



IDT and Parts Work

Wellington 25-26 July 2024

This two day workshop is for IDT practitioners who have completed the IDT Foundation Course and want to deepen and energise their IDT practice.

Working with parts is rewarding and effective way to help our clients access inner resourcefulness, resolve conflicts, facilitate insights and create a more satisfying relationship with self.

IDT offers a simple and effective process to draw out the different parts, put them on the page, allow them to dialogue and to shift inner dynamics.

This gives the IDT practitioner a powerful tool to help clients who feel stuck or are in conflict with themselves or others.

**This is a workshop for 16 participants only.
There will be demos, practice sessions and case studies.**

In this 2 - day experimental workshop we will learn:

- **why parts work is key to trauma recovery**
- **how to draw out the different parts and get them on the page**
- **how acknowledging and befriending different parts will change the relationship to self and help access inner resourcefulness**
- **how parts work can help to cultivate more compassion, kindness and self-love**
- **to become familiar with the inner “team” and understand the dynamics**
- **how to get the parts to dialogue and ignite a dynamic IDT session**
- **how to come in touch with higher aspects of self and inner guidance**
- **how to become aware of the “inner atmosphere” - which parts hold the power?**
- **how “bad parts” can be turned into powerful allies**
- **how to integrate dissociated and stuck parts**
- **identifying different parts, getting to know their strengths, needs and challenges.**
- **how to support underdeveloped parts**
- **how to create a supportive inner environment**

Dates 2024

**Thursday/Friday
25 - 26 July 2024
9.00 am - 4.00 pm**

**Course Fee:
\$630 incl.GST**

**Venue: St.Peters Church,
corner Willis and Ghuznee
Street.**

**To enrol please contact Irena:
irenastenner0@gmail.com**



This course is facilitated by Irena Stenner. Irena trained as an art therapist and discovered IDT soon after. She has used it as one of her main modalities for over 25 years. She is an experienced IDT teacher and trauma therapist, who trained with Russel Withers, the founder of IDT. Irena has worked for Wellington Sexual Abuse HELP for over 15 years and has combined different approaches in her practice, which include creativity, the body and a focus on her own ability to be present.



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