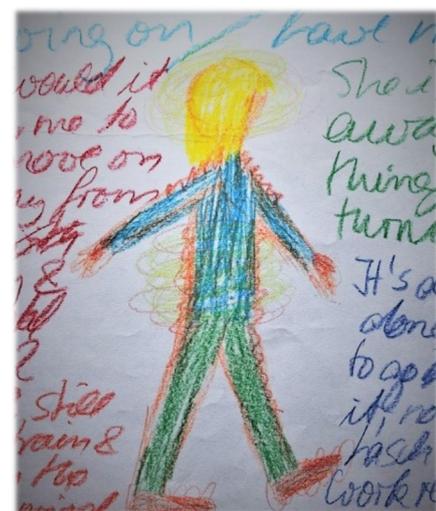
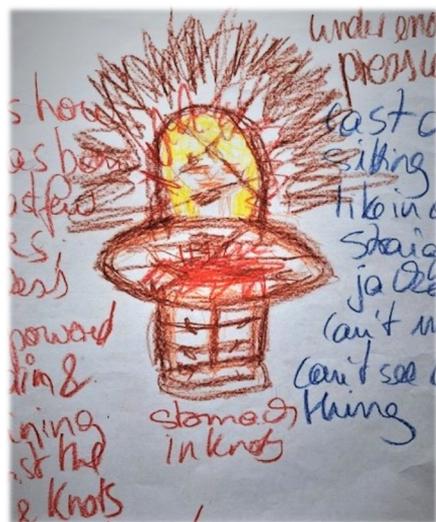
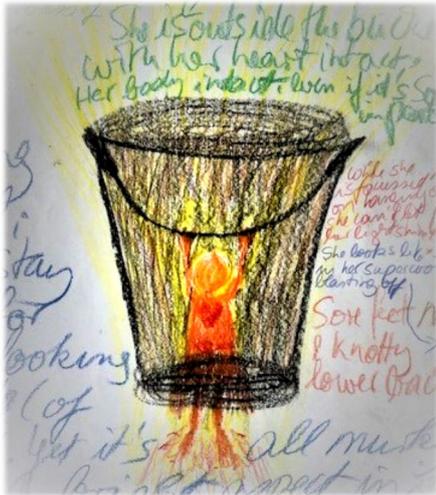


Interactive Drawing Therapy



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 profound 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 is a client-centred process of disclosure and discovery in which you actively partner the client in the process of deepening their work, often through the development of visual metaphors. The counsellor does not interpret the client's imagery.

IDT is a practical and versatile modality that you can use across a wide range of situations, client groups and presenting problems and with other therapies. IDT can be used for self, individual, couple or group therapy, with all ages, with less verbally or conceptually fluent clients, cross-culturally and for short-term crisis to long-term developmental work.

The IDT Foundation Course

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 recognizes and works with the client's different levels and stages.

Interactive Drawing Therapy



The IDT Foundation Course is coming back to Adelaide!

Foundation Unit One Dates

21 & 22 May, 8.30am—5pm

Foundation Unit Two Dates

25th & 26 May, 8.30am—5pm

Venue Hahndorf Resort Business Centre

145a Mt Barker Rd, Hahndorf

Course fees

Unit One & Two (4 days): \$880 Early Bird/
\$950 after 28 April 2020

Unit One or Two (2 days): \$450 Early Bird/
\$500 after 28 April 2020

Contact for more info & registration

Frauke Hobbs Mob 0490 307 406

Email fraukeh48@gmail.com

Course Facilitator

Gillian Hunt is an IDT Senior Teacher from NZ, a member of MNZAC and has a Postgrad Dip Ed (Guidance and Counselling). She is an accredited IDT Teacher, Trainer and Supervisor and has been practicing IDT as a counsellor for 25 years. Gillian works with individuals, couples and families, and with specific issues such as trauma.



FOUNDATION Unit One

- A two-day training workshop
- Introduces the basic method and principles of IDT
- The course builds through a series of topic modules each presented within the format of theory, demonstration, practice, reflection/questions
- Lots of hands on practical learning
- Learn to read clients overt and covert messages
- Focusses on what to do and how to do it
- By the end of unit one you will be able to use IDT with clients

FOUNDATION Unit Two

- A two-day training workshop
- Introduces the IDT map of the Therapeutic Process
- Learn to work with therapeutic intent to adapt counsellor interventions to meet client need
- Recognise multiple levels of issues and how client needs change
- Recognise and work with multiple 'parts of the client'
- Focusses on what you are doing and why
- Must have completed Unit 1