Interactive Drawing Therapy Foundation Course

What is Interactive Drawing Therapy or IDT?

A unique page-based way of working with words, images and feelings to access different parts of clients' deeper selves. The page becomes a mirror for your client, helping them see themselves more objectively from new perspectives and facilitating insight, inner resourcefulness and profound change. A unique map of the stages of the therapeutic journey guides you through the tasks, challenges, risks and interventions of each stage, dramatically increasing your effectiveness and ability to work safely.

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

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

IDT Foundation Unit One:

Introduces the basic IDT method, key concepts, working with pages, session management, guiding principles, use of metaphors, drawing interventions, how to work with overwhelmed and resistant clients.

Each section includes theory, demonstration, practice, reflection/questions. An experiential learning delivery.

Focuses on what to do and how to do it.

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.

IDT Foundation Unit One is a prerequisite for Foundation Unit Two.

IDT Foundation Unit Two:

A two day training recommended to complete the introductory training to safe delivery.

Introduces how IDT recognises and works with the different levels of issues, expands the key concepts, includes the therapeutic process, parts work, predictable difficulties, how to work with words, thematic frameworks and transitions.

Focuses and consolidates what you are doing and why.

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.

IDT FOUNDATION UNIT ONE and UNIT TWO

- Two independent but consecutive units (Unit 1 and Unit 2)
- The Foundation Course is a pre-requisite for further training in IDT
- Most course participants enrol in the Foundation Course as a package of 4 days
- Does not require artistic ability

Foundation Unit One Dates

29 & 30 October 2026, 9am—5pm

Foundation Unit Two Dates

26 & 27 November 2026, 9am—5pm

Venue

Sophia, 225 Cross Rd, Cumberland Park

Course fees

Unit One & Two (4 days)

AUD$1200

Unit One only (2 days)

AUD$650

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.