counselling, Bachelor of Education, and a Graduate Diploma in Counselling Supervision. Jo has an extensive background in working with children and adolescents with 10 years teaching in the secondary school system and 20 years in the primary system before establishing a private practice in 2002. She has worked with children, adolescents and adults, using Expressive Therapies since 1997 and continues her life long passion to set the scene for life enrichment, personal growth and healing for people of all ages.

Jo currently works as a psychotherapist with adults, adolescents and children as well as a clinical supervisor (ACA, PACFA) for counsellors and ET graduates. As the Victorian Trainer for ETIA, Jo also conducts one-day workshops in Expressive Therapies and facilitates the certificate courses.

See more about Jo at: www.intoblue.com.au

COURSE CREATORS

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 Counselling Program Coordinator at the University of the Sunshine Coast, Queensland, Australia. He is the Director of the *Expressive Therapies Institute of Australia*.

Mark 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 peer-reviewed articles at www.markpearson.com.au

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 five years. She offers online and individual supervision for therapists using sandplay and expressive therapies. Helen also offers personal and professional development programs around Australia. She has completed further studies in Transpersonal Psychotherapy with the *Grof Transpersonal Training*, has a degree in Human Resource Management, a Master of Counselling, and is currently completing a PhD. 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 ERC with Children, a Certificate in Sandplay Therapy. Helen has been a Lecturer and Senior Lecturer in counselling in a number of Australian universities and currently works lectures to undergraduate students in Human Services and Counselling.

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).

FEES

Cost \$850 per 3-day workshop.

Includes: tuition, extensive manual, morning and afternoon tea, GST.

Payments can be made 1 month prior to each workshop.

Cheques to: "Into Blue" ABN:27792485144

Direct bank deposit: BSB: 704191 Acc No: 10970 Please tag with YOUR name

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 – MELBOURNE, Vic 2018

Workshop 1: 19th - 21st July

Workshop 2: 16th-18th August

Workshop 3: 20th- 22nd September

Workshop 4: 25th -27th October

Workshop 5: 29th November – 1st December

VENUE Wabi Sabi, Labyrinth Lane 110 Gardenvale Rd Gardenvale Vic 3185

**For Registration Form contact Jo: 0417078792 or download from
www.intoblue.com.au or email: ablett@waterfront.net.au**

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