



IDT one-day Auckland Retreat Saturday 28 September 2013 (8.30am – 5pm) St Columba Centre, Auckland



Interactive Drawing Therapy warmly invites all IDT graduates to the 2013 one-day Auckland Retreat.

In keeping with IDT's earlier Retreats, this one-day event provides an opportunity for valued "time-out" from supporting and assisting others to shifting the focus on self. Surrounded by your IDT peers in a serene and relaxed environment, you will be gently guided through IDT sessions aimed at enhancing your authentic self and increasing psychological well-being.

Jung says, "the greatest gift we can give our clients is doing our own work". An IDT Retreat gives you permission to "empty out" so that you feel renewed and empowered to return to your professional and personal role in life.

Previous IDT Retreat participants have come away with -

- *I'm feeling really good. I had a really valuable and fulfilling time. I've dealt with something that's been around for years.*
- *After the earlier warm up activities I was absolutely primed to go, and I did really deep work.*
- *The retreat has filled me with creativity, nurturing, good company, wonderful community, deepened my understanding of IDT principles and practice.....*
- *It felt as though an inner heaviness had been lifted. My enthusiasm and passion has returned.*
- *My expectations were more than met.*
- *The best thing we can do for our clients is our own deep-level work.*
- *This was a spectacular event.*

Other one-day IDT 2013 Retreats are being held in Palmerston North (10 August) and Wellington (22 June).

All Retreats will be carefully guided and contained by accredited IDT teachers

