

# Using Interactive Drawing Therapy with Clients for the First Time

## What can we do with clients who are resistant to drawing, or unwilling to try a new modality?

This is a common question from newly-trained practitioners.

First, who has the problem? Let's start by normalising 'resistance':

- New clients will understandably be anxious, stressed, feeling vulnerable and defensive.
- Counsellors using new practices can also be understandably anxious, doubtful and uncertain how to proceed.
  - The basic IDT principles for both parties (in this early stage of learning to use pages as a way of working together) are to increase safety, focus empathy, stop hunting for 'issues' or trying to 'fix' the client. Be where the client is!
- An IDT Foundation Course response:
  - The counsellor can employ IDT's powerful 'advocacy work' approach, slowly mirroring and building up simple diagrams that accurately illustrate what the client's experience is like, enabling the client to feel recognized and appreciated, thereby building self-reflective insight and a modicum of trust. Use the page !
- An IDT Advanced Course response:
  - The counsellor distinguishes between presenting issues and underlying issues, and between 'ends and means', and might use a page or two of just writing as a safe and familiar tool to record distinctions. For example, the counsellor can praise the client's ability to set limits and say "No", and then reframe those client impulses into IDT 'parts work'. (Eg. "Located at one end of this continuum, this person doesn't want help, has given up, doesn't see any point or hope for a good outcome and doesn't want to be here. On the other edge of this page, another part of that same person still carries some hope that a way through this could be found. And somewhere in the middle of the page, this part of the person is tired of the struggle, is not sure what to do, and wonders if the counsellor will be helpful"). By getting different 'parts' separately located on a page, and extending the contextual background for each, the client's story can be recorded in a safe and detached manner. The wise counsellor avoids premature confrontation, and seeks a return visit.

IDT is an innovative and remarkable modality, that has been presented at international and national conferences, and has twice been published in the academic press:

Withers, R. (2009). The Therapeutic Process of Interactive Drawing Therapy. *New Zealand Journal of Counselling*, 29(2), 73-90.

Withers, R. (2006). Interactive Drawing Therapy: Working with Therapeutic Imagery, *New Zealand Journal of Counselling*, 26(4), 1-14.

We invite you to enrol in IDT training and have supplied a list of upcoming courses bellow.

## IDT Australian Course Programme 2010

16/03/2010

### FOUNDATION COURSES

City	Unit One	Unit Two
Melbourne	March 15-16	April 15-16
Adelaide A	-	May 24-25
Brisbane A	April 6-7	July 12-13
Cairns	-	July 8-9
Sydney A	April 12-13	May 20-21
Perth	July 1-2	July 5-6
Sydney B	August 12-13	September 23-24
Canberra	August 16-17	September 27-28
Adelaide B	October 28-29	November 29-30
Brisbane B	November 1-2	November 18-19

### ADVANCED COURSES

City	Session 1	Session 2
Sydney	May 26-28	July 14-16
Brisbane	October 4-6	November 22-24

### PROFESSIONAL DEVELOPMENT COURSES

City	Course	Date
Brisbane	Children and Adolescents	-
Brisbane	Working at Depth	August 23-24
Sydney	Family/Mediation	August 26-27
Sydney	Working with Archetypes	August 30-31
Sydney	Children and Adolescents	September 6-7
Adelaide	Children and Adolescents	September 9-10
Brisbane	...Supervision	October 7-8
Sydney	Addictions	October 18-19
Brisbane	Addictions	October 21-22
Sydney	Group Work	November 22-23
Brisbane	Group Work	November 25-26

### MASTERS COURSE

City	Part 1	Part 2
Brisbane	November 8-9	November 29-30

### TEACHER TRAINING COURSE

All sessions must be attended to complete the course

City	Task	Date
Brisbane	4 Day intensive	August 18-21
Brisbane	4 Day intensive	September 30- October 3
Brisbane	4 Day intensive	November 3-6
Brisbane	Three Day follow up	November 25-27

### IDT 2010 AUSTRALIAN RETREAT

City	Date
Sydney	-

For further information please check our website: [www.InteractiveDrawingTherapy.com](http://www.InteractiveDrawingTherapy.com) or feel free to contact us at [idt@pl.net](mailto:idt@pl.net).

Warm Regards,

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