

**INTO BLUE EXPRESSIVE THERAPIES  
ONE DAY WORKSHOP**

# **MEDITATION & RELAXATION**

Learn practical skills to facilitate relaxation  
& meditation for children, adolescents and  
adults

**INCLUDED IN COST  
CHILDREN'S MEDITATION CD  
'IN MY QUIET BODY'- OR 'BREATHE' FOR  
ADOLESCENTS AND ADULTS**

*Workshop for counsellors, social workers, psychologists, guidance officers, therapists,  
welfare officers, teachers, youth workers and chaplains.*

**Thursday 24<sup>th</sup> November**

## **MEDITATION**

Meditation is simply a shift of focus from the outer world to the inner world – from the chatter in the mind to the stillness in the body. Visualisation is a form of meditation and is used in Expressive Therapies to assist with:

- Developing sensory, somatic and emotional awareness
- Identifying, processing and integrating emotional issues
- Stress Reduction / Managing Anxiety
- Pain Management
- Relaxation
- Developing Self-Awareness

The benefits of meditation are many and include increased calmness and heightened feelings of wellbeing. Meditation has been recognised as a means to improve physical health, reduce pain and enhance immune response.

Simple forms of inner focus, breathing techniques and meditation are frequently taught in Expressive Therapies as a self-help skill for anxious clients.

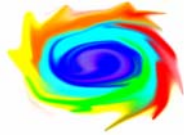
## **PROGRAM CONTENT**

- The impact of anxiety and stress on physical, emotional, mental and social wellbeing
- Affect regulation
- Setting the scene for meditation with individuals and groups
- Techniques for promoting relaxation: methods using muscle relaxation, progressive relaxation, passive concentration on the breath, breathing techniques, tension-releasing exercises, the use of imagery
- Body outline drawings to map emotions and sensations as a diagnostic

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





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tool and a means to support client self-discovery and self-awareness

### **EXPRESSIVE THERAPIES**

Somatic focused, counselling for emotional integration. Expressive Therapies (ET) is a blend of expressive personal growth and therapeutic counselling methods first developed in Australia by Mark Pearson and Helen Wilson, since 1987. ET uses a number of modalities that help bring awareness to, and release of, the emotional causes of present problems.

### **FACILITATOR Jo Ablett**

Jo conducts a private practice as a psychotherapist and counsellor with children, adolescents and adults from her studio on Phillip Island. Jo has been facilitating meditation and personal development for 30+ years. She is a professional registered supervisor with ACA. As the Trainer for Victoria for the Expressive Therapies Institute of Australia, Jo facilitates certificate courses in Expressive Therapies and Sandplay Therapy & Symbol Work. She is a member of PACFA, CAPAV, ACA, SCAPE, ACATA and VIT. Her qualifications include Master in Counselling, B. Ed. Dip and Adv. Dip in Expressive Therapies and Cert IV in counselling supervision.

### **VENUE: CENTRE FOR EMOTION FOCUSED PRACTICE**

**Level 1, 102 Toorak Rd. South Yarra Vic 3141 Mel ref 58 D3**

**Close to South Yarra station**

**DATE: Thursday 24<sup>TH</sup> NOV 9.30 am – 3.30pm**

**FEE: \$235 - morning tea and CD included**

**Payment to J. Ablett, Acc no. 10970, BSB 704191 (tag with your name) or  
by cheque to PO Box 506 Cowes 3922**

**REGISTER BY EMAIL TO JO ABLETT [ablett@waterfront.net.au](mailto:ablett@waterfront.net.au)**

