

**Students, Snapshots, and Counselling:
PhotoTherapy and Therapeutic Photography Techniques
for School Counsellors**

Summary:

Personal snapshots that students take, pose for, choose to keep, share, or even create as self-portraits (along with photographs taken or shared by others) -- and the feelings, thoughts, and memories these evoke -- are like "footprints" of their minds, nonverbally documenting the complexities of their lives in ways difficult to express or explain in words alone.

Since the emotional contents of any photograph (what it is "about") are more important than its visual details (what it is "of"), PhotoTherapy techniques can be useful catalysts for helping School Counsellors connect with students, regardless of the Counsellor's preferred therapeutic approach or particular student population.

This full-day Workshop will begin with a slide-illustrated presentation about the "what", "why", and "how" of PhotoTherapy and Therapeutic Photography, after which participants will have several opportunities for experiential* practice (guided by the Instructor) with several of the major techniques (through interacting with photos brought by the Instructor and also their own**).

*Participation in exercises is *voluntary*; this event is for the purpose of participants' education, not for personal therapy

****IMPORTANT:** Participants should bring with them 5 photographs (or photocopies of photos) useful for introducing themselves to others in the Workshop.

ALSO, it would be appreciated if Participants would *also* explore at least the first few pages of the Website "*PhotoTherapy Techniques in Counseling*", at: <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 and former Editor of the Journal Phototherapy, she consults, lectures, and gives training workshops world-wide about using PhotoTherapy techniques to improve counseling practice.

Along with her classic text, "PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums", and her informational 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 or 604-689-9709.

for "Objectives", please see next page...

Objectives:

After this event, those attending should be able to:

1. List, describe (and explain the differences between) the five major PhotoTherapy techniques, and those of Therapeutic Photography.
2. Explain why and how PhotoTherapy techniques are of particular benefit as adjunctive tools for helping connect School Counsellors with their clients.
3. Know how to access the network of other practitioners using these techniques and find additional information about this subject (*Note*: Presenter will provide several handouts about recommended readings, networking contacts, etc.).
4. Speak from their personal experience (during the experiential part) about how the meaning of any photo is created more by its perceiver than residing objectively in the photograph itself -- and explain why this is so relevant for counselling youth.