

# EXPRESSIVE THERAPIES INSTITUTE OF AUSTRALIA

In conjunction with:

## **Into Blue Expressive Therapies**

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

**NEW INTAKE COMMENCES AT PHILLIP ISLAND - NOV 15th 2012**

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)

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 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, in Singapore since 2001, and in Malaysia since 2006. In 2009 it will also be offered in the UK.

## 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: NOV 15 – 17 2012

#### ***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: DECEMBER 6 – 8 2012

#### ***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: FEBRUARY 2013

#### ***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: MARCH 2013

#### ***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: APRIL 2013

#### ***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.

## 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*, 2003, Vol 13 No. 2, pp. 205 - 224. This article is available via the ETIA web site. Art and music in therapy, the use of writing, narratives and emotionally focussed methods and expressive therapies generally have extensive documentation and research. This will be discussed during the course. See also Mark and Helen's new article on-line in the *Journal of Counselling, Psychotherapy and Health*: <http://www.cphjournal.com/journals/>

## 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: 0417078792**

**Email: [ablett@waterfront.net.au](mailto:ablett@waterfront.net.au) [www.intoblue.com.au](http://www.intoblue.com.au)**

**Expressive Therapies Website: [www.expressivetherapies.com.au](http://www.expressivetherapies.com.au)**

## TRAINER FOR VICTORIA

**JOANNE ABLETT** M. Couns., Dip & Adv Dip. ET, Grad Cert ET with Children, B. Ed.  
Professional supervisor ACA

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. 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 as well as a professional supervisor (ACA) for counsellors. She continues to teach meditation and personal development and regularly facilitates educational training on issues related to emotional intelligence, emotional development, understanding emotions, school enrichment and personal learning styles. 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.

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## COURSE CREATORS

### 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. 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, and holds a Masters in Education, majoring in behaviour management, and commences PhD studies in 2009. Mark: [info@expressivetherapies.com.au](mailto:info@expressivetherapies.com.au)

Mark now works as a psychotherapy and counselling trainer around Australia and in Asia - through the *Expressive Therapies Institute*. He regularly conducts programs for various welfare agencies and education departments around Australia. He is the co-author of *Emotional First-Aid For Children* (1991), *Emotional Release For Children* (1995) and *Sandplay & Symbol Work* (2001). He is also the author of *Emotional Healing & Self-Esteem – Inner-Life Skills for Children and Adolescents* (1998) and for adults: *From Healing To Awakening* (1991) and *The Healing Journey* (1997). He is the author of the new multiple intelligence groupwork program for schools and agencies: *The Innerspace Program – Emotional Literacy for Student Wellbeing & Resilience* (2006). Mark and Helen have a new book 'in press' with Jessica Kingsley Press, London.

### HELEN WILSON

M. Couns.; B. Bus. (HRM); G. Dip. ERC.; Cert SP; Cert. HB & TP; Cert. ERC.

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 and a degree in Human Resource Management. Helen is a trainer in Expressive Therapies and for over a decade has conducted a counselling practice in Brisbane. She is the founder of the *Turnaround Programs*, through which she offers personal and professional development programs around Australia. In 1998 Helen completed further studies in Transpersonal Psychology and Holotropic Breathwork, and has completed Master of Counselling studies through UNE. She is currently a lecturer in counselling at the University of Notre Dame, Fremantle, WA. Contact Helen directly at: 042 1129 117 or email: [turnaround1@bigpond.com](mailto:turnaround1@bigpond.com). Helen is co-author of *Sandplay and Symbol Work*.

## FEES

Cost \$795 per 3-day workshop, or early bird payment in full 1 month prior to each workshop: \$745  
Includes: tuition, extensive manual, lunch, morning and afternoon tea, GST.

Payments can be made 1 month prior to each workshop.

Cheques to: "Into Blue" ABN:.

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

## WHAT TO BRING

An old towel; large art pad (A3 size); good crayons; biro; journal and/or notebook. Wear loose comfortable casual clothing. Bring camera for recording Symbol Work in Workshop Two and Three.

## TIMES

9am – 5pm each day, last day ends at 4pm.

## DATES – PHILLIP ISLAND, Vic 2012

**WORKSHOP 1 – NOVEMBER 15-17**

**WORKSHOP 2 – DECEMBER: 6- 8**

**WORKSHOP 3 – JANUARY 2013**

**WORKSHOP 4 - MARCH 2013**

**WORKSHOP 5 - APRIL 2013**

## PHILLIP ISLAND VENUE

*Into Blue Studio, 51 Harris Rd. Ventnor*

**For Registration Form contact Jo: 0417078792 [www.intoblue.com.au](http://www.intoblue.com.au)**

**or email: [ablett@waterfront.net.au](mailto: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 new techniques and understandings have led to a greater level of confidence in my work. Thanks for what you have developed and shared with us.*  
– Russell Armstrong, High School Chaplain, GEELONG.

*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

*A highlight of the course was working through some of my feelings. As I have experienced the effectiveness of the exercises, I'm sure it will be useful for the people I work with. I benefited very much from the course professionally and personally. I am more confident in myself.*

– Leog Yiat Teng, family counsellor, SINGAPORE

*I now encourage the children to be still and look inside themselves for guidance. There is more emphasis on believing in self.* – Ann Richardson, Special Education Teacher, MELBOURNE.