

Interactive Drawing Therapy

is all about accessing people's transformative capacity, and is an extremely effective and inspiring way of working for clients (and practitioners) that can result in profound and long-lasting change. If you would like to learn more about IDT, we invite you to register for one of our forthcoming Foundation Courses.

About IDT

- IDT works with pages and chunky coloured crayons using therapeutic imagery and significant words to identify underlying issues and access inner psychological resourcefulness. It doesn't require "technical" drawing skill or artistic ability (IDT is quite different to traditional art therapy approaches), stick figures and gingerbread people are fine.
- It provides a powerful and original schema identifying stages of the therapeutic process and appropriate stage-specific interventions.
- IDT works across a range of age and client groups, is wonderful with children and adolescents, and can be used with individuals, couples, families or groups, and for self-work. It's particularly suitable for cross-cultural application, and can be used with clients who are not verbally or conceptually fluent. It's suited to both short-term crisis work and long-term developmental work, and can be used in simple non-interpretive ways or more intensively at greater depth.

Why IDT?

- It's a proven and popular modality with a wide range of applications ranging from robust clinical use in mental health services and special education, through to softer use (such as in hospice work and community development programmes), and is used by a wide range of helping professionals, including counsellors, social workers, psychologists, and occupational therapists.
- Numerous testimonials provide practice-based evidence that IDT works.
- Course graduates frequently comment that they are amazed at the speed and depth of work achieved, even in their first sessions of using IDT with clients.
- It's an easily-learnt, user-friendly therapy instantly applicable from the very first day of training that can be used as a stand-alone or complementary modality.
- Further training, as well as annual conferences or retreats, special-application workshops and a newsletter, is available for those who want to continue to develop their IDT expertise after the initial Foundation Course.

IDT's Credentials

- IDT courses have been offered in New Zealand for over 15 years and in Australia since 2005, attracting over 6000 Australasian registrations.
- IDT has been researched by Auckland University, published in the December 2006 issue of the New Zealand Journal of Counselling, and has been presented at many international, Australian, and New Zealand conferences.
- Our teachers are qualified counsellors with university degrees in counselling, are registered members of the NZ Association of Counsellors, qualified supervisors of other counsellors and experienced teachers of IDT.

To Register or for more information

You can find a copy of the Australian Foundation Course schedule below. Unit One of the Foundation Course is the starting point for our training, with Unit Two completing the Foundation Course module. It's possible to register just for Unit One as a stand-alone course, which still gives the option of registering for Unit Two at a later date or in another city if desired.

Australia Foundation Course Schedule 2009					
	Unit One	Unit Two		Unit One	Unit Two
Perth	To Be Advised		Brisbane A	April 23-24	July 9-10
Adelaide	April 14-15	May 18-19	Canberra	September 28-29	October 26-27
Melbourne	April 16-17	May 21-22	Sydney B	October 1-2	October 29-30
Sydney A	April 20-21	July 16-17	Brisbane B	October 8-9	November 12-13

For more information, visit our website, www.InteractiveDrawingTherapy.com, reply to this email, or email the IDT office, idt@pl.net

IDT reveals, heals, moves, fascinates, astounds, awes, and delights!

Regards

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