

**EXPLORING THE SECRETS OF
PERSONAL SNAPSHOTS AND FAMILY ALBUMS --
• An Introduction to PhotoTherapy Techniques •**

Slide-illustrated Public Lecture

by

Judy Weiser, R.Psych., A.T.R. • Psychologist & Art Therapist • Founder and Director of the PhotoTherapy Centre
Author of "*PhotoTherapy Techniques -- Exploring the Secrets of Personal Snapshots and Family Albums*"

**Thursday Evening, April 7, 2005 (6 p.m. to 9 p.m.)
University of Derby (Kedleston Road Campus)**

Open to everybody interested -- photographers, students, counsellors, therapists, and non-therapists too;
i.e. anyone who is curious about the "secret lives" of people's ordinary photographs!

Summary

PhotoTherapy techniques use clients' personal snapshots, family photos, and photo-interactions as catalysts for therapeutic communication and personal healing. Since the emotional contents of any photograph are far more important than its visual details, clients' ordinary snapshots and family albums have "secret lives" that help them serve as powerful bridges into feelings, thoughts, and memories in ways that words alone cannot do.

This slide-illustrated presentation will explain the "what", "why" and "how" of PhotoTherapy techniques -- and if time permits, will also provide the opportunity for volunteers to have few brief experiential encounters with the process. (Anecdotal case examples and comparisons with the related field of "Therapeutic Photography" will also be included).

NOTE: *Using these techniques requires no prior familiarity or experience with cameras or photographic art -- neither for client nor therapist!*

However, prior exploration of the "PhotoTherapy Techniques in Counselling" website (at least its Home-Page and "Five Techniques" page) will definitely add to participants' enjoyment of this event!*

**See: <http://www.phototherapy-centre.com>*

Presenter

Judy Weiser is a psychologist and art therapist in private practice. Founder and Director of the PhotoTherapy Centre in Vancouver, Canada, author of "*PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums*" and the "*PhotoTherapy Techniques in Counseling and Therapy*" website and video, as well as numerous related publications, she consults, lectures, and gives training workshops world-wide on using ordinary photographs as counselling tools. For more information, contact her at: jweiser@phototherapy-centre.com or in Canada at: 604-689-9709).

- **For details**, contact Linda Wheildon Subject Manager for Therapeutic Arts & Complementary Medicine , at: l.e.wheildon@derby.ac.uk or 0870-040-674