

**Using Photos to Explore "Differences That Make a Difference"
in Diversity, Multi-Cultural, and HIV-related Interactions**

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by

Judy Weiser, R. Psych., A.T.R. -- Founder & Director of the PhotoTherapy Centre in Vancouver
Author of *PhotoTherapy Techniques -- Exploring the Secrets of Personal Snapshots and Family Albums*
(more info about PhotoTherapy is at: <http://www.phototherapy-centre.com>)

Brief 50-word Listing for Program:

Since the meaning of any photograph lies more in its perceiver than in its surface visual details, ordinary snapshots (personal or magazine) can be useful for exploring diversity, multi-cultural and other interactions (along with related attitudes and expectations). In this interactive experiential workshop, Judy Weiser, Director of the PhotoTherapy Centre, and long-time AIDS counsellor, will show how and why this works.

250-word Description, Goals, Audience:

"PhotoTherapy Techniques" use personal snapshots, family photos, and pictures taken by others to improve communication during therapy. However, these same techniques can be used in non-therapy applications, for people to learn more about themselves and others (to better understand why people do what they do and make the decisions that they make).

Because photos can serve as powerful bridges into thoughts, beliefs, values, and expectations in ways that words alone cannot do, they can be *especially* helpful in exploring more subtle differences among people and cultures, especially those parts that are "coded" visually/non-verbally (things people know, but cannot fully explain in words).

After a brief introduction by Presenter Judy Weiser (Director of the PhotoTherapy Centre and long-time AIDS counsellor), most of the Workshop will be spent letting participants personally experience, through interacting with photos the Presenter brought, one technique that has been of particular effectiveness in exploring "differences that make a difference" in diversity and HIV-related applications. Participants will select a photo, experience a demonstration with it, and then pair off to discuss their photos with a partner, using the list of questions provided as a handout. Closure includes group de-briefing, discussion, and question period.

Goal: to see for oneself how most qualities we perceive in people are actually projected by us *onto* those people, while we are encountering them. Photo-interactions can show how inner values filter our perceptions and attitudes, and thus guide our expectations -- including those about people with HIV (*Note: This is an educational experience, not a therapy group!).

-- end of description -- A.V. requirements, and a short note to Stacy, are on the next page...