

# Interactive Drawing Therapy Foundation Course

## Course Information

### 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.

### The IDT Foundation Course

This 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 senior registered art psychotherapist, IDT trainer and supervisor, accredited PACFA supervisor, clinical family art therapist, author and practicing artist. She has taught art therapy in Australia and overseas and specialises in working with individuals, children, adolescents, families and couples. Through private practice she provides supervision, education, consultation and customised training. She is co-author of *The Introductory Guide to Art Therapy*, (2014).  
<https://artpsychotherapy.com.au/publications/>



### Foundation: Unit One

A two-day training.

Introduces the 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.

Focuses 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'.

Working with Thematic Frameworks and Levels of Change.

Focuses and consolidates what you are doing and why.

### Cost:

AUS\$1,200 (Units One & Two)

AUS\$700 (Unit One or Unit Two ONLY)

AUS\$1,000 ("IDT Refresher" - Units One & Two)

AUS\$600 ("IDT Refresher" - Unit One or Unit Two ONLY)

**Venue:** Online via Zoom Link

This course is also available for in-house staff training for organisations.

Contact Annette Coulter, The Centre for Art Psychotherapy (TCAP), for further information and registration form (see below).

Further Information:

Annette Coulter, The Centre for Art Psychotherapy (TCAP)

✉ [annetecoulter@bigpond.com](mailto:annetecoulter@bigpond.com) ☎ +61 (0)408 822 080

[www.artpsychotherapy.com.au](http://www.artpsychotherapy.com.au) [www.interactivedrawingtherapy.org](http://www.interactivedrawingtherapy.org)

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## REGISTRATION FORM

Date of Application: .....

I wish to apply to attend (tick box to indicate preference):

### Online IDT Foundation Courses 2025:

- Unit One: Saturday and Sunday, 29 & 30 March, 2025
- Unit Two: Saturday and Sunday, 26 & 27 April, 2025
- Unit One: Saturday and Sunday, 21 & 22 June, 2025
- Unit Two: Saturday and Sunday, 19 & 20 July, 2025
- Unit One: Saturday and Sunday, 25 & 26 October, 2025
- Unit Two: Saturday and Sunday, 22 & 23 November, 2025

### Testimonials:

- "Practical and helpful - way beyond expectations"*
- "Enjoyable, refreshing, powerful"*
- "Applicable for clients who struggle to communicate"*
- "A wonderful way to gain new insights and perspectives"*
- "Great balance between lecture and experiential learning"*
- "Demonstrations useful to watch - learnt a lot"*
- "Brilliant - felt confident to use with clients immediately"*
- "Well-prepared, delivered methodically"*

PLEASE PRINT **CLEARLY** (IDT Handbooks **MUST** be mailed. Please complete form with confirmation of payment)

Name: .....

(Postal) Address: .....

State/Region: ..... Country: ..... P'Code: .....

Mobile: ..... Email: .....

My current position/education/training: .....

My interest in applying for this course: .....

### PAYMENT IDT Foundation Course: AUD\$1,200 (Units One & Two) or AUD\$700 (Unit One or Unit Two, ONLY)

**IDT Foundation "Refresher" Course:** AUD\$1,000 (Units One & Two) or AUD\$600 (Unit One or Unit Two, ONLY)

I need new IDT Handbook/s  YES /  NO IDT Foundation Course completed, (insert Date/Year): .....

Name of previous IDT teacher: .....

I confirm payment has been transferred  YES /  NO I require an invoice / receipt  YES /  NO

Please send completed Registration Form only **AFTER** payment is confirmed sent.

I accept TCAP Terms and Conditions - <https://artpsychotherapy.com.au/interactive-drawing-therapy-supervision/>

#### Account Details:

Name: Annette Margaret Coulter

BSB: 012702

Acct No: 475645283

ANZ Bank, Katoomba Branch

SWIFT Code ANZBAU3M

PAY ID: +61 (0)408 822 080

PLEASE SCAN OR COPY REGISTRATION FORM  
AND EMAIL/SEND BACK

NB. Please include your SURNAME to identify payment

#### Further Information:

Annette Coulter, The Centre for Art Psychotherapy (TCAP)

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