



PhotoTherapy Centre

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Judy Weiser, R.Psych., A.T.R. Biographical Summary

Judy Weiser is a psychologist, art therapist, consultant, trainer, author, and private scholar interested in the visual and nonverbal aspects of communication and behavior at both individual/familial and societal/cultural levels -- *especially regarding the "why" of taking, posing for, keeping, and looking at ordinary personal and family snapshots*. She is listed in the *Canadian Register of Health Service Providers in Psychology* and maintains professional credentials in both Psychology and Art Therapy.

One of the earliest pioneers of "PhotoTherapy" techniques (using people's own personal and family photographs, and pictures taken by others, to help them connect with feelings, thoughts, beliefs, information, and memories during their therapy and counseling sessions, in ways not possible using verbal dialogue alone), Judy has spent over thirty years developing, teaching, and providing consulting and mentoring about these techniques (and also about the related fields of "Therapeutic Photography", "VideoTherapy" and "Photo Art Therapy"), while actively using them to help her clients during her previous work in her second specialty area (explained later below).

Director of the *PhotoTherapy Centre* in Vancouver Canada (which she founded in 1982 to serve as the world's networking base and extensive resource library for these fields), and former Editor of the Journal *Phototherapy*, she has given nearly three hundred workshops and lecture presentations in over fifty cities world-wide, teaching therapists and counselors how to use PhotoTherapy or Photo Art Therapy techniques to help clients (and showing others how to use Therapeutic Photography activities in non-therapy applications to stimulate personal growth and insight, activate social change, strengthen communities, improve family and other interpersonal communication -- and for qualitative and community-based research).

Author of the 1993 classic text, *"PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums"* (now in 3rd printing and reviewed in more than a dozen professional journals), she also created and maintains the informational website explaining the field (*"PhotoTherapy Techniques in Counseling and Therapy"*, at: <http://www.phototherapy-centre.com>) -- and its related *PhotoTherapy and Therapeutic Photography Discussion Group* (postings from 16 countries thus far).

She has also produced an educational video/DVD, authored several book chapters and many professional articles on these topics [some of which have now been translated into other languages (including Japanese, Korean, Russian, Italian, and German) (*see next page*) -- and hopes to soon begin making a second DVD to serve as a "training companion" to her book.

Long considered the "world authority" in the field, Judy was the invited "Opening Plenary Speaker" for the International Conference on PhotoTherapy and Therapeutic Photography in Finland in 2008 (and has also presented at all the past international PhotoTherapy conferences). She has given hundreds of other Keynote and Plenary Addresses (for example, in 2010 for both the Russian Art Therapy Conference in Moscow, the Delaware Valley Keynote in U.S.A.), workshops, training intensives and individualized trainings over the past three decades, for Psychology, Art Therapy, Counseling, Family Therapy, and other professional conferences and events -- and she continues to accept contracts to provide training for therapists and counselors of agencies and hospitals, as well as for private individualized training on-site at the PhotoTherapy Centre and elsewhere.

(Bio continues on next page).....

Currently a member of the Editorial Board for both the *Canadian Art Therapy Journal* and *PsicoArt (Italian Journal of Art and Psychology)*, and an elected member of both the *American Family Therapy Academy* and the *Canadian Academy of Independent Scholars*, Judy has often served on many Thesis and Dissertation Committees both nationally and internationally -- as well as giving occasional lectures and mini-courses for a number of Postgraduate Training Programs in several countries. Continuing to mentor students and colleagues upon request, she also served as Consultant for the American Art Therapy Association's first online course in 2005: "*Phototherapy and Counseling Techniques for Art Therapists*".

A former Board Member of the *International Visual Literacy Association*, past Editorial Board Member of the *Journal of Medical Humanities*, former Canadian Liaison to the *Board of the International Association of Arts Medicine*, a founding member and first B.C. Representative of the "*Creative Arts in Counseling*" Chapter of the *Canadian Counseling Association*, Judy has received many awards, including one from the *International Visual Literacy Association Award* for "Exemplary Teaching of Visual Literacy Skills", and is an international Consultant to: the *Center for Visual Therapies* in the U.S., *ILPFOT* (the Institute for Psychology and Photography in Mexico), *VideoReport* (of *LaDamaSognatrice Produzioni Audiovisive*, Italy) and "*PSYfoto*" in Russia -- and she recently was awarded the U.S. work permit reserved for "Extraordinary Persons".

She has discussed and demonstrated PhotoTherapy in a variety of radio and television interviews in several countries, as well as featured in greater depth in programs such as *Arts Express* (on Vision Television Network), BBC Scotland, BBC Stoke, *VoiceAmerica* Network, the PBS special feature *Photographing America*, and highlighted in a two-hour special program on CBC Television's *The Journal* (titled: "*150 Years of Photography*") She was also the sole focus of Kodak's "*Satellite Media Tour*" regarding the use of photos to help people heal from the events of 9/11 -- and has consulted for Kodak, Polaroid, and many photographic businesses as well.

She has also been featured in many popular-media publications and websites, including: *Life Magazine*, *Maclean's*, *N.Y. Times*, *Globe & Mail*, *U.S.A.Today*, *PhotoLife*, *Canadian Living*, *Elle Magazine (U.K.)*, *The British Journal of Photography*, *Psychologies*, *the Independent (U.K.)*, *Talise Magazine*, *Digital Photographer*, and many others.

Her second long-time specialty in her previous work as a therapist was the emotional, mental, spiritual, and cultural issues relating to HIV/AIDS infection -- and teaching workshops to share the counseling skills that help people cope with these better. For over twenty years she provided counseling for people who were infected or affected by HIV/AIDS, especially Gay men and street-involved Native youth and adults (who were often also I.V.-drug users, sex-trade workers, and/or survivors of Residential School or forced adoptions) -- as well as their families, friends, communities, and caregivers. She has also authored numerous book chapters, professional articles and other publications about these subjects as well (see *next page*) and was a member of the *Speakers Bureau* of the *Canadian AIDS Society*.

Founder of the "HIV/AIDS Focus Group" of the *American Art Therapy Association*, she is one of the three originators of the "HIV/AIDS Interest Group" of the *Canadian Psychological Association*. A Founding Board Member of "*The NAMES Project - Canada*" (the Canadian AIDS Memorial Quilt), and Director of its Pacific Region office for several years, she has also taught and published about the role of the AIDS Quilt in emotional healing and counseling work.

Fluent in basic Spanish, Deaf Sign Language ("ASL"), and trained in a few other nonverbal visual/symbolic languages, she is also a photographic artist whose pictures have appeared in many galleries, publications and a recent documentary film in the U.S.

Judy can be reached at: JWeiser@phototherapy-centre.com -- or by phone at (604) 689-9709

- For more biographical information, please see: www.phototherapy-centre.com/biography.htm

Highlights of Professional Publications* by Judy Weiser on PhotoTherapy & Related Topics

• Most Articles & Chapters below can be downloaded for free, from: www.phototherapy-centre.com/biography.htm

*For Weiser's public media publications, see next Section below;
for articles about her or her work, see second Section;
for her publications about HIV-related psychotherapy see final Section

- 2010(a) -- Using Photographs in Art Therapy Practices Around the World: PhotoTherapy, Photo-Art Therapy, and Therapeutic Photography. *Fusion (a publication of Art Therapy Alliance, International Art Therapy Organization, and Art Therapy Without Borders)*, 2:3, 18-19.
- 2010(b) -- When I was your age: PhotoTherapy techniques for families. In Lowenstein, L. (Ed.), *Creative family therapy techniques*. Toronto, ON: Champion Press, 270-277.
- 2010(c) -- Guida all'uso degli autoritratti fotografici in psicoterapia ("Guide to using self-portraits in psychotherapy"). In: Piccini, F. (Ed.), *Tra Arte e Terapia: Utilizzi Clinici Dell'Autoritratto Fotografico ("Between Art and Therapy: Clinical Uses of Photographic Self-Portraits")*, Torino (Turin): Cosmopolis 27-51.
- 2010(d) -- **Сущность и техники фототерапии** (The essence and techniques of PhotoTherapy). *The Healing Art (Russian International Art Therapy Journal)*, 13:1 (Winter), 18-36..
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- 2009(a) -- Picturing PhotoTherapy and Therapeutic Photography: Commentary on articles arising from the 2008 International Conference in Finland (co-Authored with D. Krauss). *European Journal of Psychotherapy and Counseling*, 11:1, March, 77-99.
- 2009(b) -- **Техники фототерапии: использование интеракций [с фотографиями для улучшения жизни людей** ("PhotoTherapy techniques: Using interactions with photographs to improve people's lives"). In: Iarskaia-Smirnova, E. & Romanov, P. (Eds.), **Техники фототерапии: использование интеракций** ("*Visual Anthropology: Tuning the lens" [Part one: Visual methodology: From research to action]*), Moscow: Variant, CSPGS, 64-108.
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- 2008 -- PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums. *B.C. Psychologist (Special Issue on Media & Psychology)*. Summer, 22-25. [is updated revision of Weiser, 2002(b)]
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- 2007 -- Using PhotoTherapy techniques in art therapy and other counseling practices. *Canadian Art Therapy Association Newsletter*, 6:4, 4-7.
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- 2006 -- Tecniche di FotoTerapia nel counseling e nella terapia: Usare le foto comuni e le interazioni con le fotografie per aiutare i clienti a prendersi cura delle proprie vite ("PhotoTherapy Techniques in Counseling and Therapy: Using photos, and interactions with them, to help clients heal their lives"), *INformazione: Psicoterapi, Counseling e Fenomenologia*, Vol.7, Sept-Oct, 120-147.
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- 2005(a) -- ジョー・スペンスの思い出——私的で職業的な記憶の記録 ("Remembering Jo Spence: A brief personal and professional memoir"). In: Hagiwara, H. (Ed.), *Jo Spence autobiographical photography* (pp. 240-248). Osaka: Shinsuisha Press.
- 2005(b) -- A Picture is worth a thousand words: Using PhotoTherapy Techniques in Arts (and other) Therapies practice. In: Kossolapow, L., Scoble, S., and Waller, D. (Eds.), *Arts Therapies Communication (Vol. III), Different Approaches to a Unique Discipline: Opening Regional Portals*, Münster: Lit-Verlag Publishers, 481-486.
- 2005(c) -- More than meets the eye: Using PhotoTherapy techniques in Art Therapy practice. *The Palette (Newsletter of the Ohio Art Therapy Association (BATA))*, Fall, 18-19.
- 2005(d) -- A Picture is worth *more* than a thousand words -- Using PhotoTherapy techniques in counseling and therapy. *Newsletter of the B.C. Association of Clinical Counselors*, Fall, 10-11; 33-37.

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- 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.*
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- 2003 -- A picture is worth a thousand words: Using PhotoTherapy Techniques in Counseling Practice. *Private Practitioners Chapter Newsletter (Canadian Counseling Association), March, 3:2, 3-4.*
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- 2002(a) -- PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums. *Child & Family, 5:3, 16-25.*
- 2002(b) -- PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums. *B.C. Psychologist, Winter, 26-27.*
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- 2001(a) -- 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.*
- 2001(b) -- PhotoTherapy Techniques in Counseling and Therapy.
Informational Website (50+pages): www.phototherapy-centre.com
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- 2000 -- PhotoTherapy's message for Art Therapists in the new Millennium. *Journal of the American Art Therapy Association, 17:3, 160-162.*
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- 1999 -- *PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums (2nd edition; first edition: 1993, Jossey-Bass Publishers), Vancouver, PhotoTherapy Centre Press.*
(•Please contact the PhotoTherapy Centre for list of published reviews)
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- 1990(a) -- "More than meets the eye": Using ordinary snapshots as tools for therapy. In: Laidlaw, T.; Malmo, C.; and Associates (Eds.), *Healing voices: Feminist approaches to therapy with women* (pp. 83-117). San Francisco: Jossey-Bass.
- 1990(b) -- Grover wrong about 'Phototherapists' Spence and Martin (Editorial rebuttal). *Afterimage, 18:4, November, p. 2.*
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- 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.
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- 1986(a) -- Ethical considerations in PhotoTherapy training and practice. *Phototherapy, 5:1, 12-17.*
- 1986(b) -- Ethical considerations in PhotoTherapy training and practice. *Video-Informationen (Munich), 9:2, 5-10.*
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- 1985 -- Training and teaching photo and video therapy: Central themes, core knowledge, and important considerations. *Phototherapy, 4:4, 9-16.*
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- 1984(a) -- PhotoTherapy: Becoming visually literate about oneself, or: 'PhotoTherapy? What's PhotoTherapy?'. *Phototherapy Journal, 4:2, 2,7.*
- 1984(b) -- 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.

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- 1984(c) -- Brief field report: Using PhotoTherapy to help: A study of Debbie. *Phototherapy*, 4:2, 8-9.
- 1984(d) -- Exploring footprints of the mind: PhotoTherapy. *Heartwood*. 8:2 (Summer), 10-12.
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- 1983(a) -- 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.
- 1983(b) -- Using PhotoTherapy to help: A study of Debbie. "Montage": Kodak's Educator's Newsletter, 83:1, 4-5.
- 1983(c) -- PhotoTherapy. *Speakeasy, Newsletter of the Southern California Communication Group*, 4:3 (May-June), 112-113.
.....
- 1982(a) -- PhotoTherapy Centre opens in western Canada. *PhotoTherapy*, 3:2 (Summer), 17.
- 1982(b) -- Adult level programs: PhotoTherapy. In: Dake, D.M. (Ed.), *Exemplary curriculums in visual literacy* (pp. 103-113). Iowa State University Press.
- 1982(c) -- PhotoTherapy: A multi-media production. *Private audiovisual program*, produced by Media Technology Department, Capilano College.
- 1982(d) -- Kent State PhotoTherapy training workshop. *PhotoTherapy*, 3:1 (Winter), 13.
- 1982(e) -- Interactive photography exhibit. *PhotoTherapy*, 3:2 (Summer), 15-16.
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- 1981 -- PhotoTherapy in British Columbia. *Photo Therapy (Quarterly)*. 2:4, 14-15.
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- 1975 -- PhotoTherapy: Photography as a verb. *The B.C. Photographer*, 2, 33-36.

• **Highlights of Weiser's public-media publications about PhotoTherapy & Related Topics:**

- 2009(a) -- PhotoTherapy: The bigger picture. *Embody Magazine, Winter*, 12-14.
- 2009(b) -- Photo Therapy: It can change your life. *Health News Digest, June 30*.
(http://www.healthnewsdigest.com/news/Guest_Columnist_710/Photo_Therapy_It_Can_Change_Your_Life.shtml)
- 2009(c) -- How to photograph your way to happiness: 9 ways to find joy through photography. *Beliefnet: Emotional health, October 16*. (<http://www.beliefnet.com/Health/Emotional-Health/2009/09/Photograph-Your-Way-to-Happiness.aspx>)
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- 2008 -- Photo Therapy: Unlock your psyche with personal snapshots and family photographs. Talise: *Jumeirah Group Wellness Magazine, 2:April-June*, 59-62.

• **Highlights of publications about Weiser and/or her work:**

- 2009(a) -- Nude photos as therapy, or just therapeutic? Some find studio portraits therapeutic but doctors warn the practice could be risky (by Lauren Cox). *ABCNews.com Health/Medical, October 20*. (<http://abcnews.go.com/Health/MindMoodNews/incest-victims-anorexics-find-peace-photo-therapy/story?id=8857667>)
- 2009(b) -- Are today's technologies affecting the meaningfulness of our relationships? Staying connected through photos (by Kristen Mucci-Mosier). *HealthyWomen.org: Wellness-in-Practice, July 1*. (<http://www.healthyywomen.org/blogs/wellnessinpractice/2009/07/staying-connected-through-photos.html>)
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- 2008 -- PhotoTherapy: Reflecting on the bigger picture (by Simon Skellon). *Digital Photographer*, 72, 10-11.
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- 2007 -- Whose evidence is it, anyway? PhotoTherapy (by Carolyn Roberts). *The Point: An Alternate Voice on Mental Health (Scottish Association for Mental Health)*, Winter, 22: 20-21.
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- 2006 -- The Power of Pictures: Photos aren't merely images; they're connections to our past (by Bill Marvel). *Dallas Morning News*, March 30.
.....
- 2005 -- Every picture tells a story for therapists (by Simon Redfern). *University of Derby Press Office*, April 4.
.....
- 1993(a) -- "Photo therapy: Unlocking the emotional secrets of snapshots", by Sarita Montrose. *Elle Magazine (U.K.)*, December, 57-59.
- 1993(b) -- "Medical: Mind games", by Jerome Burne. *The British Journal of Photography*, October 28, 10-11.
- 1993(c) -- "Health: Every snapshot tells a story", by Jerome Burne. *The Independent (U.K.)*, October 26, 22.
.....
- 1990 -- "The secret lives of snapshots", by Merrie-Ellen Wilcox. *Canadian Living*, November, 115-121.
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- 1989 -- "Photo Therapy: Ink blots of the '80's", by Suzanne Sherkin. *Photo Life*, January/February, 31-36.
.....
- 1988 -- "Here's looking at you, kid", by Aurelie Sheehan. *Child*, November/December, 105-115.
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- 1984(a) -- "Photos speak volumes about relationships", by Jane E. Brody. *New York Times: Science Times*, July 17, 1.
- 1984(b) -- "Photos shed light on emotions", by Dorothy Lipovenko. *Globe and Mail (National)*, September 4, 16.
.....
- 1983 -- "Abstract photo catharsis", by Julie Cohen. *Macleans*, January 10, 44.
.....
- 1982(a) -- "Pictures that unlock the psyche", by Rosemarie Robotham. *LIFE Magazine*, Oct., 15-22.
- 1982(b) -- "Photo albums hide secrets", by Marilyn Elias. *U.S.A. Today*, December 22, D-1, 2.

Selected Publications on HIV/AIDS-related Psychosocial Issues/Counseling:

- 2006 -- HIV/AIDS-related counseling issues -- What my clients have taught me along the way. *The B.C. Psychologist*, Fall, 6-9 [with continuation of its final six pages online on the BCPA website].
.....
- 2003 -- "How does it feel?": Eight reasons why asking yourself this question may make you healthier. *The Positive Side (Canadian AIDS Treatment and Information Exchange)*, 6:3, 4-7.
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- 2000 -- Emotional, mental, and spiritual counseling for Aboriginal HIV/AIDS issues: How it improves physical health (and personal stories to prove it!). [Typed draft available; publication delayed]
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- 1999(a) -- Heart, mind, spirit, and AIDS: Emotional, mental, and spiritual issues affecting Aboriginal HIV nursing care. *Invited Plenary Address, Conference of the Canadian Association of Nurses in AIDS Care*; Winnipeg, April 23, 1999. [Typed draft available; publication delayed]
- 1999(b) -- Adapting traditional healing practices (for use in HIV counseling and education). Invited article for: *AIDS Action: The International Newsletter on AIDS Prevention and Care*, 46:Oct-Dec, 7.
.....
- 1998 -- Taking the Medicine Wheel to the street: Counseling Aboriginal street youth about HIV/AIDS and educating those who help them. In: Rowe, W. and Ryan, B. (Eds.), *Social work and HIV: The Canadian experience* (pp. 160-182). New York: Oxford Press.
.....
- 1996(a) -- HIV/AIDS psychotherapy: What psychologists need to understand. *The Canadian Health Psychologist*, 4:1, 18-23.
- 1996(b) -- Psychosocial consequences of living with HIV/AIDS: Or, "What I learned from my clients and friends". *The Social Worker*, 64:4, Winter, 18-33.
- 1996(c) -- Native Canadian community invites AIDS Memorial Quilt to Aboriginal Friendship Center. *The NAMES Project International Newsletter*, Jan, 2.
.....
- 1995(a) -- Psychology and HIV/AIDS. *B.C. Psychologist*, Spring, 5-6.
- 1995(b) -- Taking the Medicine Wheel to the street: Educating and counseling Aboriginal street youth about HIV/AIDS. *Private publication* of the author (with contributions by Dolan Badger).
- 1995(c) -- Emotional support work guidelines for working AIDS Quilt displays, and What you need to know about grief, *NAMES Project - Canada, Pacific Region Training Guide*.
.....
- 1992 -- Report of "Art Therapy and HIV/AIDS" Study Group. *American Art Therapy Newsletter*, 25:3, 12.
.....
- 1990 -- A quilt to comfort the terrors of the dark: The NAMES Project Quilt. *Gallerie: Women Artists*, 9, 16-18.
.....
- 1989 -- Stitched to the beat of a heart, to comfort the terrors of the dark. *Journal of the American Art Therapy Association (Viewpoints Section)*, 6:3, 113-114.

• Most articles above can be downloaded for free, from: www.phototherapy-centre.com/biography.htm

Weiser's Selected Publications on Other Topics

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Weiser's Selected Publications on Other Topics

- 1994 -- Being different: A theoretical perspective. *Journal of the American Art Therapy Association*, 11:3, 224-228. [About: homosexuality from a cross-cultural perspective].

- 1990 -- Round things don't have any straight lines: Or, looking for the feminist requires "systems" thinking. *The Arts in Psychotherapy*, 17:3, 265-267. [About: systems theory and feminist theory implications].

- 1985 -- The sounds of silence. *Heartwood*, 11 (Spring), 22-24. [About: deafness as a culture].

Other Useful Information:

Website: "PhotoTherapy Techniques in Counseling and Therapy": <http://www.phototherapy-centre.com>

Discussion Group page: "PhotoTherapy & Therapeutic Photography": <http://members.boardhost.com/phototherapy/>

Facebook Group: "PhotoTherapy, Therapeutic Photography, Photo Art Therapy, and VideoTherapy"
<http://www.facebook.com/groups.php?ref=sb#/group.php?gid=52420371571>

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