

Interactive Drawing Therapy Foundation Course

23 & 24 July, 30 & 31 July 2020

What is Interactive Drawing Therapy, (IDT)?

A unique page-based way of working with words, images and feelings. The page becomes a mirror through which the client is able to see themselves more objectively, facilitating insight, inner resourcefulness, and profound change. The stages of the therapeutic process guide the counsellor through tasks, challenges, risks and interventions for each stage, dramatically increasing your effectiveness and ability to work safely and with greater respect for and understanding of process.

IDT is a client-centred process of disclosure and discovery in which you actively partner the client in the process of deepening their work, often through the development of metaphors. The counsellor does not interpret the client's drawn images.

IDT is a practical and versatile modality that can be used across a wide range of situations, client groups and presenting problems and in conjunction with other forms of therapy. IDT can be used for self, individual, couple or group therapy, with all ages, with less verbal or conceptually fluent clients, cross-culturally and for short-term crisis to long-term psychotherapeutic work.

What is the IDT Foundation Course?

The IDT Foundation Course is the first step toward developing IDT skill and knowledge and is open to all who work in the 'helping professions'. This experiential training presents IDT basic principles, methods and clinical frameworks, and is designed to help participants become aware of the hidden messages in client words, images and behaviour, providing reliable guidelines for constructive interventions using IDT.

The Foundation Course comprises four-days of training, divided into two x 2-day units:

Unit One: Introduces the basic IDT method; key concepts; working with pages; session management; guiding principles; metaphors; drawing interventions; overwhelm; resistant clients; developing IDT competency. By the end of the two-day Unit One, participants will be able to employ the basic IDT method as a unique drawing tool when working with clients.

Unit Two: Introduces how IDT recognises and works with the different levels of issues; expands the key concepts; and includes the therapeutic process; parts work; predictable difficulties; words; thematic frameworks; farewells; and transitions.

By the end of the two-day Unit Two, participants will be able to recognise various thematic frameworks that clients commonly present, and be able to shape IDT interventions accordingly.

Course Facilitator

Annette Coulter is a registered art psychotherapist, IDT trainer and supervisor, clinical family art therapist, author and practicing artist. She is an accredited supervisor with PACFA (Psychotherapy and Counselling Federation of Australia) and helped pioneer art therapy in Australia and south-east Asia teaching on four training programs. Annette works in private practice with individuals, children, adolescents, families and couples. She is co-author of *The Introductory Guide to Art Therapy*, (2014).



For further info, contact Annette Coulter

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Course Dates

July 2020 (Online)

Thursday & Friday, 23 & 24 July (Unit One)

Thursday & Friday, 30 & 31 July (Unit Two)

September 2020 (North Parramatta)

Saturday & Sunday, 26 & 27 September (Unit One)

Saturday & Sunday, 3 & 4 October (Unit Two)

October 2020 (Online)

Saturday & Sunday, 17 & 18 October (Unit One)

Saturday & Sunday, 24 & 25 October (Unit Two)

November 2020 (North Parramatta)

Saturday & Sunday, 28 & 29 November (Unit One)

Saturday & Sunday, 5 & 6 December (Unit Two)

Course Details

Foundation: Unit One

A two-day training.

Introduces basic IDT method and principles.

The course builds upon a series of topics.

Each section includes theory, demonstration, practice, reflection/questions.

An experiential learning delivery.

Focusses on what to do and how to do it.

By the end of Unit One, you have the core basics to use IDT with clients.

Foundation: Unit Two

(Pre-Requisite: Foundation - Unit One)

A two-day training recommended to complete the introductory training to safe delivery.

Introduces the IDT Therapeutic Process.

Adapting drawing interventions to meet therapeutic intent.

Recognition and acquisition of skills to work with 'parts'.

How to work with thematic frameworks.

Focusses and consolidates what you are doing and why.

Cost

AUS \$900 (Units One & Two)

AUS \$450 (Unit One only)

Venue

North Parramatta Uniting Venues

16 Masons Drive, North Parramatta

(Off Pennant Hills Road)

Parking and accommodation available at venue.

Participant Feedback

"IDT is a universal therapy that crosses the bridge of age, ability, ethnicity, willingness, and engages with ease and safety."

"Fantastic, relevant, empowering and creative. Opened my mind to a different way of working."

"...Compliments other therapies; a very good medium for people who find cognitive methods difficult and unable to express verbally"

"Extremely useful and thought-provoking — a great way to have clients interacting with right and left brain."

"The course is intensive and how it can be applied with other techniques is very interesting."

"A lot of relevant information — the experiential tasks reinforce the learning really well."

"Provides an alternative to many "talking therapies". A useful and relevant way to engage and work with clients."

Fascinating - this program should be further developed in Australia, especially for rural areas."

"IDT effectively helps the client go from the cognitive to deeper layers and feelings. This is definitely something I will use with clients."

"Unit Two built on concepts really well, consolidating unit one and went deeper — great extension and exercises."

Further Training Available

- IDT Advanced Course
- IDT Intermediate Course
- IDT with Children
- IDT with Adolescents
- IDT with Couples
- IDT with Families
- IDT Group Work
- IDT-Based Supervision
- IDT and Trauma
- IDT and Sandplay
- IDT with Addiction

Further information about other courses available on request.



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