

# IDT Courses 2021 Brisbane

<https://www.interactivedrawingtherapy.org/>

## What is Interactive Drawing Therapy or IDT?

A unique page-based way of working with words, images and feelings to access different part 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 pro- found 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 Foundation Courses (Brisbane - Kelvin Grove) 15-16 April (U1), 29-30 April (U2) - Facilitator: Florence Ee

The IDT Foundation Course is your first step toward developing IDT skills and is open to all people who work in the 'helping professions'. This is a hands-on experiential training that will present IDT's basic principles, method and clinical frame-works, help participants become aware of the hidden messages in the client's words, images and behaviour and provide reliable guidelines for constructive interventions using IDT.

The 4-day Foundation Course comprises two x 2-day units: Unit One introduces the basic IDT method and principles. Unit Two introduces how IDT recognises and works with the client's different levels and stages. Register now: <https://www.trybooking.com/BOCFE>

## IDT Advanced (Brisbane - Kelvin Grove) 8, 9 & 10 September - Facilitator: Gillian Hunt

A 3-day training workshop. This course provides an in-depth exploration of the IDT Therapeutic Process. This helps to recognise clients' needs, tasks and challenges to formulate appropriate stage specific interventions. A robust hands-on experiential training which focusses on the seven horizontal 'stages of change' in the IDT Therapeutic Proces. Participants must have completed the IDT Foundation Course.

## IDT Group Work (Brisbane - Kelvin Grove) 13 & 14 September - Facilitator: Florence Ee

This two-day workshop will show you how to use IDT to help accurately identify group needs, plan matching programmes, create an environment of safety and openness, use metaphor, develop guided drawings, match drawing cues to group needs, and open and close sessions. You will leave this workshop with increased confidence and heaps of practical IDT skills that can be used during a group session and across the life of an ongoing group.

## **IDT Working with Children and Adolescents (Online) 3-Part Training : 6, 13 & 20 November - Facilitator: Florence**

Children and adolescents have different developmental capacities requiring us to modify our use of IDT. The course maps the key developmental stages of the young person to provide guidelines for interventions. One of IDT's principles is to 'be where the client is', this includes meeting their psychological age. Learn to work collaboratively, developing the page with the young client. A three-part online training, participants must have completed the IDT Foundation Course.

**For more information, please email:**

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