

**EXPLORING THE SECRETS OF  
PERSONAL SNAPSHOTS AND FAMILY ALBUMS --  
• Using PhotoTherapy Techniques in Counseling •**

**Introductory Workshop • Seattle, WA**

**7 p.m. - 9:30 p.m. Friday June 2\* *plus* 9 a.m. - 5 p.m. Saturday & Sunday June 3 & 4, 2006**

\*Note: The Friday evening session **is** part of the full workshop; however, it will also be open to additional others who want to hear just the "brief introductory lecture" component but not continue for the full event

*For Mental Health Professionals (& advanced Graduate students in these fields) -- Others ONLY by pre-approval of Instructor*

Instructor: Judy Weiser, R.Psych., A.T.R. -- Founder and Director, PhotoTherapy Centre (Vancouver, Canada)  
Author, "*PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums*"

**Brief Summary**

PhotoTherapy techniques use personal snapshots, family photos, and photo-interactions (and the feelings, thoughts, and memories these evoke) as catalysts for therapeutic communication, change, and healing.

Since the emotional contents of any photograph are far more important than its visual details, clients' ordinary snapshots and family albums can serve as powerful symbolic self-constructs, emotional catalysts, metaphoric transitional objects, and visual traces of family systems dynamics and personal/family narratives -- that bridge into previously-unconscious, long-buried, or overly-defended information (and underlying beliefs and values), in ways impossible with words alone.

This Introductory Workshop will combine slide- and video-illustrated presentations about PhotoTherapy theory, techniques, and appropriate applications (including case anecdotes and ethical considerations), with interactive discussions, demonstration role-plays, and the opportunity to encounter *most* of the techniques personally\*, so that participants can begin using them immediately in their work counseling others.

***\*Please note: This workshop is for the purpose of professional education, not personal therapy.***

***Important: Participants will need to do some pre-reading and to bring photos from home, so  
Please get the "Homework Assignment" from Registrar\* at least two weeks in advance.***

***Prior experience with cameras or photographic art is not required!  
For more about PhotoTherapy, see: [www.phototherapy-centre.com](http://www.phototherapy-centre.com)***

**Instructor**

Judy Weiser is a psychologist and art therapist in private practice. Founder and Director of the PhotoTherapy Centre in Vancouver, former Editor of the Journal *Phototherapy*, and a gallery-exhibiting photographer, she consults, lectures, and gives training workshops world-wide about using PhotoTherapy techniques to improve counseling practice.

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. She can be reached at: [jweiser@phototherapy-centre.com](mailto:jweiser@phototherapy-centre.com) or 604-689-9709.

*For a longer description, **and instructions about what to bring with you**, please see the next page...*

\*Registration, location, cost & other details contact: Bryce Bailey: [brycehastoday@hotmail.com](mailto:brycehastoday@hotmail.com) 206-234-6685

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Longer Explanation

Every photograph we take, keep, or react to is in many ways a metaphorical self-portrait, a "mirror with memory" reflecting the unique story of our particular life and what has been important to us. Personal snapshots are like "visual footprints" marking where we have been emotionally, as well as physically -- and they also sometimes signal where we might be heading, even when we may not know this yet ourselves! Thus, a photo's value lies not so much in its surface visual "facts", but more in what these selectively-noticed details *mean* inside each viewer's mind (and heart).

Based on this, "PhotoTherapy" techniques use therapy clients' personal photos (and their interactions with these) as nonverbal tools for helping them better understand, express, and resolve their problems and feelings. Serving as powerful symbolic self-constructs, emotional catalysts, metaphoric transitional objects, visual traces of family systems dynamics and representations of personal/family narratives, clients' photos permit a much deeper form of "in-sight" to emerge.

In PhotoTherapy-based counseling sessions, clients not only view existing photos, but also take, pose for, actively reconstruct, visually sculpt, or create new ones, as well as remember or imagine those unable to be held in their hand. PhotoTherapy is about "photography as symbolic emotional communication", rather than "photography as art" -- *photography as an active agent of change and self-exploration*. And therefore, using these techniques requires no prior experience with cameras, nor any knowledge about photographic art.

Used alone, or in combination with various other therapy techniques, clients' own snapshots prove to be worth far more than the proverbial "thousand words" -- and thus mental health professionals trained in PhotoTherapy techniques find that making use of the "secret lives" of such photographs can greatly enhance their counseling effectiveness.

Format: Slide- and video-illustrated presentations (accompanied by case anecdotes) will alternate with experiential practice sessions and discussions. Lectures will cover theoretical rationale, framework for application, practical/ethical considerations, and a survey of how others are using these techniques world-wide. Participants will have numerous opportunities to learn the interrelated system of PhotoTherapy techniques personally\* through a combination of role-play demonstrations, dyadic practicing and individual and group exercises -- all done under the direct supervision of PhotoTherapy pioneer Judy Weiser. (\**Participation in experiential components is voluntary, as this Workshop is for the purpose of professional training and education, rather than for personal therapy*).

• ***The goal of this Workshop*** is to explain, illustrate, and demonstrate how PhotoTherapy techniques can be useful counseling tools for all Mental Health Professionals, regardless of their theoretical orientation, preferred therapeutic approach, or particular client population -- and to enable participants to have sufficient instruction in activating *all* the major techniques, in order to exit the workshop able to begin using most of them with clients immediately. *Numerous handouts will be provided to guide the experiential process and to assist with further reading and networking.*



***PARTICIPANTS SHOULD BRING COPIES OF*** 20 to 30 snapshots that have special meaning:

(This could be personal or family photos, postcards or greeting-card photo-images, print-outs from jpg's or Internet images, photos on pages torn from magazines — or even just photocopies of these things)