



## IDT one-day Palmerston North Retreat

Saturday 10 August 2013 (8.30am – 5pm)

Awatea Park Motel & Conference Centre



Interactive Drawing Therapy warmly invites all IDT graduates to the 2013 one-day Palmerston North 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 Wellington (22 June) and Auckland (28 September).

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



## Nurturing and Self Care

IDT one-day Retreat  
 Saturday, 10 August 2013 (8.30am to 5pm)  
 Awatea Park Motel & Conference Centre,  
 Palmerston North



### REGISTRATION FORM

Name ..... Occupation .....

Organisation ..... Department .....

Postal address ..... Suburb .....

City ..... State ..... Post Code ..... Country .....

Date & Location IDT Unit Two attended .....

Phone ..... Email .....

#### VENUE

Awatea Park Motel & Conference Centre, 243 Fitzherbert Avenue, Palmerston North  
 Ph: 06 356 5366  
*Off-street parking available*

**CONFERENCE FEE** (Includes GST, lunch and refreshments)  
 \$140.00 (received in full by 26<sup>th</sup> July 2013)

#### PAYMENT OPTIONS - Please tick one of the following

- Employer to be invoiced     Cheque     Direct Debit     Bank Deposit

#### DIRECT DEBIT / BANK DEPOSIT

- |   |  |
|---|--|
| <input type="checkbox"/> N.Z. currency deposits to: | <input type="checkbox"/> Please invoice my employer: |
| Interactive Drawing Therapy Limited                 | Name of Agency/Organisation/Individual               |
| Account No. 03-0255-0265684-00                      | .....  |
| Westpac Bank, 172 Ponsonby Rd, Ponsonby             | Email.....   |

**NB.** Include your name or IDT Invoice number on our bank statement.

#### PRE-REQUISITES

Participants and presenters must have completed a minimum of Unit One of the IDT Foundation Course.

**ACCOMMODATION** – If required, please arrange your own accommodation .

#### AGREEMENT

I have read and accept the 'Terms and Conditions' of attending an IDT course/event (as published on the IDT website [www.InteractiveDrawingTherapy.com](http://www.InteractiveDrawingTherapy.com)), and approve of my contact details being entered into the 2013 Retreat participant list and distributed to all present.

Signed ..... Date .....

**For further enquiries please contact the IDT Office – [idt@pl.net](mailto:idt@pl.net)**