

**Part Two (Workshop):**  
**SEEING AND BELIEVING:**  
**Using Photographs as Projective Catalysts in Therapy**

**Experiential Workshop • 2005 Conference of the Canadian Art Therapy Association • Victoria**

by

Judy Weiser, R. Psych., A.T.R. -- Founder & Director of the PhotoTherapy Centre

Author of PhotoTherapy Techniques -- Exploring the Secrets of Personal Snapshots and Family Albums

**Program Listing for EXPERIENTIAL WORKSHOP:**

Whenever a photograph is viewed, projection of meaning (and triggering of associated feelings or memories) spontaneously takes place. Participants in this experiential workshop can explore for themselves the benefits of using "Projective PhotoTherapy" techniques in counseling, by personally\* interacting with photographs provided. [Prior experience with cameras/photography is NOT required.]

(\**IMPORTANT: Participation is voluntary; workshop is for the purpose of education, not personal therapy.*)

***(Note: It is not necessary to attend "Part 1" (the Lecture Presentation) first, in order to come to "Part 2" (this Workshop) -- but it would be a very good preparation for it!)***

**Workshop Instructor:**

Judy Weiser is a psychologist and art therapist in private practice (specializing in HIV-related psychosocial issues). Founder and Director of the PhotoTherapy Centre in Vancouver, past Editor of the Journal *Phototherapy*, member of the Editorial Board of the *CATA Journal*, and a gallery-exhibiting photographer, she consults, lectures, and gives training workshops world-wide about PhotoTherapy techniques. Along with her book, "*PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums*" and her website "*PhotoTherapy Techniques in Counseling and Therapy*", she has produced a video and numerous book chapters and articles on the subject (as well as many on HIV-related counseling also). She can be reached at: [jweiser@phototherapy-centre.com](mailto:jweiser@phototherapy-centre.com) - or (604) 689-9709.

**Longer Summary, Outline, Objectives, and References:** *see following pages...*

### **Longer Summary:**

The meaning perceived as coming from any photographic image is actually created by the person viewing and reacting to that image, rather than existing solely in the photo's visual "facts" alone. This holds true for *all* photos that people view, take, pose for, collect, or even just imagine or remember -- whether in personal snapshot collections or on gallery walls. Therefore, *any* time a photograph is viewed or remembered, projection of meaning (and triggering of associated feelings) spontaneously takes place!

The importance of a personal snapshot lies less in what it is *of*, visually, than in what it is *about* emotionally. The "story" of the photo is always initially constructed by its maker, but all later interpretations will differ from that person's intention, depending upon who is doing the viewing (and thus interpreting of meaning!).

Therapists trained in "Photo-Projective" PhotoTherapy techniques (Weiser, 1993/1999; 1983-2004 below) use these "secret" components of ordinary snapshots and family photos to help clients learn more about themselves. Guided by the therapist, clients interact with snapshots (theirs or other people's) and gain "in-sight" to many previously-unconscious feelings, thoughts, memories, inner beliefs and values, which had been otherwise inaccessible by words alone.

After a brief theoretical introduction to provide contexting framework for this particular technique, participants will have the opportunity to personally experience\* how "Photo-Projective" techniques work, through personal interactions with photographs brought by the Instructor. (*\*Participation is voluntary; the purpose is for participants' education, not therapy.*)

The goal of the workshop is to show how Projective PhotoTherapy techniques can be useful for all therapists, regardless of their theoretical orientation, preferred modality, or population specialty. Handouts will be provided to guide the experiential process and to assist with readings; case discussions may be included. *Prior experience with cameras or photography is NOT required!*

***(Note: It is not necessary to attend "Part 1" (the Lecture Presentation) first, in order to come to "Part 2" (this Workshop) -- but it would be a very good preparation for it!)***

**Outline, Objectives, & References:** see next page....

### **Outline of Workshop:**

- 1) Participants will enter the room to find a very large table holding approximately 80 photographs.
- 2) They will select one that particularly "calls" to them and sit down around that large table, to hear a brief introductory presentation about PhotoTherapy and, in particular, the "Photo-Projective" Technique (which is being explained, demonstrated, and experienced in this Workshop).
- 3) After the brief introduction (perhaps 1/5 of the time allotted), the remainder of the Workshop time will be spent in participants experiencing a few different guided exercises and role-plays, followed by the opportunity to pair off into "dyads" to practice using them as if in "live" practice themselves. Guiding handouts will be provided to give structure to their process, and Instructor will circulate among the dyads to assist. It will be made very clear *in advance* that this is an educational learning experience and not the opportunity to do any personal therapy.
- 4) At the end, the Instructor will "re-group" the participants around the table for a final debriefing, sharing, discussing, and summary closure. Handouts will be provided to guide the experiential process and to assist with later readings; case illustrations will be given if time permits.

### **Workshop Objectives:**

After this event, those attending should be able to:

- 1) Explain what the five PhotoTherapy techniques are, and why the "Photo-Projective" technique is of particular importance (especially in arts/expressive therapies).
- 2) Discuss their own personal experience\* with this particular technique (having been through a few different guided exercises and role-plays based on it)  
*\*REMINDER: Participation is voluntary and for the purposes of participants' education, not their personal therapy.*
- 3) Know how to access additional information about using this technique in their practice.

### **Room Set-up Needs (also see photo example on final page):**

There needs to be a large "table-top space" in the room, on which about 80 (8x10 inch) photographs will be laid out. Participants will begin the Workshop by walking around this table, selecting one photo, and then sitting down around that table for the initial discussion. Next, they will pair off into dyads (moving their chairs to more private places in that room).

This "large table" can be easily created by simply putting 8 to 10 of those "standard classroom" kinds of folding tables all together, side by side into a big rectangle.

I will also need about 3 ADDITIONAL tables to lay out my "show-and-tell" info and handouts onto...

**Instructor's Publications:** see next page...

## **Publications\* by Judy Weiser:**

\*Please note: Most of the articles and chapters listed below may be downloaded *for free* from:  
[www.phototherapy-centre.com/biography.htm](http://www.phototherapy-centre.com/biography.htm)

- 2004(a) -- PhotoTherapy techniques in counseling and therapy: Using ordinary snapshots and photo-interactions to help clients heal their lives. *The Canadian Art Therapy Association Journal, Fall, 17:2, 23-53.*
- 2004(b) -- The continuum of arts-based healing practices: Arts-in-Therapy/Arts-as-Therapy. *Creative Arts in Counseling Chapter Newsletter (Canadian Counseling Association), Fall, 1:2, 3.*
- 2003 -- A picture is worth a thousand words: Using PhotoTherapy Techniques in Counseling Practice. *Bulletin of the Private Practitioners Chapter Newsletter (Canadian Counseling Association), March, 3:2, 3-4.*
- 2002(a) -- PhotoTherapy techniques: Exploring the secrets of personal snapshots and family albums. *Child & Family, Spring/Summer, 16-25.*
- 2002(b) -- PhotoTherapy techniques: Exploring the secrets of personal snapshots and family albums. *B.C. Psychologist, Winter, 26-27.*
- 2001 -- PhotoTherapy techniques: Using clients' personal snapshots and family photos as Counseling and Therapy tools (Invited feature article in "Special Double Issue: Media art as/in therapy"). *Afterimage: The Journal of Media Arts and Cultural Criticism, 29:3 (Nov/Dec), 10-15.*
- 2000 -- PhotoTherapy's message for Art Therapists in the new Millennium. *Journal of the American Art Therapy Association, 17:3, 160-162.*
- 2000 -- PhotoTherapy's message for Art Therapists in the new Millennium. *Journal of the American Art Therapy Association, 17:3, 160-162.*
- 1999\* (Book; 2nd Edition) -- *PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums.* (1st edition: 1993), Vancouver: PhotoTherapy Centre Press [ISBN: 0-9685619-0-X].
- \*IMPORTANT NOTE:** Italian Lawyers have estimated that over 90% of Giusti & Proietti's book "*Fototerapia: E Diario Clinico*" was directly copied from this book. Writs have been served against the two, and the court date for the plagiarism case is set for Milan, February, 2005. (Visit [www.phototherapy-centre.com](http://www.phototherapy-centre.com) for more information)
- 1990 -- "More than meets the eye": Using ordinary snapshots as tools for therapy. In: Laidlaw, T., Malmo, C., & Associates (Eds.), *Healing voices: Feminist approaches to therapy with women* (pp. 83-117). San Francisco: Jossey-Bass.
- 1988(a) -- "See what I mean?" Photography as nonverbal communication in cross-cultural psychology. In: Poyatos, F. (Ed.), *Cross-cultural perspectives in nonverbal communication* (pp. 245-290). Toronto: Hogrefe.
- 1988(b) -- "PhotoTherapy: Using snapshots and photo-interactions in therapy with youth. In: Schaefer, C. (Ed.), *Innovative interventions in child and adolescent therapy* (pp. 339-376). New York: Wiley.
- 1986 -- Ethical considerations in PhotoTherapy training and practice. *Phototherapy, 5:1, 12-17.*
- 1985 -- Training and teaching photo and video therapy: Central themes, core knowledge, and important considerations. *Phototherapy, 4:4, 9-16.*
- 1984 -- PhotoTherapy: Becoming visually literate about oneself. In: Walker, A.D.; Braden, R. A.; and Dunker, L. H. (Eds.), *Visual literacy: enhancing human potential* (pp. 392-406). Virginia Polytechnic State University Press.
- 1983 -- Using photographs in therapy with people who are 'different'. In: Krauss, D. A. and Fryrear, J. L. (Eds.), *Phototherapy in mental health* (pp. 174-199). Springfield, IL: Charles Thomas.
- 1975 -- PhotoTherapy: Photography as a verb. *The B.C. Photographer, 2, 33-36.*

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**Sample of good room set-up / layout:**

