



IDT and Trauma

A two day workshop

**This workshop is offered to you in collaboration with
Wellington Sexual Abuse HELP.**



Facilitated by **Irena Stenner** and co-facilitated by **Mary Brownlow**

The workshop is for professionals who have completed the IDT foundation course and want to enhance their skills with working with trauma recovery using IDT.

It focuses on a holistic approach to assist post traumatic growth by helping to regulate the nervous system through building more stability, safety and resources.

It is a dynamic combination of IDT, mindfulness and body intelligence and moves beyond the cognitive-behavioural model of human functioning.

Participants will learn how to be more confident in the face of their clients' distress and overwhelm and how to use specific strategies and IDT interventions to help process trauma.

The focus is on how to build resources, how to release the charge in the body using IDT and how to allow for difficult feelings to be processed in a safe way.

The course offers a combination of information, practical demonstrations, case examples, and hands on experiential practice with a strong focus on how to be present and grounded while working with trauma.

It will be a great opportunity to deepen your IDT practice.

When: Friday, Saturday 7-8 August 2020, 9.30 am - 4.30 pm.

**Where: Toi Poneke Arts Centre
61/69 Abel Smith Street, Te Aro, Wellington**

Cost: \$ 400 + GST

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 student of 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 - using the right brain, working on beliefs and examining the impact of thinking - using the left brain and including the intelligence of the body to address the impact of trauma on the nervous system, has been most helpful for my clients. In this workshop I will share the skills I have gained through combining those approaches.

About Mary: I trained as an Art Therapist 29 years ago in North America before emigrating to NZ, adding IDT as a modality in working with children and families in palliative and hospice care, bereavement support and in Child & Adolescent mental health services and in counselling. I trained with child psychotherapists Heather Chambers and Marie Foley integrating attachment theory in to my practice with therapeutic play with young children dealing with significant disruptions.

IDT has been a wonderful tool in my own supervision, with supervisees, and most 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 continue to deliver IDT Foundation courses.

I see couples, individuals and family groups at Parent Help Counselling Service and in my Private Practice. I am interested in the language of being human in relation to others. I am beginning an IDT Supervision Group Feb 2020 as practice and review group.

Feedback for previous IDT courses:

“ Irena provides a safe and gentle environment to explore IDT techniques”

“Irena is a very effective teacher, clear explanations and understanding of students needs. Fantastic! “

“ Great facilitator, I liked the pace and how information was shared”



To enrol please contact Irena Stenner

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