



IDT AND PRESENCE

The Spiritual Dimension of IDT

An ONLINE WORKSHOP, 24 September 2021

This is a one day workshop focusing on deepening the capacity “to be present with what is”, a key skill for any IDT practitioner.

Do you sometimes struggle “not knowing what to do” in an IDT session?
Do you tend to want to offer advice or feel out of your depth?
We all experience this challenge.

“Be where the client is.”

Although this IDT theoretical principle seems simple enough, how do we integrate the skill “to be where the client is” and not lose presence with what arises in client sessions?
In this workshop you will build the capacity to sit with uncertainty and hold periods of reflective still space which allows the client to connect to their deep inner resourcefulness and to build trust in themselves.

You will become more adept with the IDT process without any attempt to direct the outcome or content.
This will lead to more ease, confidence and enjoyment for you as an IDT practitioner with better outcomes for your clients.

This IDT workshop approach is non-denominational and explores the potential of spiritual qualities, such as presence, trust, connectedness and stillness in relation to IDT practice. We will explore how mindfulness fits in with IDT and by cultivating a state of presence within ourselves we create more safety for our clients.

Friday 24 September 2021, 9.00am - 4.30 pm

ONLINE via ZOOM link

Course fee: \$280 incl.GST

To enrol: marybrownlow2@gmail.com

Your facilitators:

Mary: I trained as an art therapist 30 years ago before emigrating to NZ, integrating IDT as a modality in working with children and families coping with illness, dying and bereavement, then in Child & Adolescent mental health services and adult counselling and parenting issues. I have focused on attachment bonds in therapeutic play with young children dealing with significant relational disruptions, providing healing interventions with parent child relationships. IDT has been a practical tool in my own supervision, with supervisees, and recently in Emotionally Focused Therapy couples work. I am an experienced IDT teacher trainer who worked with Russell Withers to bring IDT courses to Wellington in 1996 and run IDT Foundation courses. My spiritual path informs my practice, as I am a student of the Ridhwan School, the Diamond Approach, in which the cultivation of presence supports understanding of what it is to be a human soul.



Irena: I trained as an art therapist 25 years ago. I discovered IDT soon after and have used it as one of my main modalities for over 23 years. I am an experienced IDT teacher, who trained with Russel Withers, the founder of IDT. I am also a practitioner of biodynamic craniosacral therapy, which allows me to integrate the physiology of the body in the healing process. I have worked for Wellington Sexual Abuse HELP for 15 years and learned that a combination of different approaches, which include creativity, the body and a focus on my own ability to be present, which I am still learning to improve on through mindfulness.



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