

SEEING AND BELIEVING: Using Photographs as Projective Catalysts in Art Therapy Practice

2-Hour Experiential Workshop • B.C. Art Therapy Association 2008 AGM

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*"

Summary:

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 art therapy practice, by personally* interacting with photographs provided.

Instructor will provide a very brief introduction (to provide framework for experiential sessions), after which participants will begin by choosing amongst dozens of photographs displayed on a large table -- and then having several experiences with their chosen images (both as a group and then in dyads [guided by handouts]). Prior experience with cameras/photography is NOT necessary.

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

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/DVD and numerous book chapters and articles on the subject (as well as many about HIV-related counseling).

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