



EXPRESSIVE THERAPIES AUSTRALIA

SUNSHINE COAST CALENDAR 2020-21

Certificate in Expressive Therapies with Children and Adolescents

Somatic focused, creative counselling for emotional integration

Starts: 26 NOVEMBER 2020 15 days, spread over five 3-day training workshops.

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.

Modalities introduced: Emotion-focused 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 with young clients, encouraging their self-discovery, introducing emotional processing and integration activities.

WORKSHOP ONE: *Supporting Emotional Expression: Art, Music and Movement* 26 – 28 November, 2020

WORKSHOP TWO: *Exploring Family Issues: Processing Strong Emotions* 28 – 30 January, 2021

WORKSHOP THREE: *Symbol Work, Group Work and Transforming Trauma* 25 – 27 March, 2021

WORKSHOP FOUR: *Balancing Emotional, Cognitive and Somatic Processes* 22 – 24 April, 2021

WORKSHOP FIVE: *Inner-Life Skills for Self-Awareness and Self-Esteem* 27 – 29 May, 2021

SUNSHINE COAST, Maroochy River: Trainer Dr Mark Pearson, Starts 26 – 28 November, 2020.

Each 3-day workshop: \$825

For further details please see flyer and for the Registration Form call Mark 0419 492 713 or email: info@expressivetherapies.com.au

Certificate in Sandplay Therapy and Symbol Work

- with children, adolescents and adults

Starts: 25 FEBRUARY, 2021 12 days, spread over four 3-day training workshops.

This course provides a thorough training, with extensive practical experience and supervision in the Expressive Therapies approach to Sandplay Therapy and Symbol Work. The method of Sandplay Therapy introduced was developed by Dora Kalff in the late 1950s, based on Dr Margaret Lowenfeld's play therapy, Jung's Analytic Psychology and mindfulness. Sandplay Therapy is now taught and practiced around the world, supported by an international society, and a fast-growing evidence base.

WORKSHOP ONE: *Foundation Skills One* 25 – 27 February, 2021

WORKSHOP TWO: *Skills Two: From Theory to Practice* 15 – 17 April, 2021

WORKSHOP THREE: *Symbolic Expression, Trauma Care, and Sandplay Research* 20 -22 May, 2021

WORKSHOP FOUR: *Transpersonal Contexts, Supervision* 15 – 17 July, 2021

SUNSHINE COAST, Maroochy River: Trainer Dr Helen Wilson, Starts 25 – 27 February, 2021.

Each 3-day workshop: \$825

For further details call Helen 0421 129 117 or email: turnaround2@bigpond.com

ONE DAY: Friday 12 February, 2021 9am – 4.30pm \$245

Spirituality in Counselling

Transpersonal exploration through Expressive Therapies

Help your clients accept, value and communicate their existential questions and spiritual quest. This highly experiential workshop includes practical ways of supporting your spiritual self-exploration as a therapist and our therapeutic work with adult clients. There will be discussion on the relationship between religion and spirituality, and how an individual search for meaning can contribute to wellbeing. In addition to the traditional tools of trade for transpersonal therapists, the Expressive Therapies of using writing and art for self-reflection, symbol work, visualisation, and mindfulness will be explored. Along with some of the core concepts and history of Transpersonal Psychotherapy, there will be some practical ways of introducing meditative practice. The evidence base for including spirituality in counselling will be reviewed.

SUNSHINE COAST, Maroochy River: Trainer Dr Mark Pearson, 12 February, 2021

For further details please refer to flyer, and for the Registration Form call Mark 0419 492 713 or email: info@expressivetherapies.com.au

ONE DAY: Friday 5 March, 2021 9am – 4.30pm \$245

Multiple Intelligences Theory and Practice in Counselling

- Using Expressive Therapies with Adult Clients

Learn to use the multiple intelligences (MI) framework and related expressive therapies activities in your professional work, according to client preferences. Responding to client preferences has been shown to improve therapy outcomes and dramatically reduce drop out.

This training provides:

- an overview of MI theory and its relevance to counselling
- familiarity with the scale for assessing counsellors' and clients' preferred intelligences,
- practical counselling activities that utilise each of the intelligences,
- and a framework to consider a client's intelligence profile in planning treatment.

Gardner's theory of Multiple Intelligences – first published in 1983 - delineates 8 (possibly 9) distinct intelligences, each one representing a different way that clients can communicate and learn. Expressive Therapies activities related to the original seven intelligences will be used in this program. These activities were designed by the trainer and colleagues, and have been tested and published.

SUNSHINE COAST, Maroochy River: Trainer Dr Mark Pearson, 5 March, 2021.

For further details please refer to flyer, and for the Registration Form call Mark 0419 492 713 or email: info@expressivetherapies.com.au

ONE DAY: Friday 7 May, 2021 9am – 4.30pm \$245

Navigating Resilience Pathways

- Using Expressive Therapies to build client strengths

The APA identifies ten basic pathways to build resilience. It is notable that all these pathways could be navigated more effectively with counselling support, and equate to some of the core aims and activities of strengths-based counsellors. This workshop presents the ways counsellors act as guides, models, teachers, collaborative strategists; and provide a caring therapeutic relationship from which clients' resilience levels are bolstered.

Five central Expressive Therapies activities for counsellors to build client awareness of strengths and resilience will be introduced. Finding the most effective activities to suit each client is at the heart of pluralistic practice, and in conjunction with finding clients' multiple intelligences strengths, can lead to enhanced resilience in the face of life's challenges. ***The five therapeutic activities explored in this program include:***

- Enhancing therapeutic connections through use of image and symbols
- Supporting timeline life reviews
- Helping clients find their natural intelligence strengths
- Recognising, exploring and applying strengths
- Gaining support through creative arts resources

SUNSHINE COAST, Maroochy River: Trainer Dr Mark Pearson, 7 May, 2021.

For further details please refer to flyer, and for the Registration Form call Mark 0419 492 713 or email: info@expressivetherapies.com.au

ONE DAY: Saturday 8 May, 2021 9am – 4.30pm \$245

Self-Care for Therapists

Expressive Therapies and Mindfulness Approaches

This program reviews the need for self-care to maintain optimal clinical effectiveness and avoid compassion fatigue and burnout. Topics covered will include: how to recognise signs of impending burn-out, and individual and organisational actions to reduce the risks. A combination of organisational, mindfulness-based and creative arts responses to self-care will be explored, including increasing workload flexibility, simple and quick mindfulness time-out activities, use of reflective self-compassion journaling, visual arts, relaxation techniques and ways to increase time with nature.

SUNSHINE COAST, Maroochy River: Trainer Dr Mark Pearson, 8 May, 2021.

For further details please refer to flyer, and for the Registration Form call Mark 0419 492 713 or email: info@expressivetherapies.com.au

ONE DAY: Friday 24 September, 2021 9am – 4.30pm \$245

Expressive Therapies in Cognitive Behavioural Approaches

Creative arts approaches to link awareness of sensations, emotions, thoughts and actions

In this one-day experiential professional development workshop you will learn multiple creative arts-based and mindfulness ways to support clients' self-awareness and discover how their sensations, emotions, thoughts and behaviours are linked. The focus will be on Expressive Therapies additions to the therapist's toolkit, including therapeutic writing, use of art, use of miniatures and somatic focus. The multiple ways ET can support integrative CBT approaches will be discussed

A number of worksheets created by the directors of ETA will be provided for: functional analysis, articulation of beliefs, problem solving and goal-setting. Relaxation activities as supports for anger management will be explored.

SUNSHINE COAST, Maroochy River: Trainer Dr Mark Pearson, 24 September, 2021.

For further details please refer to flyer, and for the Registration Form call Mark 0419 492 713 or email: info@expressivetherapies.com.au

ONE DAY: Saturday 25 September, 2021 9am – 4.30pm \$245

Expressive Therapies with Troubled & Traumatized Young Clients

A practical workshop to introduce the methods and frameworks of Expressive Therapies, and provide hands-on experience, theory, some research and case stories of counselling distressed and traumatized young clients. There will be a focus on the care needed in supporting those with long-term emotional problems or who are affected by trauma, prolonged duress stress disorder or post-traumatic stress disorders.

Some topics covered: trauma-informed care, expressive activities for young clients; use of therapeutic writing; use of miniatures (Symbol Work); role-play for a stronger sense of self, use of relaxation; matching treatment to types of trauma victims; the evidence base for using client-centred, activities-based approaches.

SUNSHINE COAST, Maroochy River: Trainer Dr Mark Pearson, 25 September, 2021.

For further details please refer to flyer, and for the Registration Form call Mark 0419 492 713 or email: info@expressivetherapies.com.au

ONE DAY: Friday 12 November, 2021 9am – 4.30pm \$245

Introduction to Symbol Work

- Catalysts for Therapeutic Conversations

A practical workshop using projective techniques developed in Australia over the last thirty years by Mark and Helen, the founders of Expressive Therapies Australia. Learn to use a collection of miniatures to support clients to open up, symbolise their inner world, talk about self and resolve issues. Symbols can be used to increase communication, activate creativity, clarify cognition, process emotions and enhance problem-solving. In this innovative program you will gain confidence in using miniatures with art, with movement, with life narratives, with emotion-focused processes, and with somatic awareness.

SUNSHINE COAST, Maroochy River: Trainer Dr Mark Pearson, 12 November, 2021

For further details please refer to flyer, and for the Registration Form call Mark 0419 492 713 or email: info@expressivetherapies.com.au

EXPRESSIVE THERAPIES AUSTRALIA

Expressive Therapies Australia is the new trading name for the programs created and presented by Dr Mark Pearson and Dr Helen Wilson. We provide specialised extension training for professionals offering counselling and psychotherapy. The form of Expressive Therapies we have developed over the last 30 years is an activity-based, invitational, self-discovery approach, encouraging insights and change from within the client. The methods and attitudes are client-centred and have been developed from the traditions of creative arts therapies and emotion-focused therapy, with a rapidly evolving research base.

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