

# Interactive Drawing Therapy Foundation Course

## Course Information

### What is Interactive Drawing Therapy, (IDT)?

A unique page-based way of working with words, images and feelings. The page becomes a mirror through which the client is able to see themselves more objectively, facilitating insight, inner resourcefulness, and profound change. The stages of the therapeutic process guide the counsellor through tasks, challenges, risks and interventions for each stage, dramatically increasing your effectiveness and ability to work safely and with greater respect for and understanding of process.

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 metaphors. The counsellor does not interpret the client's drawn images.

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

### The IDT Foundation Course

This is the first step toward developing IDT skill and knowledge and is open to all who work in the 'helping professions'. This experiential training presents IDT basic principles, methods and clinical frameworks, and is designed to help participants become aware of the hidden messages in client words, images and behaviour, providing reliable guidelines for constructive interventions using IDT.

The Foundation Course comprises four-days of training, divided into two x 2-day units:

#### Unit One:

Introduces the basic IDT method; key concepts; working with pages; session management; guiding principles; metaphors; drawing interventions; overwhelm; resistant clients; developing IDT competency.

By the end of the two-day Unit One, participants will be able to employ the basic IDT method as a unique drawing tool when working with clients.

#### Unit Two:

Introduces how IDT recognises and works with the different levels of issues; expands the key concepts; and includes the therapeutic process; parts work; predictable difficulties; words; thematic frameworks; farewells; and transitions.

By the end of the two-day Unit Two, participants will be able to recognise various thematic frameworks that clients commonly present, and be able to shape IDT interventions accordingly.

### Course Facilitator

Annette Coulter is a registered art psychotherapist, IDT trainer and supervisor, accredited PACFA supervisor, clinical family art therapist, author and practicing artist. She has taught art therapy in Australia and overseas and specialises in working with individuals, children, adolescents, families and couples. Through private practice she provides supervision, education, consultation and customised training. She is co-author of *The Introductory Guide to Art Therapy*, (2014).



### Foundation: Unit One

A two-day training.

Introduces Basic IDT method and principles.

The course builds upon a series of topics.

Each section includes theory, demonstration, practice, reflection/questions.

An experiential learning delivery.

Focuses on what to do and how to do it.

By the end of Unit One, you have the core basics to use IDT with clients.

### Foundation: Unit Two

(Pre-Requisite: Foundation - Unit One)

A two-day training recommended to complete the introductory training to safe delivery.

Introduces the IDT Therapeutic Process.

Adapting drawing interventions to meet therapeutic intent.

Recognition and acquisition of skills to work with 'parts'.

How to work with thematic frameworks.

Focuses and consolidates what you are doing and why.

### Cost:

AUS\$900 (Units One & Unit Two)

AUS\$500 (Unit One only)

AUS\$700 ("IDT Refresher" - Unit One & Unit Two)

AUS\$400 ("IDT Refresher" - Each unit only)

**Venue:** Online via Zoom Link

Contact Annette Coulter for further information and registration form (see below).

# Interactive Drawing Therapy Foundation Course

## Registration Form

Date of Application: .....

I wish to apply to attend:

### Online IDT Foundation Courses:

- Tuesday & Wednesday, 23 & 24 March 2021 (Unit One)
- Tuesday & Wednesday, 30 & 31 March 2021 (Unit Two)
- Saturday & Sunday, 1 & 2 May 2021 (Unit One)
- Saturday & Sunday, 8 & 9 May 2021 (Unit Two)
- Saturday & Sunday, 17 & 18 July 2021 (Unit One)
- Saturday & Sunday, 24 & 25 July 2021 (Unit Two)
- Saturday & Sunday, 13 & 14 Nov 2021 (Unit One)
- Saturday & Sunday, 20 & 21 Nov 2021 (Unit Two)

### Face-to-Face IDT Course (held in Blue Mountains):

#### IDT Foundation Course > AUS\$900

- Saturday & Sunday, 14 & 15 Aug 2021 (Unit One)
- Saturday & Sunday, 21 & 22 Aug 2021 (Unit Two)

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Name: .....

(Postal) Address: .....

State: ..... P'Code: .....

Mobile: ..... Email: .....

My current position/education/training: .....

My interest in applying for this course: .....

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### Payment (Includes postage cost to mail IDT Handbooks prior to course commencement) IDT Foundation Course

Send the registration fee of AUS\$900 (Units One & Two) or \$500 (Unit One or Unit Two only) to:

Name: Annette Margaret Coulter

BSB: 012702

Acct No: 475645283

*NB. Please include your SURNAME to identify payment*