

# IDT Courses Wellington 2021

## 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. The Wellington workshops are co-facilitated by Mary Brownlow and Irena Stenner, both experienced IDT teachers and practitioners.



## The IDT Foundation Courses

## Wellington

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. The 4-day Foundation Course comprises two x 2-day units.

Thursday/Friday 8-9 April Unit 1

Thursday/Friday 6-7 May Unit 2

one Unit \$450 incl.GST

both Units \$900 incl.GST

To enrol: [marybrownlow2@gmail.com](mailto:marybrownlow2@gmail.com)

## IDT and Trauma

## Wellington

This workshop builds on the foundation course. It is for professionals who want to enhance their skills with working with trauma recovery using IDT. It is a holistic approach to assist post traumatic growth by helping to regulate the nervous system through building more stability, safety and resources. The course offers a combination of information, practical demonstrations, case examples, and hands on experiential practice. It focuses on how to use IDT to release the charge in the body, how work with difficult feelings and trauma-based beliefs.

**Thursday/Friday 5-6 August 2021**

**Course fee: \$480 incl.GST**

**To enrol: [irenastenner0@gmail.com](mailto:irenastenner0@gmail.com)**

## The Spiritual Dimension of IDT

## Wellington

This is a one day workshop for practitioners who have completed the foundation course with the aim of exploring aspects of IDT, such as “being with what is”, “being where the client is”, “being present”, “trusting the process”, allowing for moments of stillness and reflection so that the inner resourcefulness of the client has space to emerge from the depth. The approach is a non-denominational. We will explore how mindfulness fits in with IDT and how to cultivate a sense of trust, stillness and presence as a practitioner to best create a safe space for our clients.

**Friday 24 September 2021**

**Course fee: \$280 incl.GST**

**To enrol: [marybrownlow2@gmail.com](mailto:marybrownlow2@gmail.com)**

## IDT Supervision Group

## Wellington

This group is formed by enthusiastic IDT users who have completed the foundation courses wanting to upskill and refresh their IDT knowledge, share case material in a peer group and develop confidence in their practice.

**Six week intervals for one year, on 8x Friday's from 1.00-2.30pm**

**To enrol: [marybrownlow2@gmail.com](mailto:marybrownlow2@gmail.com)**



**For more information and to register please go to:**

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