IDT Advanced Course

Working with Therapeutic Stages

The three-day ADVANCED COURSE focuses on the seven horizontal 'stages of change' that clients navigate on their journey to heal, grow and reclaim a deeper sense of self. Each *stage* of this IDT therapeutic process has its own function and unique set of therapeutic tasks, risks and recommended procedures. Participants will learn to recognize and work with 'stages', thereby significantly increasing their professional effectiveness and the strategic capacity to support clients bring about authentic and enduring change. The Advanced Course builds on the content of the IDT Foundation Course and significantly increases participants' knowledge and skills as IDT practitioners.

What to expect:

- An in-depth exploration of the IDT Therapeutic Process
- Learn to recognise clients' needs, tasks and challenges to formulate appropriate stage specific interventions
- A robust hands-on experiential training
- Must have completed IDT Foundation Course

Learning outcomes include:

- Accurately read which stage the client is at
- Anticipate stage-specific risks and dangers
- See the big picture and not get caught in client content
- Match session management to stage requirements
- Expand your ability to bring safety and containment
- Learn how to work at deep levels with sub-personalities, archetypes, metaphor and symbol

IDT Advanced Course Dates

Thursday to Saturday

6, 7 and 8 May 2027

Venue

Sophia, 225 Cross Rd, Cumberland

Course fees

AUD$ 900 + GST

Contact for more information & registration

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More information about IDT

https://www.interactivedrawingtherapy.org

About Frauke Hobbs

Frauke is a clinically registered psychotherapist, counsellor and group facilitator with a passion to help people overcome and transform life's challenges into opportunities for growth and healing. She is an accredited IDT instructor with over 30 years of experience in the human transformation field. Frauke has used IDT for many years to effectively help clients process trauma, grief & loss, anxiety, depression and relationship issues.