



Expressive  
*Therapies*  
INSTITUTE OF AUSTRALIA P/L

Widen your skills base!

Expand your creativity as a counsellor!

Sustain your passion to help young people!

**INTAKE COMMENCES - November 2009**

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

New Zealand Trainer: Monique Rutherford

Created by Mark Pearson and Helen Wilson

Recognised for professional development by the Australian Counselling Association



Developed from the material in Mark and Helen's books:  
EMOTIONAL RELEASE FOR CHILDREN (1995), EMOTIONAL HEALING & SELF-ESTEEM (1998),  
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 course has been offered annually around Australia since 1989, in Singapore since 2001, and commenced in Malaysia in 2006.

## 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 written assignments. An extensive, loose-leaf manual will be provided at each workshop. It is recommended that students keep an A3 size Process Journal that records all activities.

WORKSHOP ONE: 13<sup>th</sup> – 15<sup>th</sup> November, 2009

### 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: 20<sup>th</sup> – 22<sup>nd</sup> November, 2009

### 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 therapy
- Expressive writing and worksheets for expression and integration

WORKSHOP THREE: 12<sup>th</sup> – 14<sup>th</sup> February, 2010

### 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: 19<sup>th</sup> - 21<sup>st</sup> February, 2010

### 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: 9<sup>th</sup> – 11<sup>th</sup> April, 2010

### 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. (1995). *Emotional Release For Children - Repairing The Past, Preparing the Future*. Melbourne: ACER.

Pearson, M. (1998). *Emotional Healing & Self-Esteem - Inner-Life Skills of Relaxation, Visualisation and Meditation - for Children & Adolescents*. London: Jessica Kingsley.

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 our 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.

## 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.

## TRAINER FOR SOUTH EAST QLD

### MONIQUE RUTHERFORD

M Ed (SGC); M Ed (BM); B Ed/B Arts (Psych); Adv Dip ET; Dip ET; Cert ET; Cert IV TAA



Monique is a Mother of two, a registered Teacher, a Child Psychotherapist and accredited Expressive Therapies Counsellor in private practice. She has experience working with children at-risk in schools as a Behaviour Support Advisory Teacher and with children and families affected by abuse or neglect as a Child Protection Child & Family Therapist. Monique has undergraduate training in education and psychology and holds two Masters Degrees majoring in Behaviour Management and Guidance & Counselling. She also has advanced post-graduate qualifications in Expressive Therapies including Sandplay Therapy and Transpersonal & Emotional Release Counselling and is a Professional Member of the Australian Counselling Association (ACA). Monique currently is the Director of [INSIDE OUT Counselling & Training](#), a service focussed on supporting the emotional well-being of children,

parents and child professionals.

## 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.

Mark now works as a psychotherapy and counselling trainer in - Brisbane, Melbourne, Sydney, Cairns, Auckland, Singapore and Malaysia - through the Expressive Therapies Institute, and for the Australian Council for Educational Research. He regularly conducts programs for various welfare agencies and education departments around Australia.

Mark 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 (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 a member of the Queensland Association for Family Therapy, and is co-author of Sandplay and Symbol Work - Emotional Healing & Personal Development (2001).

## TIMES

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

## FEES

2010 fees are \$745 per 3-day workshop. Includes: Tuition, Extensive Manual, Lunch, Morning & Afternoon Tea, GST. After registration deposit of \$200, payments can be made prior to each workshop via cheque, credit card, direct debit or Ezy-Pay.

- Cheques to: "INSIDE OUT Counselling & Training" ABN: 46 215 770 445
- Credit card available by phone before workshop. Payment by credit card - add 3% bank charge.
- Direct bank deposit: INSIDE OUT Counselling & Training BSB: 638 010 Acct No.: 1063 5289
- An Ezy-Pay Debit payment system with automatic monthly deductions is also available for your convenience.

## WHAT TO BRING

- An old towel
- Large art pad (A3 size)
- Oil or chalk pastel crayons
- Biro & journal and/or notebook
- Wear loose comfortable casual clothing

## DATES – NEW ZEALAND 2009 - 2010

WORKSHOP ONE: 13 – 15<sup>th</sup> November, 2009

WORKSHOP TWO: 20 – 22<sup>nd</sup> November, 2009

WORKSHOP THREE: 12 – 14<sup>th</sup> February, 2010

WORKSHOP FOUR: 19 – 21<sup>st</sup> February, 2010

WORKSHOP FIVE: 9 – 11<sup>th</sup> April, 2010

## VENUE

Browns Bay Community Centre, North Shore, AUCKLAND.

For a Registration Form contact us on 07 5476 8084 or [monique@insideout-counselling.com.au](mailto:monique@insideout-counselling.com.au)

## COMMENTS ON THE FACILITATOR

For me the workshop was worth every effort taken to be here in creative bliss & safety. Such an inspiring and gently undertaken facilitation - trust, spirit, diversity, support, calm professionalism all carried in one person. Monique is unique! - Robyn Sheptooah, Family & Relationships Counsellor – Brisbane, Qld.

If only I had experienced this 15 years ago!! This is fabulous!! Monique is realistic, gentle and guiding. I'm privileged to have the opportunity to learn from you. - Cathy Lewis, School Based Youth Health Nurse.

This workshop was life changing and feels like the start of a new chapter for me. I feel like I've come home. Monique was very, very warm and full of wisdom. She shared in a respectful & encouraging way that allowed for a good balance between professional and personal learning. - Anita Regan, Child Advocate & Social Worker – Maroochydore, Qld.

A safe environment to express! A great way to re-connect to my inner wisdom that gets lost in the chaos of everyday life! Monique was very knowledgeable about content and theory and process. She has a soft, gentle manner that encourages self expression. - Heather Coull, Indigenous Youth Counsellor/Case Worker – Paddington, NSW.

This workshop was so personally rewarding that it felt like soul development rather than professional development. Something I'm looking forward to sharing with and creating for my students. Monique makes this training engaging and her passion and enthusiasm for this process is infectious. - Lisa O'Brien, Psychologist/Youth Support Coordinator – Bundaberg, Qld.

Monique was very sensitive & professional. She has a quiet presence - an intuition that flows with the needs of the group. - Vicki Goodsell, Psychologist/School Counsellor – Toowoomba, Qld.

## 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

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.

This training is presented by  
EXPRESSIVE THERAPIES INSTITUTE OF AUSTRALIA

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

in conjunction with

INSIDE OUT Counselling & Training

[www.insideout-counselling.com.au](http://www.insideout-counselling.com.au)

TO REGISTER FOR THE COURSE please contact Monique on...

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W: [www.insideout-counselling.com.au](http://www.insideout-counselling.com.au)