

# Interactive Drawing Therapy

## Empathy, Intuition and the client's access to Inner Wisdom

Whereas tuition and educational guidance come from without, intuition and wise self-direction come from within and are therefore the preferred paradigm for working with clients. The value of intuition is in its immediacy and its right-brain capability to make high-value and accurate responses. Interestingly (once we learn how to use drawings to step around a defensive ego), the client's intuitive wisdom appears to never be destructive or deceitful, and seems to always be there - waiting in the wings as an insightful and emancipatory power that stimulates therapeutic progress. Developing both our own and our client's skills with intuition requires and builds trust, yet trusting the unconscious and the undefined can seem in itself to be an irrational act. Intuition is therefore vulnerable to rationalisations and is often dismissed or over-ridden as intangible, unreliable and inferior to cognitive and other more directive or prescriptive practices.

Interactive Drawing Therapy (IDT) encourages the client to write, diagram and draw as they talk and feel, - to put themselves out on paper. As they layer more and more material onto the same page, the client reaches a point where the resulting imagery evokes an intuitive and spontaneous shift in their perceptual schema - from a stuck repetition of presenting issues and attitudes, to an insightful recognition and acceptance of underlying issues. IDT's method of working with imagery and metaphor offers a powerful tool for clients to see themselves differently, develop self-awareness, intuition, and release an inherent and archetypal wisdom.

For further information about Interactive Drawing Therapy (IDT), including course flyers and registration forms, please visit our website [www.InteractiveDrawingTherapy.com](http://www.InteractiveDrawingTherapy.com) or email the IDT Office [idt@pl.net](mailto:idt@pl.net)

## IDT Training

Your starting point for IDT training is the Foundation Course, which consists of two 2-day units. The course is designed to train helping professionals in the use of IDT with clients, and is intense, fast-moving and experientially-based. The Foundation Course can also be delivered to agencies on an in-house contract basis.

We have three remaining Foundation Courses scheduled for Australia 2009, plus for IDT Foundation Course graduates, one remaining Advanced Courses and several workshops.

## Australia Foundation Course Schedule 2009

City	Unit One	Unit Two	Venue
Canberra	September 28-29	October 26-27	Mackillop House Conference Centre 50 Archibald Street, Lyneham
Sydney B	October 1-2	October 29-30	Lottie Stewart Hospital Function Room 40 Stewart St, Dundas
Brisbane B	October 8-9	November 12-13	Quaker Meeting House 10 Hampson Street, Kelvin Grove

We also offer a range of other training courses for people who have completed our Foundation Course.

## IDT RETREAT

### In Wellington NZ - 30 October to 1 November

This biennial three-day weekend attracts Australians and New Zealanders to come together for a dedicated time of applying IDT to self. As a carefully structured event, an IDT Retreat remains the best way to safely and effectively address the archetypal issues that surround our lives and determine our developmental paths. Previous IDT retreats have gained superlative praise and we anticipate you will depart this year's event well satisfied. Please download an enrolment form from our website and fax a completed, signed copy to the number listed below. Completion of the Foundation Course is a prerequisite for attendance.

Warm Regards,  
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& Russell Withers, Course Director

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