Trauma-informed IDT

Working with Trauma through IDT

Wellington 30 June - 2 July 2027

This three-day workshop is for professionals who have completed the IDT Foundation Course and want to deepen their skills in working with trauma recovery using Interactive Drawing Therapy.

The workshop takes a holistic approach to supporting post-traumatic growth, with a focus on **nervous system regulation, stability, safety and building internal resources**.

It combines **IDT, mindfulness and body intelligence**, expanding beyond a predominantly cognitive-behavioural approach to include the body, emotions and nervous system in trauma recovery.

Participants will learn practical strategies and IDT interventions to:

- build safety, stability and resources

- work with distress and overwhelm

- release the charge associated with traumatic experiences

- support the safe processing of difficult feelings.

The course combines **theory, demonstrations, case examples and hands-on experiential practice**, with a strong emphasis on being present and grounded when working with trauma.

When: Wednesday/Thursday/Friday
30 June, 1-2 July 2027
9.00 am - 4.30 pm

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

Cost: $ 1495 incl.GST

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 counsellor 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.

To enrol please contact Irena Stenner
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