



## More than words...



### A page-based way of working with words, images and feelings

to access different parts of the psyche. The page becomes a mirror for your client, helping them see themselves more objectively from new perspectives, and facilitating insight, inner resourcefulness, and profound change. A unique map of the stages of the therapeutic journey guides you through the tasks, challenges, risks and interventions of each stage, dramatically increasing your effectiveness and ability to work safely.

### Creative, Inspiring and Respectful

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 visual metaphors. The counsellor does not interpret the client's imagery.

### A practical and versatile modality

that you can use across a wide range of situations, client groups and presenting problems and with other therapies. IDT can be used for self, individual, couple or group therapy, with all ages (including young children), with less verbally or conceptually fluent clients, cross culturally, and for short-term crisis to long-term developmental work.

### Well-established (and growing)

with over 8,000 Australasian course registrations over the last 10 years, published in several peer reviewed journals, and presented at national and international conferences.

### Widely-used by a diverse range of helping professionals

Including counsellors & psychotherapists, social workers, psychologists & psychiatrists, doctors & nurses, occupational therapists, speech language therapists, guidance counsellors, teachers, youth workers, career practitioners, spiritual directors, staff from Aboriginal & Maori service agencies, alcohol & drug services, sexual abuse & refuge

centres, immigrant services, hospices & stopping violence agencies.

### What people say about IDT

"It's the best psychological tool I've found and I've been working in the social welfare industry for 30 years." "We continue to be delighted, excited and amazed at the wide uses of IDT in the mental health setting." "Creative and empowering for the client, enlightening for the therapist." "... a universal therapy ... engages with ease & safety."

**To register or for more information visit**

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**IDT - Powerful Tools for Counsellors & Therapists**