



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

Certificate in
Emotion - Focused & Transpersonal Expressive Therapies
with Adult Clients

Five 3-day workshops = 15 days 105 hours

Recognised for professional development by the ACA, PACAWA, CAPA

Trainer for Victoria: Jo Ablett

Course creator: Mark Pearson – developed from his 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. Gain in-depth training in the use of proactive, experiential counselling methods with adults. Learn through action - increase confidence through blending theory and extensive skills development. Through discussion, study, experiential interaction and self-reflection you will develop both confidence with Expressive Therapies and heightened self-awareness. Enhance your support and self-care skills.

This Certificate course is designed for those who are drawn to a strength-based, emotion-focussed and person-centred approach. As well as preparing practitioners for a more effective support role, the course provides many opportunities for expanding self-discovery with the emotional intelligence, bringing to life use of self in a heart-centred therapeutic approach. The course introduces a range of Expressive Therapies modalities in each workshop. Each workshop is organised around a core topic and focuses on developing skills with several modalities.

MODALITIES USED IN THE COURSE

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

The trainers' perspectives on counselling utilise an 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, where 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

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 in agency counselling and in private practice. The program also provides a rich experience of the inner world and healing experiences that can enhance participants' personal and relational effectiveness. Practitioners' growth has a direct influence on clients' growth. Developing deeper self-awareness greatly improves the way we 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: 3 days

Exploring Emotions

- Overview of ET and the psychodynamic paradigm
- Client-centred therapeutic skills
- Multiple Intelligences in counselling
- Client self-awareness and emotional mapping
- Emotional processing: expressive writing and art
- Introducing emotional release activities
- Contraindications for emotionally activating activities

WORKSHOP TWO: 3 days

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.

WORKSHOP THREE: 3 days

Individuation and Differentiation – Making Sense of Self

- Client empowerment paradigms
- 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: 3 days

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

WORKSHOP FIVE: 3 days

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 to use the Expressive Therapies framework and exercises with adult clients 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.

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. (1997). *The healing journey – A workbook for self-discovery*. Melbourne: Lothian

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, and colleagues, since 1987, which support the emotional healing of 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 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 the basic principles of the transpersonal perspective in counselling.
- 2** Describe basic theory of emotional healing processes.
- 3** Understand and demonstrate how to plan an Expressive Therapies counselling session.
- 4** Assess the suitability of emotionally-focussed strategies for individual clients and utilise a range

of appropriate expressive counselling techniques.

5 Demonstrate a client-focussed approach to using Expressive Therapies.

6 Demonstrate advanced interpersonal facilitation skills using Expressive Therapies modalities.

FEES

\$795 per 3-day workshop **Early bird discount: \$745** – if paid 1 month before workshop.

Includes: tuition, manual, Book of Readings (disk), lunch, morning and afternoon tea, GST.

Some discounts available for full-time and part-time students of counselling, psychology, social work.

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

An old towel; 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: May 10 - 12

Workshop Two: June 21 - 23

Workshop Three: Aug 9 – 11

Workshop Four: Sept 13 – 15

Workshop Five: Oct 11 -13

VENUE

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

COURSE CREATOR

MARK PEARSON

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 worked briefly with handicapped children, and conducted individual and group programs for emotionally disturbed children and adolescents. For five years Mark held a senior staff position at a training centre in the Blue Mountains, NSW, as lecturer in Emotional Release Counselling for Children, Breathwork Therapy, Dreamwork and Sandplay, then directed courses at a Centre in Toowoomba for eight years. He has completed further studies in Transpersonal Psychology with Dr Stanislav Grof, he holds a Masters in Education, majoring in behaviour management, and is currently completing Doctoral research through the University of Notre Dame Australia.

Mark is director of the *Expressive Therapies Institute*, and lectures in counselling at the University of Notre Dame, Fremantle. 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* (2009). He is also the author of *Emotional Healing & Self-Esteem* (2004), *From Healing To Awakening* (1991), *The Healing Journey* (1997) and *The Innerspace Programs – Emotional Literacy for Student Wellbeing and Resilience* (2006).

TRAINER FOR VICTORIA

JO ABLETT

M. Couns., Dip & Adv Dip. ET, Grad Cert ET with Children, B. Ed.

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

For 30 years Jo has facilitated personal development in support of children, adolescents and adults and continues her life long passion to set the scene for life enrichment, personal growth and healing for people of all ages.

Jo conducts a private practice, *Into Blue Expressive Therapies* from her studio on Phillip Island; Vic. Jo's

qualifications include a Master in Counselling, Bachelor of Education and Diploma and Advanced Diploma in Expressive Therapies and Cert IV 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 and adolescents using Expressive Therapies since 1997. Jo currently works as a counsellor and psychotherapist with adults, adolescents and children. She is a professional supervisor (ACA) 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.

Jo is a member of SCAPE, PACFA, ACA, CAPAV, ACATA and VIT.

Support Trainer Anne Kane Dip & Adv Dip. ET, Grad Cert ET with Children

Anne has extensive training in Expressive Therapies. She has membership with ACA and runs a counselling practice in the north east of Melbourne. She has worked for many years supporting children with special needs and learning difficulties. Anne has been Support Trainer for the *Certificate in Expressive Therapies with Children and Adolescents* and the *Certificate in Sandplay and Symbol Work* since they were first conducted at Phillip Island in Victoria in 2009.

**Learn more about Jo and her work at the Into Blue website: 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**

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

www.expressivetherapies.com.au

**You can contact the Director at 0419 492 713 or info@expressivetherapies.com.au
For Expressive Therapies articles go to: www.markpearson.com.au publications page**

This course introduces students to principles of using expressive therapies to support emotion-focused and transpersonal counselling with adult clients. It draws on Transpersonal theory developed by Stan Grof and others, 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