IDT AND PRESENCE

Developing Presence, Clinical Confidence, and Therapeutic Effectiveness

A One-Day Professional Development Workshop for IDT Practitioners

One of the most valuable skills an IDT practitioner can develop is the capacity to **“be present with what is”**.

Do you sometimes find yourself unsure what to do in an IDT session?
Do you feel the urge to offer advice or wonder if you're out of your depth?

These experiences are common—and they offer an opportunity for growth.

"Be where the client is.”

This core principle of IDT sounds simple, but how do we embody it in practice?
How do we remain fully present with whatever emerges, without trying to direct, fix, or change the client's experience?
This experiential one-day workshop will help you develop the confidence to stay with uncertainty, embrace moments of reflective stillness, and deepen your capacity for presence.
In doing so, you create the conditions for clients to access their own inner wisdom, strengthen trust in themselves, and move naturally through the IDT process.

Throughout the day you will:

- Develop greater confidence in staying present with uncertainty.
- Learn to hold reflective silence with ease and purpose.
- Deepen your trust in the IDT process without directing outcomes.
- Explore how mindfulness supports presence in therapeutic practice.
- Cultivate qualities such as presence, trust, connectedness, and stillness to create greater safety for your clients.

As your capacity for presence grows, you will experience greater ease, confidence, and enjoyment in your work as an IDT practitioner—
while supporting deeper, more meaningful outcomes for your clients.
Together we will explore how qualities such as presence, trust, connectedness, and stillness can enrich IDT practice, and how cultivating these qualities within ourselves creates greater safety and depth for our clients.

Your facilitators:

Mary: Mary: I trained as an art therapist in the United States before emigrating to NZ 35 years ago. I gained IDT training with Russell Withers in 1996, and continuously adapted IDT into counselling with children and families and in professional supervision. I worked as a therapist/group facilitator in both private and public health care providers in the areas of palliative care and cancer care, with illness, dying and bereavement, in child and adolescent mental health services, as an adult couples counselor and in parenting support and parent child attachment support. I am an experienced IDT teacher trainer focusing primarily on the delivery of IDT courses around NZ. I personally cultivate presence in my spiritual paths of Taoist Tai Chi practice and as a student of the Diamond Approach.

Irena: I trained as an art therapist in Germany and discovered Interactive Drawing Therapy (IDT) soon after moving to NZ. For more than 25 years, IDT has been one of the core modalities in my clinical practice. I trained with Russell Withers, the founder of IDT, and am now an experienced IDT teacher. My professional experience includes hospice care, professional supervision, work with people with intellectual disabilities, the Cancer Society, private practice, and 20 years as an ACC therapist with Wellington Sexual Abuse HELP. Throughout my career, I have found that healing is most effectively supported through an integrative approach that combines creativity, body awareness, and a strong therapeutic presence. Developing my capacity to be fully present with clients continues to be an important part of my own professional practice, supported by an ongoing mindfulness practice.

Friday, 6 November 2026, 9.00 am - 4.30 pm

Course fee: $380 incl.GST

Venue: St.Peter's Church, 211 Willis Street, Wellington

To enrol: marybrownlow2@gmail.com

https://www.interactivedrawingtherapy.org/