

CERTIFICATE IN

# Expressive Therapies with Children & Adolescents

FOR COUNSELLORS, PSYCHOLOGISTS, PSYCHOTHERAPISTS, SOCIAL WORKERS,  
OCCUPATIONAL THERAPISTS, YOUTH WORKERS & CHAPLAINS.

NEW INTAKE COMMENCES

## 18 July 2019

### Into Blue Studio Phillip Island Victoria

SESSION 1

#### 18-20 July 2019

**Supporting Emotional Expression:  
Art, Music & Movement**

SESSION 2

#### 12-14 September 2019

**Exploring Family Issues:  
Processing Strong Emotions**

SESSION 3

#### 24-26 October 2019

**Symbol Work, Group Work  
& Transforming Trauma**

SESSION 4

#### 28-30 November 2019

**Balancing Emotional, Cognitive  
& Somatic Processes**

SESSION 5

#### 23-25 January 2020

**Inner-Life Skills for Self-Awareness  
& Self-Esteem**

**The Expressive Therapies [ET] model has evolved from the psychodynamic tradition and places significant emphasis on somatic and emotional processes. ET is underpinned by transpersonal psychotherapy and attachment theory, validated by current research in neuroscience and trauma.**

Over the last 30 years this series of workshops has been taught continuously around Australia and overseas. Expressive Therapies activities and principles in this course have a distinctly Australian influence.

ET allows deeper aspects of the psyche to be worked with naturally and in safety. Using a range of modalities, the processes bypass left mode thinking / talking / reasoning, to connect with right mode / body where trauma is implicitly stored as imagery, sensations, smell, sound and posture. This reconnection allows integration and healing by way of safe engagement with the body and the senses. The range of activities provide many windows through which the therapist can 'look' at a client's attempts at healing.

The role of the therapist as a companion, equipped with skills of listening, presence, unconditional positive regard, and a stance of curiosity, is first and foremost in setting the scene for safety and trust.

The invitational, non- directive, self-discovery approach central to ET, places authority with the client, trusting in their body's natural capacity for healing and growth within the conditions of trust and safety at a pace determined by the client. Recognition and value is given to the significance of the client's personal interpretations and meanings (rather than the therapists' interpretation).

The ET approach is particularly helpful for clients struggling to verbalize their experience, including young children - non-verbal or lacking language skills, adolescents reluctant to talk, and young clients who have experienced trauma and complex trauma.

Through the use of metaphor and engaging the client's emotions and somatic sensations, ET techniques allow non-verbal expression, activation of right mode and access to any unconscious origins of emotional distress.

*into blue*

EXPRESSIVE THERAPIES

# Expressive Therapies with Children & Adolescents

## Course Outline

This course provides a thorough training, with extensive practical experience, skill development and supervision. All activities are adaptable for application with adult clients.

A requirement of Expressive Therapies is for facilitators to personally experience the exercises they will use with clients. This means graduates of the course are able to present ET processes with safety and confidence. With many opportunities for active participation and deep reflection, the ET course is a journey of rich and rewarding growth and development, both professionally and personally.

### Expressive Therapies Modalities

Significance is placed upon matching an individual's personal style of communication with the most suitable activity from the range of modalities offered. Expressive Therapies Modalities cater for interpersonal, intrapersonal, visual, kinaesthetic, musical, linguistic, transpersonal, naturalist and logical intelligences. Identifying a client's preferred style of working towards wellbeing also allows identification of their individual 'cultural' resources, that aid and support the healing process.

#### Symbol Work

(developed by Pearson & Wilson 1994) supports exploration of unconscious material and externalisation of issues.

#### Body Focus / Body Awareness / Body Maps

Techniques to facilitate a gentle and safe reconnection with the body when the protective mechanism from feeling pain or trauma has created disconnect or dissociation.

#### Mindfulness / Visualisation / Meditation / Relaxation Techniques

Used for self awareness, affect regulation and resources.

#### Art / Drawing

For expression, processing and integration.

#### Expressive Writing

#### Dream Work

Exploring the symbols and themes from dreams as messages from the unconscious.

#### Bioenergetics / Movement / Dance

Trauma is stored at a cellular level within the muscular, skeletal, hormonal and energy systems in the body. Movement energises, shifts stuck energy and activates the immune system.

#### Role Play & Projective Techniques

Help to deepen and enhance inner work and unify the client's inner and outer worlds.

#### Emotional Release Processes

Allow impulses and actions frozen in the body during stress and trauma and seen in acting out behaviours to safely release and integrate.

#### Music

For expression and affect regulation.

### Integration

A key principle is integration, generally accomplished as a natural outcome but otherwise planned as a safe containment and completion of each session.

With hope and heart-focused support at its center, ET is an effective, outstanding therapeutic modality that has a natural fit with transpersonal perspectives. ET promotes personal growth and healing, connecting an individual to their own innate resources, unifying inner and outer worlds.

#### COURSE REQUIREMENTS

**15 days/105 hours training**

Delivered via 5 x 3 day sessions

#### ASSESSMENT

**A short written assignment  
& case study**

An extensive workbook will be provided at each workshop

#### LEARNING OUTCOMES

**This course is recognised by the  
Australian Creative Arts Therapies  
Association and by ACA & PACFA for  
professional development points**

Participants with prior training in the helping professions will receive the **Certificate in Expressive Therapies for Children & Adolescents**. Other participants will be awarded a **Statement of Attendance**

**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

#### TRAINER

##### Jo Ablett

Jo is an experienced psychotherapist, clinical supervisor and educator. She has been a senior trainer for the Expressive Therapies Institute of Australia since 2009, delivering training in Sandplay Therapy, Expressive Therapies for children and adolescents, Transpersonal Expressive Therapies for adults and the Inner Space emotional resilience programs for children and teens.

Memberships:

PACFA, ACA, AAOS, ACSA & VIT

Qualifications:

M.Couns.; B.Ed.; Dip.Ed.; Dip and Adv. Dip in ET.  
Cert in ET.; Cert IV Couns. Supvsn.; Voc. Grad. Dip.  
Couns. Supvsn.

#### COURSE CREATORS

##### Dr Helen Wilson

Senior Trainer, Sunshine Coast, Adelaide & Perth  
PhD.; M. Couns.; B. Bus. (HRM); G. Dip. ERC.; Cert  
SP; Cert. HB & TP; Cert. ERC.;

##### Dr Mark Pearson

Director of the Expressive Therapies Institute  
of Australia  
PhD., M. Ed.(BEM); Dip T.; Cert HB & TP; Dip. ERC.

REGISTRATION FORM

# Expressive Therapies with Children & Adolescents

Complete online  
and email back to  
[ablett@waterfront.net.au](mailto:ablett@waterfront.net.au)  
or post to  
PO BOX 506  
COWES VIC 3922

COMMENCING

 **18 July 2019**

VENUE

 **Into Blue Studio**  
51 Harris Road  
Ventnor, Phillip Island, Victoria 3922

TIME

 **9am to 4:30pm**

COST

 **\$850 per workshop**  
includes manuals & morning tea

CANCELLATION POLICY

Notice of 72 hours or more Full refund less \$50 administration fee  
Notice of at least 48 hours 50% refund less \$50 administration fee  
Notice of 24 hours or less or non-completion No refund

PLEASE REGISTER ME

Name

Background/Qualification

Address

State

Post Code

Phone

Email

Dietary Requirements [eg. Wheat free, vegetarian]

PAYMENT OPTIONS

Deposit of **\$200** required at time of Registration

**Direct Deposit** [preferred]

BSB: **704 191** Account #: **10970**

Please quote YOUR NAME in narration

**Cheque or Money Order** [please enclose]

Payable to: **Joanne Ablett**

**I require a Tax Invoice to pay my Registration**

**My Employer requires a Tax Invoice to pay my Registration** [please complete details below]

Employer Name

Address

State

Post Code

Email

*into blue*  
EXPRESSIVE THERAPIES

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