

CV

Mark Pearson

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Australian Citizen

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MARK PEARSON – PROFILE

23 years teaching counselling - nationally

10 years teaching counselling in international, multi-cultural settings

Extensive publication in areas of counselling and personal development

20 years supervised experience as a personal counsellor and counsellor supervisor

In collaboration with over fifty community agencies and tertiary training institutions, developed and presented inservice programs for staff, client groups and students

19 years experience supervising training teams

Provided supervision and support for Masters level research in the fields of education, social work and counselling

20 years directorship / management of private organisation providing counsellor training

Expertise in counselling with children and adolescents through creative arts-based activities

20 years experience in administration

Training and experience as a classroom teacher

RESEARCH INTERESTS

Current PhD research topic: *Multiple intelligence theory and the therapeutic alliance.*

The process of therapy – neuroscience and outcome research implications for practice.

Developing emotional literacy and wellbeing for youth through groupwork programs.

Application of multi-modal counselling approaches .

Current participation in a group project at the University of Notre Dame, Institute for Health and Rehabilitation: *A Group Exercise and Counselling Program to Improve Quality of Life for Breast and Prostate Cancer Survivors.*

KEY SKILLS

Self-motivation

Proven written and oral communication skills

Development and delivery of interactive training programs

Ability to support and guide students, teams, committees and professional associations

EDUCATIONAL AND TRAINING BACKGROUND

2011

Supervising Postgraduate Research (ED6115) 39 hours
University of Notre Dame Australia - Semester One

2010

PhD Candidate. Commenced February 2010 – University of Notre Dame Australia, Fremantle campus – expected completion late 2012.

Project title: *Multiple intelligence and the therapeutic alliance: Counsellors' and clients' perceptions of the effect of incorporating multiple intelligence theory into counselling practice.*

1998 - 2001

Master of Education - Behaviour Management

Queensland University of Technology, Brisbane

Including these units: Interpersonal Psychology, Understanding Research, Behaviour Management, Youth Focused Behaviour Management, Classroom Management, Interactive Teaching Strategies.

Dissertation: *Guidance officer and counsellor perspectives on supporting students through Expressive Therapies* (2001 – published 2003).

1996 - 1998

Certificate in Transpersonal Psychology

Psychotherapy training through the Grof Transpersonal Training 610 hours

Units included: Abnormal Psychology, Addiction and Spirituality, Culture and Consciousness, The Experience of Death and Dying, The Healing Potential of Non-Ordinary States of Consciousness.

Recognised by the International Transpersonal Association as a Masters level course

1987 - 1988

Two year advanced training in multi-modal experiential psychotherapy through apprenticeship with the directors/trainers of a private training organisation: a Jungian Analyst/Sandplay Therapist and a Gestalt trainer. Living Water Centre, Blue Mountains, NSW.

1986

Diploma in Emotional Release Counselling and Transpersonal Studies

Living Water Centre, Blue Mountains, NSW

12 weeks full time - 540 hours

Units included: Experiential Counselling, Jungian Psychology, Sandplay Therapy, Transpersonal Psychotherapy, Gestalt Dreamwork, Emotional Release Processes.

1970 - 1972

Diploma in Teaching

William Balmain College of Advanced Education, Sydney, NSW

Primary Teaching

CAREER HISTORY

2009 - 2012

Lecturer in Counselling / Counselling Practicum Coordinator
Discipline of Counselling – School of Arts and Sciences,
University of Notre Dame Australia, Fremantle
Course development and teaching - 8 units and numerous guest lectures.

1997 - 2012

Director, Manager and Senior Counselling Trainer
Expressive Therapies Institute of Australia
– courses conducted around Australia, New Zealand, and in S. E. Asia

1991 - 2012

Inservice training provider, for over fifty community, welfare and educational organisations -
Australia, New Zealand and S. E. Asia – details pp. 12 - 14.

1995 - 2008

Regular guest trainer - in counselling with children
The Australian Council of Educational Research - Melbourne, Brisbane, Sydney

1987 - 2007

Counsellor and supervisor in Private Practice
Working with counsellors, adults, couples, families, children and adolescents

1989 - 1997

Director of Training and Personal Development Facilitator
The Portiuncula Centre for Personal and Professional Development - Toowoomba, Qld.

1990 - 1994

Co-Director and Counselling Trainer
Inner Work Centre, Hazelbrook, NSW

1986 - 1990

Counselling Trainer - Expressive Therapies
Living Water Centre, Blue Mountains, NSW

AWARDS

2010

Award Recipient: Vice Chancellor's Postgraduate Medal, University of Notre Dame Australia

2010

Unijobs Lecturer of the Year: Finalist for the University of Notre Dame Australia

PUBLICATIONS

BOOKS

- Pearson, M.** (1991). *From healing to awakening: An introduction to transpersonal breathwork*. Valley Heights, NSW: Inner Work Partnership.
- Pearson, M., & Nolan, P.** (1991). *Emotional first-aid for children: Emotional release exercises and inner-life skills*. Springwood, NSW: Butterfly Books.
- Pearson, M.** (1997). *The healing journey: A workbook for self-discovery*. Melbourne: Lothian Books.
- Pearson, M., & Wilson, H.** (2001). *Sandplay and symbol work: Emotional healing and personal development with children, adolescents and adults*. Melbourne: ACER Press.
- Pearson, M.** (2004). *Emotional healing and self-esteem: Inner-life skills of relaxation, visualisation and meditation for children and adolescents*. London: Jessica Kingsley Publishers. (also in Korean edition)
- Pearson, M., & Nolan, P.** (2004). *Emotional release for children: Repairing the past, preparing the future*. London: Jessica Kingsley Publishers.
- Pearson, M.** (2006). *The Innerspace Program: A proactive groupwork program for emotional literacy, student wellbeing and resilience*. Student Workbooks and Facilitator Guides. Brisbane: Expressive Therapies Institute of Australia.
- Pearson, M., & Wilson, H.** (2009). *Using expressive arts to work with mind, body and emotions. Theory and practice*. London: Jessica Kingsley Publishers.
- Pearson, M., & Millar, J.** (in press). *A fern in the forest. Visualisation, relaxation and stillness. Activities and music for young people 7 to 10 years*. Melbourne: Millapede Projects. Book and CD.
- Pearson, M., & Millar, J.** (in press). *Imaginary journeys. Visualization and movement adventures for calm wellbeing and self-esteem. Activities and music for young people 7 to 10 years*. Melbourne: Millapede Projects. Book and CD.
- Pearson, M., & Millar, J.** (in press). *Sitting still, doing nothing. Mindfulness, self-awareness, meditation. Activities and music for young people 9 to 14 years*. Melbourne: Millapede Projects. Book and CD.
- Pearson, M., Wilson, H., & O'Brien, P.** (Eds.) (under review). *Expressive therapies and sandplay in action. Research and application in Australia*. Camberwell, VIC: ACER.

PEER REVIEWED ARTICLES

- Pearson, M.** (2003). Guidance officer and counsellor perspectives on using expressive therapies to support students. *Australian Journal of Guidance and Counselling*, 13(2), 205 - 224.
- Pearson, M.** (2011). Multiple intelligences and the therapeutic alliance: Incorporating multiple intelligence theory and practice in counselling. *European Journal of Psychotherapy & Counselling*, 13(3), 263 – 278.

Pearson, M. (in press – due March 2012). Building bridges: Higher degree student retention and counselling support. *Journal of Higher Education Policy and Management*, 34(1).

Pearson, M., & Wilson, H. (2008). Using expressive counselling tools to enhance emotional literacy, positive emotional functioning and resilience: Improving therapeutic outcomes with Expressive Therapies. *Counselling, Psychotherapy and Health*, 4(1), 1-19.

Pearson, M., & Wilson, H. (under review). Soothing spaces and healing places: Is there an ideal counselling room design? *Psychotherapy in Australia*.

Smith, G., & **Pearson, M.** (2011). Counselling clients from an older generation. *Psychotherapy in Australia*, 17(3), 12 – 18.

Smith, G., & **Pearson, M.** (2011). Counselling clients from a younger generation. *Psychotherapy in Australia*, 17(4), 68 – 74.

OTHER ARTICLES

Pearson, M., & Wilson, H. (2008). Opening doors to a safe haven – Creating healthy family landscapes through Expressive Therapies. *PACAWA Newsletter*, 42, 4 - 5.

Pearson, M., & Wilson, H. (2009). Using expressive arts to work with mind, body and emotion. *Psychotherapy in Australia*, 16(1), 55 - 64.

ARTICLES IN PREPARATION

Pearson, M. (in preparation). Facilitators' perceptions of the contributions of expressive therapies within a school-based multiple intelligence groupwork program.

Pearson, M., Wilson, H. & Pickering, A. (in preparation). Group facilitators' experience of guiding counselling groups for prostate cancer recovery.

CONSULTANCIES

2011 Member of Course Assessment Panel for the Government of South Australia, Department of Further Education, Employment, Science and Technology, Quality and Tertiary Education Policy Directorate.

2011 Member of a postgraduate supervisors' advisory cohort. University of Notre Dame.

2011 Member of the External Advisory Panel – Counselling Discipline – University of Notre Dame, Australia.

2008 Consultant for the founding of the Selangor Association of Play and Expressive Therapies, Malaysia

1994 Consultant for the founding of the Queensland Transpersonal and Emotional Release Counsellors Association, Inc. (a PACFA member association).

CONFERENCE PRESENTATIONS

2011

Presentation: Curtin University - The Twelfth Humanities Graduate Research Conference: *Changing Facts: Changing Minds; Changing Worlds*. Perth, October 20 & 21: *Multiple intelligence and the therapeutic alliance: Changing views of theory and practice in counselling*.

Keynote: Research Conference – School of Arts & Sciences, University of Notre Dame, Fremantle, September 27, 2011: *Soothing spaces and healing places: Is there an ideal counseling room design? Australian counsellors perceptions compared to the literature*.

Keynote: Research Conference – School of Arts & Sciences, Notre Dame, Fremantle, March 29: *Multiple intelligence and the therapeutic alliance: Counsellors' and clients' perceptions of the effect of incorporating multiple intelligence theory into counselling practice*.

2010

Keynote: Research Conference – School of Arts & Sciences, Notre Dame, Fremantle, March, 2010: *Researching Expressive Arts Therapies: Practice-based evidence and the 'common factors' in therapy outcomes*.

Invited presentation: National Education Conference, University of Southern Queensland: *Authentic Counselling Practices: Challenging current thinking, creating new knowledge*. Hervey Bay, April, 2010: *Using Expressive Arts Therapies to work with mind body and emotion*.

Invited workshop: National Education Conference, University of Southern Queensland: *Authentic Counselling Practices: Challenging current thinking, creating new knowledge*. Hervey Bay, April, 2010: *Symbol Work: A practical workshop*.

2009

Invited presentation: Australasia Pacific Play Therapy Association Conference, Launceston, August, 2009: *After earthquakes, solid ground - Repairing attachment through Sandplay*.

Invited workshop: Australasia Pacific Play Therapy Association Conference, Launceston, August, 2009: *Symbol Work and Sandplay Therapy: The dance between structure and freedom*.

Invited presentation: Early Years in Education Society – National Conference, Perth, September, 2009: *Stories without words: Adapting Sandplay Therapy for the early years*.

PROFESSIONAL MEMBERSHIPS

2011 - 2012

Full member of the Society of Counselling and Psychotherapy Educators Australia Inc.
(Member Association of PACFA)

2009 - 2012

Full professional member of the Australian Creative Arts Therapies Association

2007 - 2009

Academic member of the Australian Counselling Association

2007 - 2008

Consultant to the working party (Malaysia) for the formation of the Selangor Association for Play and Expressive Therapies

2004 - 2006

Member: Queensland Counselling Association (Member Association of PACFA)

2000 - 2005

Member: Queensland Association for Family Therapy (Member Association of PACFA)

1994 - 2005

Founding member: Queensland Transpersonal and Emotional Release Counsellors Association
(Member Association of PACFA) Also founder of Victorian and NSW branches.

SUPERVISION

Experience as a Counselling Supervisor

2009 – 2012 Supervisor for Graduate Diploma unit *Supervision and Case Studies* – UNDA

Supervisor in private practice. Recognised as a supervisor by Australian Counselling Association.

2004 – 2007 Regular provision of individual and small-group supervision for counsellors, both in Melbourne and Brisbane.

VOLUNTEERING

2011 - 2012

At the University of Notre Dame, conduct a 10 week program of group counselling sessions for men recovering from prostate cancer, including intake and exit interviews.

TRAINING COURSES DEVELOPED / CONDUCTED

2009 – 2012 University of Notre Dame Australia

Unit content developed, unit co-ordinator, lecturer and tutor for counselling units at the University of Notre Dame Australia, Fremantle campus:

Bachelor in Counselling

CN102 – Personal Growth Group

CN201 – Couples and Families Counselling

CN207 – Meditation and other Stress Reducing Techniques

CN302 – Personal Growth, Group Facilitation and Group Theory

CN303 – Case Studies / Placement / Supervision

Graduate Diploma in Counselling Skills

CN414 – Case Studies and Supervision

CN413 – Couples and Families Counselling

Masters in Counselling

CN503 – Counselling Couples and Families

CN606 – Dissertation Supervision

Guest lectures in Grad. Cert. in Mental Health Counselling

Unit: CN512 - Professional Issues in Mental Health Counselling

Guest lectures in Bachelor of Counselling

Unit: CN304 – Special Topics in Counselling - Annual lectures

2006 – 2012 The Innerspace Programs – Proactive Groupwork Program for Emotional Literacy, Student Well-being and Resilience

Recognised by ACA, CAPA, Education Queensland.

2-day training for teachers, guidance officers, social workers, psychologists, chaplains and private practitioners.

1991 – 2012 Certificate in Sandplay Therapy and Symbol Work

Recognised by PACAWA, ACATA, ACA, CAPA, Malaysian Psychotherapy Association, Selangor Association for Play and Expressive Therapies, USQ, UQ.

105 hours - co-developed with Helen Wilson

Conducted annually around Australia since 1991, in New Zealand 2006 - 2007, Singapore 2010 – 2012, Malaysia 2011 - 2012.

1989 – 2012 Certificate in Expressive Therapies with Children and Adolescents – Somatic Focussed, Creative Counselling for Emotional Integration.

Recognised by PACAWA, ACATA, ACA, CAPA, Selangor Association for Play and Expressive Therapies, Ministry of Education, Singapore.

15 days 105 hours Conducted around Australia since 1991, Singapore since 2001, Malaysia since 2005.

1995 – 2012 One-day Professional Extension Training Workshops

Counselling with Adult Clients:

Spirituality in Counselling: Exploring the spectrum of re-connection.

Healing and Improving Relationships. Symbol Work and emotion-focused approaches.

Building Strong Support Teams – through personal growth.

Using Multiple Intelligence Theory and Practice: Responding to client needs.

Processing, Reflecting and Integration: Art and multiple intelligences in the healing journey.

One-day Professional Extension Training Workshops

Counselling with Children and Adolescents:

Expressive Therapies with Troubled and Traumatized Young Clients.

Working Through Anger and Frustration with Young Clients.

Introduction to Sandplay Therapy.

Grief, Loss and Separation: Emotion-focused approaches to counselling young clients.

Using Expressive Therapies in Pastoral Care: Supporting emotional expression.

Expressive Therapies in Schools: Counselling activities to reduce difficult behaviour.

The Arts in Creative Counselling: Music, rhythm and mandalas.

Introduction to Symbol Work for Counsellors: Projective activities with miniatures.

2003 Expressive Therapies Unit - Counselling Theory 3 (CNST3) - Bachelor of Health Sciences (Counselling)

14 face-to-face lectures x 3 hours each

Co-developed with Helen Wilson

For: The Australian College of Natural Medicine, Brisbane

2002 Master of Education (Counselling)

- Major: Sandplay & Symbol Work

University of Southern Queensland - Course designed - Not yet adopted by USQ

1998 – 2002 Certificate in Relationships Counselling - with Emotion-Focussed Methods

15 days - 152 hours

1990 – 2006 Level I, Level II and Level III Practitioner Certification in Expressive Therapies

PACFA and ACA recognised courses.

Three years part-time 1,650 hours

PROFESSIONAL DEVELOPMENT ATTENDED

2011

Supervising Postgraduate Research (ED6115) 39 hours
University of Notre Dame Australia

Registered for attendance: The Australian Association of Family Therapy Conference: *From the Cradle to the Grave: Family Therapy research into practice*. 25 & 26 November, Melbourne.

2010

Professional Doctorate course work, University of Notre Dame Australia, Fremantle.
Recipient of the Vice Chancellor's Medal for course work.

1-day training: Society of Professional Social Workers – *Everything you ever wanted to know about child abuse*. November, Fremantle.

1-day workshop: PACAWA Professional Development Workshop. November, Perth.

2009

2-day training: *The search for the mythical mate: Integrating attachment, differentiation and neuroscience for effective couples therapy*. Bader, E., & Pearson, P. *Psychotherapy in Australia* course, March, Sydney.

2-day training: *The intersystem approach to couple therapy: An integrative perspective*. Dr Gerald Weeks - *Psychotherapy in Australia* course, August, Perth.

2-day training: *Brain-based therapy: Integrating science with theory and practice*. John Arden & Lloyd Linford - *Psychotherapy in Australia* course, November, Perth.

RECENT INSERVICE PROGRAMS & LECTURES WRITTEN & PRESENTED

2011

TCA College, Singapore, September, 2011, Lecture and demonstration: *Using Sandplay Therapy with children with emotional difficulties*.

SAL Consulting (Clinical and training providers), 1-day training: *Using Expressive Therapies to work through anger and trauma with young clients*. Sydney, July, 2011.

Centacare, Bathurst, NSW, July, 2011:

1-day training: *Using Expressive Therapies with troubled and traumatised young clients*.

1-day training: *Introduction to Sandplay Therapy*

2010

Psychotherapists and Counsellors Association of WA, PD presentation: *Sandplay: Balancing compassion and curiosity, care and competence*. Perth, March, 2010.

SAL Consulting (Clinical and training providers), 1-day training: *Introduction to Sandplay Therapy with young clients*. Sydney, April, 2010.

Department of Education & Children's Services, South Australia – 2-day training: *Introduction to Sandplay Therapy*. May, 2010, Adelaide.

Women's Council for Domestic and Family Violence Services (WA): 1-day training: *Introduction to Sandplay Therapy*. September, 2010, Perth.

2009

Centacare, North West Tasmania – 5 days: *Sandplay Therapy foundation skills*, July, 2009, Devonport.

Centacare: 1-day training: *Safe anger release*. May, 2009, Parramatta, NSW.

2008

Life Bridge Community Counselling & Training Centre, 1-day training: *Grief, loss and separation – Emotion-focused approaches to counselling young clients*. November, 2008, Sunshine Coast, Qld.

Malaysian Psychology Centre, Training evening: *Overcoming emotional problems with Expressive Therapies*. October, 2008, Kuala Lumpur.

Notre Dame University Australia – Guest lectures:

- September: *Expressive Therapies with traumatised young clients*
- October: *Introduction to Sandplay Therapy*

Malaysian Psychology Centre, training evening: *Sandplay Therapy for stress management*. August, 2008, Kuala Lumpur.

Child Youth & Mental Health, 1-day training: *Working with troubled and traumatised children*, June, 2008, Townsville.

Alcohol & Drug Foundation of ACT, 1-day training: *Working with troubled and traumatised children*. May, 2008, Canberra.

Inservice Programs – Delivered in Australia

- created and presented for staff and / or clients of:

St Joseph's Homes, Grafton

Nazareth Senior College, Bankstown

Benedict Community School, Auburn, NSW

The Haven, Youth Refuge, Toowoomba, Qld

Bethany Family Care Centre, Geelong, Vic

The Victorian Emotional Release Counsellors Inc, Melbourne, Vic

The Ballarat Counsellors Support Group, Ballarat, Vic.

McAuley Special School, Melbourne, Vic

Wesley Centre, Geelong, Vic

Fatima Children's Homes, Toowoomba, Qld

Breath of Creation Centre, Malvern, Vic
Sunnybank Family Support Centre, Brisbane
Tablelands Rape and Crisis Centre, Atherton, Qld
Bremer Institute of TAFE, Ipswich, Qld
Cooloola Institute of TAFE, Caloundra, Qld
The Association of Children's Welfare Agencies, Inc, Sydney, NSW
Mallee Family Care, Mildura, Vic
Relationships Australia: Sydney, Perth
Centacare: NSW, Tasmania
Birdwing Therapies, Cairns
Jean's Place – Child Support Centre, NSW
Elizabeth Grove Children's Centre, SA
Waratah Support Centre, Bunbury, WA
Australasia Pacific Play Therapy Association
SAL Consulting, Pennant Hills, NSW
Central Zone Support Network, Qld Health
Women's Council for Domestic and Family Violence Services, WA

Inservice Programs – Delivered in S. E. Asia

KK Women's and Children's Hospital, Singapore - 2008
Malaysian Psychology Centre - 2008
Agape Counselling Centre Malaysia – Kuala Lumpur - 2006 to 2008:
- *Expressive Therapies with Children and Adolescents* - 15 days – two intakes
Agape Counselling Centre Malaysia – Kuala Lumpur - 2007:
- *Building Strong Support Teams - Through Personal Growth*
Academy of Human Development – Singapore - 2001 to 2006
Fei Yue – Family Support Centre – Singapore - 2001 to 2002
Academy of Certified Counsellors - Singapore - 2006 to 2007
Ministry of Community Development, Singapore: 2-day program for Child Protection Officers: *Planning and Facilitating Groupwork Programs for Young Children*
TCA College, Singapore, September - 2011
St. Andrews Lifestreams, Singapore 2010 - 2011
Selangor Association of Play and Expressive Therapies, Kuala Lumpur - 2011

Inservice Programs - New Zealand

Marco Creative Arts Trust, Auckland - 2006 – 2007
- *Certificate in Sandplay Therapy & Symbol Work* - 12 days
- *The Innerspace Program* - 2 day

STUDENT COMMENTS ON TEACHING

Student Comments from the University of Notre Dame From Unit Content Evaluations and Teaching Performance Evaluations

CN503 – Masters – Couples and Family Counselling

The lecturer is an extraordinarily approachable and amenable person. Always felt comfortable and listened to in lectures. Very knowledgeable with subject and shares great experiences.

One of the best units I have taken. Open, responsive and flexible to the issues that were presented.

Mark's style was professional yet personal and approachable. His experience and examples made the theoretical aspects come alive for us.

I really enjoyed the unit. Mark is patient and a great lecturer.

An extremely valuable unit – a must-have for counsellors.

Excellent. I recommend Mark to teach international students, an excellent lecturer!

Mark has a very gentle approach which is very easy to understand and follow.

Really enjoyed this unit, and the assessments were worthwhile and helped to extend my understanding of the subject matter.

CN201 – 2nd Year Bachelors - Counselling Couples and Families

I have been inspired to think critically about counselling frameworks.

I really enjoyed this unit. The lecturer is passionate about his subject.

Very informative, lots of explanations / examples – very helpful.

It was a truly engaging and exciting unit, delivered with passion and wisdom. It was inspiring and an expansive experience intellectually and emotionally.

I felt very engaged in every lecture and tutorial – a great lecturer.

Mark was very approachable and it was a pleasure to be in his class.

Mark Pearson's knowledge and experience in the counselling profession is invaluable. I can honestly say that this unit has been enjoyable and informative.

Highest of rating possible. Mark needs to be congratulated on a job very well done!!!

Mark is a very passionate and enthusiastic lecturer. His experience and his sharing of this is wonderful to hear.

I enjoyed the constructive approach to a subject very challenging. I believe the lecturer / tutor had a modern outlook to an age-old topic of relationships, which I found appropriate.

I found Pearson a very informative and warm teacher – approachable, fun – which is a breath of fresh air in a stuffy academic setting.

CN202 – 2nd Year Bachelors - Personal Growth Group

I enjoyed and valued Mark's facilitation

What I thought was not possible, you facilitated and made possible.

A great semester. I appreciated the way Mark facilitated, which allowed a far more authentic and dynamic experience.

CN302 – 3rd Year Bachelors - Personal Growth, Group Facilitation & Group Theory

Mark is very person-centred and accommodating of all members.

I have enjoyed Mark's style, although challenging. I have found him grounded and gentle.

Great facilitation – courageous and empowering to group members, respectful of our potential.

Mark is obviously passionate about this field of work – an inspiration! His knowledge and the way he attended not only to me personally, but as a group reflect much sensitivity and support!

CN102 – 1st Year Bachelors - Personal Growth Group

In personal growth, Mark helps us feel safe and not judged.

Mark has helped guide the group to a great level of acceptance.

Mark is a master at what he does.

CN207 – 2nd Year Bachelors - Meditation and Stress Reducing Activities

Mark was extremely confident, yet approachable and open. His communication was excellent, as was his ability to pass on his obvious knowledge and experience.

Mark not only equipped us with many valuable methods to use in practice, but confidently and effectively encouraged our own relaxation, in a very gentle and confident manner.

Mark's knowledge in this area was exceptional. His calm manner enhanced the training.

CN413 – Graduate Diploma - Counselling Couples and Families

The unit was wonderfully engaging, interesting and helpful.

I found Mark to be very thorough, helpful and well informed.

Mark is an excellent lecturer; respectful, intelligent, friendly, humorous and kind.

Mark has been an extremely supportive and helpful lecturer and tutor. He made assignments clear and provided marking keys and excellent feedback to assist us to improve.

Feedback From University of Southern Queensland

Subject: Residential school
From: "Patrick O'Brien" <obrienp@usq.edu.au>
Date: Thu, October 30, 2008 9:15 am

Mark

Thought that you would like to know how the residential school went. In thinking about it I realised that this year was the first year in my 9 years at the university that I have taken the residential school without you providing a full days workshop on Sandplay and Symbol Work. I also realised that before you left, I didn't have the chance to let you know how much I valued working with you over the years.

I was thinking how much I enjoy your conversational teaching style and the relaxed way in which you impart knowledge. I have learnt much from you over the years and have tried to emulate what you do with some success but it does not seem to come out quite the same. When you first start I always wonder whether you will again be successful in quickly creating a safe learning environment for all my students, as they can be a varied lot. You always do, and it is not long before they are enjoying the program. You have great talent as a teacher and communicator.

I particularly like the way you vary from the theoretical to the practical and the transition for students seems seamless. I guess that comes from an intimate knowledge of the theory and a wide variety of experiences in therapy.

Just thought that I would let you know that you and your skills are greatly missed. Hope that you return to Queensland one day and we can take up where we have left off.

Dr Patrick O'Brien
Senior Lecturer
Faculty of Education
University of Southern Queensland
Fraser Coast Campus
P O Box 910
Fraser Coast 4655

Phone: 07 4120 6178
Fax 07 4194 3188

Student Feedback from Malaysia

From Agape Counselling Centre Malaysia, Kuala Lumpur

On the training course presented by Mark Pearson:

Certificate in Expressive Therapies with Children & Adolescents

1. Course rating:

extremely helpful (52%) helpful (44%)

2. Highlights of the course:

- To be more flexible, more creative in using activities for helping the client when needed.
- Understanding interpersonal, intrapersonal, transpersonal skills; and stages for presenting relaxation sequences.
- Self development for the carer, and real experience before trying out on the clients.
- The various ET imaging techniques.
- Trying out the activities for personal awareness and development. Having hands on experience is very useful.
- Self-esteem visualization, bio-energetic games, self-esteem exercise, story telling.
- Always enjoy the bio-energetics, and the variety of relaxations, different and affirming - will be useful to my clients. Thank you.
- All good.

3. What activities will be most useful in your work:

- Designing the program for a client was helpful.
- Applying relaxation, use of worksheets.
- Meditation, the warm up and the basic bio-energetic exercises.
- Planning a relaxation activity session.
- Basically all the activities / techniques are useful.
- All.
- The worksheet exercises on self-esteem are helpful and useful.
- Stages of relaxation sequence, engaging and informing parents / care.
- All of the activities and techniques from every workshop that I attended are useful for me.
- All activities are useful, I've learned the techniques of meeting the clients where they are (flexibility) instead of following the plan rigidly.

4. The manual and the trainer (Mark Pearson):

- Great job!
- Straight forward and easy to understand.
- Mark is excellent in teaching and guiding us in understanding the concepts of each activity.
- Excellent.
- Mark is excellent.
- Trainer gave us space for processing through the activities.
- The trainer is knowledgeable and is able to share his expertise and experience well.
- Well prepared.
- Clear.

EXPRESSIVE THERAPIES INSTITUTE COURSES

Comments from Student Feedback Forms on the Certificate in Expressive Therapies:

I have found this to be a tremendously exciting and rewarding course involving an ongoing process of theoretical development and experiential learning in which personal and professional development are inter-woven in an immensely satisfying way. Mark and Helen provide a safe, supportive environment in which participants undertake a transformative personal journey that simultaneously develops highly effective therapeutic skills.

– Dr Jenny Campbell, QUT, Brisbane.

With one adult client in particular, it has been the most amazing experience. I used the most beautiful symbol exercise first and then the Then and Now. She has really connected to this work and has just made so many gains. Her feedback about this process has been that it has changed her life in so many ways. She is blown away. It has given her so much insight already.

The second client, we are just working at a very slow pace, lots of trauma issues. The beautiful symbol exercise brought out lots of uses, so used the connection to nature exercises which worked really well. Thanks for sharing this great way of working. Keep up the great work. - Lisa Lawrence - Team Leader, Green Valley Domestic Violence Service, NSW.

The course very much emphasised self-experiencing. It provides sufficient practices that actually prepare 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 – Academy of Certified Counsellors, Singapore.

The course was experiential, transformative and creative. ET for children and adolescents is one of the most authentic and effective healing tools that I have experienced. – Primrose White, Psychologist, Convener of APS interest group on Child Psychology, Melbourne.

Student Feedback on Certificate in Sandplay Therapy:

I found all the activities to be powerful. The trainer had a wonderful presence and openness with everyone. The manual was excellent. Every day and every activity was incredibly worthwhile and useful, both personally and professionally.

– Michelle Furner, Adolescent Counsellor, CYMHS, DUBBO, NSW.

The course was very well thought through, balanced in all aspects. I felt I received well grounded, research methods and processes that had been tried and proven. A highlight was working with the sandtrays and having the time to process the work in progress over the five days. – Eveline Crotty, Pastoral Care & Chaplaincy Trainer, SYDNEY.

This course is the missing link to Social Work practice and helping people.

– Carol Pinfield, Student Social Worker, CAIRNS,

Thanks for the excellent sandplay course. It was an extremely beneficial experience for me, both from a personal and a professional perspective. I thoroughly enjoyed the highly professional and informative, yet relaxed and collegial facilitation.

– Fiona Pienaar – MIT, New Zealand.

REFEREES

Dr Caroline Bulsara

Brightwater Centre Manager / Research Supervisor
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Osborne Park WA 6017
Ph: 08 9202 3534
Mob: 0418 953 413
Email: Caroline.Bulsara@brightwatergroup.com

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