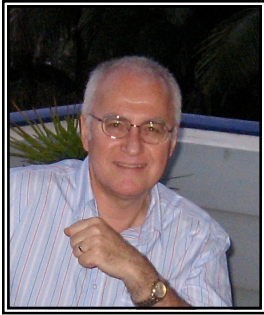


# Curriculum Vitae

## Mark Pearson

June 2011



### Contact details:

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Personal Web: [www.markpearson.com.au](http://www.markpearson.com.au)

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

Current work email - University of Notre Dame, Fremantle:  
[mark.pearson@nd.edu.au](mailto:mark.pearson@nd.edu.au)

## **PROFILE**

23 years teaching counselling - nationally

10 years teaching counselling in international, multi-cultural settings

Extensive publication in areas of counselling and personal development

18 years supervised experience as a personal counsellor and counsellor supervisor

In collaboration with over 50 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

19 years directorship / management of private organisation providing counsellor training

An area of speciality is teaching counselling of children and adolescents

14 years experience in administration

Experience as a classroom teacher

## **RESEARCH INTERESTS**

Doctoral research topic: Multiple intelligence theory and the therapeutic alliance

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

Developing emotional literacy and wellbeing for youth through groupwork programs

Application of multi-modal counselling approaches

Current project: “The aesthetics of the counselling space: Counsellor perceptions of the influence of the therapeutic context.”

## **KEY SKILLS**

Self-motivation

Proven written and oral communication skills

Development and delivery of interactive training programs

Ability to support and guide teams, committees and professional associations

## **EDUCATIONAL AND TRAINING BACKGROUND**

**2011**

**Supervising Postgraduate Research (ED6115)** 25 credit points 39 hours  
University of Notre Dame Australia - Semester One

**Award Recipient:** Vice Chancellor's Postgraduate Medal 2010

**2010**

**Doctor of Counselling** 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.*

**Finalist** for University of Notre Dame, Australia – Lecturer of the Year Awards - 2010

**1998 - 2001**

**Master of Education - Behaviour Management**

Queensland University of Technology, Brisbane

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

Recognised by the International Transpersonal Association as a Masters level course

**1986 - 1987**

Two year training in multi-modal experiential psychotherapy through apprenticeship with the directors 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

Course components:

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

**1983 - 1984**

Various certificates in therapeutic bodywork and teaching relaxation and meditation

Nature Care College, Crows Nest, NSW

**1970 - 1972**

**Diploma in Teaching**

William Balmain College of Advanced Education, Sydney, NSW

Primary Teaching

## **CAREER HISTORY**

### **2009 - 2011**

Lecturer in Counselling – School of Arts and Sciences,  
University of Notre Dame Australia, Fremantle

Course development and teaching - 8 units each semester and numerous guest lectures - p. 9.

### **1997 - 2011**

Director, Manager and Senior Counselling Trainer

Expressive Therapies Institute of Australia

– courses conducted around Australia, New Zealand, and in S. E. Asia

### **1991 - 2008**

Inservice training provider, for over 50 community, welfare and educational organisations -  
Australia, New Zealand and S. E. Asia – details p. 12.

### **1995 - 2008**

Regular Guest Trainer in Expressive Therapies

The Australian Council of Educational Research - Melbourne, Brisbane, Sydney

### **1987 - 2005**

Counsellor and supervisor in Private Practice

Working with counsellors, adults, couples, families, children and adolescents

Blue Mountains NSW, Brisbane and Melbourne

### **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

### **1979 - 1984**

Editor / Writer

Harvest Publishing, Balmain, NSW

### **1975 - 1976**

Administrator - Grants Officer

Australian Film and Television School, Ryde, NSW

### **1975**

Tutor / Director - Remedial Reading Clinic - Balmain, NSW

Self-employed, contracts with local schools

### **1973 - 1974**

Primary School Teaching - Merrylands, NSW

NSW Department of Education

## **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.

### **BOOKS IN PREPARATION**

- Pearson, M., Wilson, H., & O'Brien, P.** (Eds.) (in preparation). *Expressive Therapies in action. Application and research*.

### **BOOK CHAPTERS IN PREPARATION**

- Pearson, M.** (in preparation). *Using Expressive Therapies in school settings. Research and current practice*. In M. Pearson, H. Wilson, and P. O'Brien (Eds.) (in preparation). *Expressive Therapies in action. Application and research*.

## 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.** (in press). Multiple intelligence and the therapeutic alliance: Incorporating multiple intelligence theory and practice in counselling. *European Journal of Psychotherapy & Counselling*. (due out September 2011)

**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). Can the counselling room contribute to the effectiveness in therapy? Do aesthetics make a difference for client or counsellor?

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

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

## 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.

## CONFERENCE PRESENTATIONS & ATTENDANCE

### 2011

Research Conference – School of Arts & Sciences, Notre Dame, Fremantle, March:

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

Attendance at: Quality SCAPE – Annual conference of the Society of Counselling and Psychotherapy Educators – Brisbane 30 April – 1 May

### 2010

Research Conference – School of Arts & Sciences, Notre Dame, Fremantle, March:

- **Keynote:** *Researching Expressive Arts Therapies: Practice-based evidence and the 'common factors' in therapy outcomes.*

Authentic Counselling Practices: Challenging current thinking, creating new knowledge.

National Education Conference, University of Southern Queensland, Hervey Bay, April:

- **Invited presentation:** *Using Expressive Arts Therapies to work with mind body and emotion*

- **Invited workshop:** *Symbol Work: A practical workshop*

### 2009

Australasia Pacific Play Therapy Association Conference, Launceston, August:

- **Invited presentation:** *After earthquakes, solid ground - Repairing attachment through Sandplay*

- **Invited workshop:** *Symbol Work and Sandplay Therapy: The dance between structure and freedom.*

Early Years in Education Society – National Conference, Perth, September:

- **Invited presentation:** *Stories without words: Adapting Sandplay Therapy for the early years*

Attendance at: International Psychoanalytic Psychotherapy Conference – Perth, November

### 2008

Sexual Assault Support Service Conference, Qld Health, Inaugural Conference, June, Brisbane:

- **Keynote:** *Self-care and healthy professional boundaries*

NSW Women's Refuge Movement - Child Support Conference, April, Sydney:

- **Keynote:** *Exploring the story without words – Expressive Therapies support for children in counselling.*

## 2007

Association for Supervision, Coaching, Consultancy in Australia and New Zealand, October, Sydney: - **Keynote:** *Creativity in supervision: Using Sandplay and Symbol Work*

Education Queensland – Guidance Officer Conference, April, Hervey Bay:

- **Invited presentation:** *Developing emotional literacy - Enhancing emotional communication with students.*

Creative Therapies Association of Aotearoa (New Zealand) Conference, March, Auckland:

- **Keynote:** *Emotional healing, emotional literacy and resilience.*

- Full-day **invited workshop:** *Processing, reflecting and integration: Art and multiple intelligences in the healing journey.*

## 2006

Inaugural Australian National Sandplay Therapy Conference: *Sand & Psyche*, Sydney:

- **Invited presentation:** *Through earthquakes to solid ground.*

Society for Counselling and Psychotherapy Educators - 7<sup>th</sup> National Conference – Adelaide:

- Presentation: *Landscapes of the soul: Shaping compassion through Sandplay Therapy.*



## **PROFESSIONAL MEMBERSHIPS**

2009 - 2011

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)

## **SUPERVISION**

### **Experience as a Counselling Supervisor**

Supervisor as part of private practice. Recognised as a supervisor by ACA

Supervision of Masters research in social work, counselling and education (Notre Dame, Queensland Health, Victorian Department of Education, QUT)

2004 – 2007 Regular provision of individual and small-group supervision for counsellors:  
Hearthaven Centre for Expressive Therapies - Melbourne  
Expressive Therapies Institute - Brisbane

### **Experience as a Counselling Supervisee**

2009 - 2011

Participation in group supervision of Personal Growth Group facilitators at Notre Dame.

2004 - 2006

Participation in on-going peer supervision group - meeting every 6 to 8 weeks - Brisbane

2001 - 2007

Individual supervision - 2 supervisors: 1 for client and group work, 1 for personal process.

1994 - 2005

As a member of QTERCA, required to provide evidence of a minimum of 40 hours supervision per year.

2004 - 2006

As a member of QCA required to present evidence of supervision of 12 hours per year.

## **TRAINING COURSES DEVELOPED / CONDUCTED**

### **2009 – 2011 University of Notre Dame Australia**

Unit content developed, 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 and Group Facilitation Training

CN304 – Guest lectures – Special Topics in Counselling

#### **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

Lecture titles:

*Professional Issues: Stress and Burnout*

*Community Agency Work vs Private Practice*

*The Future of Mental Health Counselling Research*

### **2007 - 2008**

#### **Pathways to Student Wellbeing - Proactive, practical skills for improving communication, emotional support and resilience.**

Recognised by ACA, CAPA, Scripture Union, Qld.

8-day program for school chaplains and GOs.

For: The Australian Council for Educational Research in conjunction with Scripture Union.

Course designed and written, but not yet implemented.

### **2006 - 2011**

#### **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, GOs, social workers, psychologists, chaplains and private practitioners.

Level One - Junior - 7 to 9 year olds

Level Two - Middle School - 10 to 14 year olds

For: Expressive Therapies Institute of Australia

Education Queensland

**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

Course designed and written, but not yet implemented.

**2002**

**Master of Education (Counselling)  
- Major: Sandplay & Symbol Work**

University of Southern Queensland

Co-developed with Helen Wilson

Course designed - Not yet adopted by USQ

**1998 - 2011**

**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 (Co-developed with Helen Wilson)

Conducted annually around Australia since 1991, Singapore since 2001, Malaysia since 2005.

For: Expressive Therapies Institute of Australia

Agape Counselling Centre, Malaysia

Academy of Human Development, Singapore

**1998 - 2002**

**Certificate in Relationships Counselling  
- with Emotion-Focussed Methods**

15 days - 152 hours

Co-developed and presented with Helen Wilson

For: The Turnaround Centre for Expressive Therapies

Expressive Therapies Institute of Australia

**1995 - 2011**

**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.

## **1991 - 2011**

### **Certificate in Sandplay Therapy and Symbol Work**

Recognised by PACAWA, ACATA, ACA, CAPA, Malaysian Psychotherapy Association, USQ, UQ.

105 hours - co-developed with Helen Wilson

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

For: Expressive Therapies Institute of Australia

Marco Creative Arts Trust, Auckland

St. Andrews Lifestreams – St. Andrews Mission Hospital, Singapore

## **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

Course conducted annually between 1990 and 2006 (Co-developed with Helen Wilson)

For: Inner Work Centre, Hazelbrook, NSW

Portiuncula Centre for Professional Development

Expressive Therapies Institute of Australia

## **PROFESSIONAL DEVELOPMENT ATTENDED**

### **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.

### **2008**

2-day training: *Supershrinks: Learning from the field's most effective practitioners*. Dr. Scott Miller - *Psychotherapy in Australia* course, November, Sydney.

### **2007**

2 days: Creative Therapies Association of Aotearoa (New Zealand) Conference  
- *Healing Ways*, march, Auckland.

### **2006**

5-day course: *Advanced Sandplay Therapy* with Ruth Ammann - President of the International Society for Sandplay Therapy, Brisbane.

2-days: *Sand & Psyche* - Inaugural Australian Conference on Sandplay Therapy  
- C. G. Jung Society – Sydney.

1-day: Australian and New Zealand Music Therapy and Guided Imagery Association  
Conference, Auckland.

3-day: *LandScape* – 7<sup>th</sup> National Conference of the Society for Counselling and Psychotherapy  
Educators – Adelaide.

### **2005**

1-day training: Sandplay Therapy Master Class - with Ruth Ammann, Brisbane

2-day training: *The neuroscience of therapy: Weaving hearts and minds* - Dr Louis Cozolino & Dr  
Daniel Siegel - *Psychotherapy in Australia* course, Brisbane.

3-day: *See-SCAPE* – 6<sup>th</sup> National Conference of the Society for Counselling and Psychotherapy  
Educators, Gold Coast, Qld.

2-day training: *Psyche and soul - Post Jungian directions* - Dr Andrew Samuels - *Psychotherapy in  
Australia* course, Brisbane.

## **RECENT INSERVICE PROGRAMS & LECTURES WRITTEN & PRESENTED**

### **2011**

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

Centacare, Bathurst, NSW, July:

1-day training: *Using ET 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*. March, Perth.

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

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

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

### **2009**

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

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

### **2008**

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

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

Notre Dame University Australia

- September: *Expressive Therapies with traumatised young clients*

- October: *Introduction to Sandplay Therapy*

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

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

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

### **2007**

Women's Health – Queensland Wide, Live video stream presentation: *Emotional release in therapy - supporting women with a range of issues*. March, Brisbane.

## **Inservice Programs - 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

## **Inservice Programs – 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

Singapore Association of Social Workers - 2007 to 2008

Ministry of Community Development, Singapore: 2-day program for Child Protection

Officers: *Planning and Facilitating Groupwork Programs for Young Children*

## **Inservice Programs - New Zealand**

Marco Creative Arts Trust, Auckland - 2006 - 2007: *Sandplay Therapy*