

Interactive Drawing Therapy

Taster Workshop

Interactive Drawing Therapy (IDT) is a unique page-based way of working with words, images and feelings to access different parts of your inner self. The page becomes a mirror for you, helping you see yourself more objectively from new perspectives, facilitating insight, inner resourcefulness, and profound change.

The page is used as a therapeutic tool to mediate relationships between self and other, and one part of the person and other parts. As people layer from surface-level matters to deeper level issues, they naturally move their perception from literal and pragmatic talk about their external world, to symbolic and metaphoric image description of their internal world. Through perception of self onto the page, people are able to reframe, normalise, modify and re-write their beliefs and stories about themselves and others. The IDT process helps to uncover personal strengths, insights, possibilities and new perspectives that allow people to make empowering changes in their lives.

This two hour experiential workshop introduces participants to IDT as a counselling and journaling approach. The session is suitable for people interested in personal development, healing, mindfulness and creative self-expression as well as for people in the helping professions, who look for creative-expressive ways of working with their clients. This workshop leads smoothly into the IDT Foundation Course and/or journaling group programs.

The IDT Foundation Course is the first step toward developing IDT counselling skills and is open to both professional and voluntary 'helpers'. This is a hands-on experiential training that will present IDT's basic principles, method and clinical frameworks. The four day Foundation Course comprises two by 2-day units. **IDT Journaling with Imagery** comprises of four weekly IDT group sessions for self-exploration and personal development.

Date: Saturday 23 March 2024, 2—4pm

Venue: Aquarius Healing & Education Centre, 154 Mt Barker Road, Stirling

Workshop fee: \$60

Contact for more info & registration

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Frauke Hobbs

Frauke Hobbs is a clinically registered psychotherapist, counsellor and group facilitator with a passion to help people overcome and transform life's challenges into opportunities for growth and healing. She is an accredited IDT instructor with over 30 years of experience in the human transformation field. Frauke has used IDT for many years to effectively help clients process trauma, grief & loss, anxiety, depression and relationship issues.

