

What is Interactive Drawing Therapy (IDT)?

Interactive Drawing Therapy (IDT) is a 'tool' that promotes the effective and respectful use of drawing as a treatment intervention and that has the potential to enhance clinical practice, ongoing professional development, research, and supervision.

A unique page-based way of working with words, images and feelings. The page becomes a mirror through which the client is able to see themselves more objectively, facilitating insight, inner resourcefulness, and profound change. The stages of the therapeutic process guide the counsellor through tasks, challenges, risks and interventions for each stage, dramatically increasing your effectiveness and ability to work safely and with greater respect for and understanding of process.

IDT is a client-centered process of disclosure and discovery in which you actively partner the client in the process of deepening their work, often through the development of metaphors. The counsellor does not interpret the client's drawn images.

IDT is a practical and versatile modality that can be used across a wide range of situations, client groups and presenting problems and in conjunction with other forms of therapy. IDT can be used for self, individual, couple or group therapy, with all ages, with less verbal or conceptually fluent clients, cross-culturally and for short-term crisis to long-term psychotherapeutic work.

The IDT Foundation Course is the first step toward developing IDT skill and knowledge and is open to all who work in the helping professions. This experiential training presents IDT basic principles, methods and clinical frameworks, and is designed to help participants become aware of the hidden messages in client words, images and behaviour, providing reliable guidelines for constructive interventions using IDT.

The Foundation Course comprises four-days in Brisbane:

Unit One (July 1 – 2): Introduces the basic IDT method; key concepts; working with pages; session management; guiding principles; metaphors; drawing interventions; overwhelm; resistant clients; developing IDT competency. By the end of the two-day Unit One, participants will be able to employ the basic IDT method as a unique drawing tool when working with clients.

Unit Two (July 4 – 5): Introduces how IDT recognises and works with the different levels of issues; expands the key concepts; and includes the therapeutic process; parts work; predictable difficulties; how to use words; thematic frameworks; farewells; and transitions. By the end of the two-day Unit Two, participants will be able to recognise various thematic frameworks that clients commonly present and be able to shape IDT interventions accordingly.

Florence Ee is an experienced counsellor and drawing therapist. Following a master's degree in counselling in 2008, Florence has a private practice "Mindful Doodles". She now teaches Interactive Drawing Therapy (IDT) in Brisbane. Further career highlights including her work at the Centre Against Sexual Violence supporting women and girls affected by sexual violence. She firmly believes that drawing is a safe place for trauma survivors to explore inner resources and process healing.

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