



The Spiritual Dimension of IDT

A one day workshop

This is a one day workshop for practitioners who have completed the foundation course with the aim of exploring key principles of IDT

“Be where the client is”

“Follow the client’s process, not your own”

“Help the client to have the experience of being where they are”

Although these principles seem simple enough, how do we actually put them into practice? What does it mean to “be where the client is”? The guiding principles of IDT call for the practitioner to be present, to trust, to have the capacity to sit with uncertainty and to allow for periods of stillness and reflection so that the inner resourcefulness of the client has space to emerge from the depth. “Being with what is” has a long tradition in spiritual practice. Not attempting to control the outcome because we trust that there is a deeper wisdom at work, but aiming “to be present with what is” is a key skill for any IDT practitioner.

This IDT workshop approach is a non-denominational and explores the potential of spiritual qualities such as presence, trust, connectedness and stillness in relation to being an IDT practitioner. We will explore how mindfulness fits in with IDT and how we as practitioners can cultivate a state of presence within ourselves to best create a safe space for our clients.

Friday 24 September 2021, 9.00am - 4.30 pm
Venue: St. Peters Church, Willis Street, Wellington

Course fee: \$280 incl.GST

To enrol: marybrownlow2@gmail.com

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 practitioner of biodynamic 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, the body and a focus on my own ability to be present, which I am still learning to improve on through mindfulness.



Mary: I trained as an art therapist 30 years ago before emigrating to NZ, integrating IDT as a modality in working with children and families coping with illness, dying and bereavement, then in Child & Adolescent mental health services and adult counselling and parenting issues. I have focused on attachment bonds in therapeutic play with young children dealing with significant relational disruptions, providing healing interventions with parent child relationships. IDT has been a practical tool in my own supervision, with supervisees, and 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 run IDT Foundation courses. My spiritual path informs my practice, as I am a student of the Ridhwan School, the Diamond Approach, in which the cultivation of presence supports understanding of what it is to be a human soul.



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