

Part Two (Workshop):
SEEING AND BELIEVING:
Using Photographs as Projective Catalysts in Therapy

Two-Hour Brief Experiential Workshop ("A Taste")
Lucca, Italy • Thursday Afternoon, January 19, 2006

by

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Author of the book "*PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums*"

Open to everyone interested (prior knowledge of photography or therapy is *not* necessary)

Summary:

Whenever a photograph is viewed, projection (creation) of meaning spontaneously takes place -- and the associated feelings and memories that arise can then be discussed and learned from. Participants in this experiential workshop can explore this process for themselves by personally* interacting with photographs provided by the Instructor, and learn how this "Photo-Projective" PhotoTherapy technique can benefit therapy practice and personal insight.

**IMPORTANT: Participation is voluntary and is for the purpose of participants' education, not their personal therapy.*

Prior experience with cameras or photography is NOT required.

Note: Although attending the Lecture Presentation (earlier in the day) will be good preparation for taking this Workshop, attending it is not a pre-requirement .

Workshop Instructor:

Psychologist, art therapist, and PhotoTherapy pioneer Judy Weiser is the Director of the PhotoTherapy Centre in Vancouver, Canada (which she founded in 1982). Former Editor of the Journal *Phototherapy* and author of a book, website, and many book chapters and articles on the subject, she has focused her thirty-plus years of therapy practice on using PhotoTherapy techniques to help her clients heal. She currently consults, lectures, and gives training workshops world-wide, teaching people how to use these techniques to improve their therapy work -- and their lives. *She can be reached at: jweiser@phototherapy-centre.com or in Canada at: 604-689-9709.*

Longer Summary, Outline, Objectives and References: see following pages....

Longer Summary:

The meaning perceived as coming *from* any photograph is actually created *by* the person who is looking at (and reacting to) that image, rather than existing independently on that photo's surface in objective truth. This holds true for *all* photos that people look at, take, pose for, collect, or even just imagine or remember -- whether in personal snapshot collections, family albums, on gallery walls or websites, or even just on magazine pages or postcards. Therefore, *any* time a photograph is viewed or remembered, projection of meaning (and evoking of associated feelings and memories) always automatically happens, even if people aren't aware of this at a conscious level.

Because of this process, the actual importance of a personal snapshot lies less in what it shows pictorially, and more in what it is *about* emotionally. The "story" of any photograph is always initially constructed by its maker, who usually doesn't realize that any interpretation by later viewers will also always be different, depending upon who is doing the looking -- and thus perceiving of meaning -- through their own unique "viewing filters" and what has happened in their life before they see that photograph.

Therapists trained in "Photo-Projective" PhotoTherapy techniques (Weiser, 1993/1999; 1975-2004 below) use these "secret" components of ordinary "daily-life" snapshots and family photos to help clients learn more about themselves. Guided by the therapist, clients interact with snapshots (their own or other people's) and gain "in-sight" to many previously-unconscious feelings, thoughts, memories, inner beliefs and values, which had been otherwise inaccessible by words alone.

After a brief theoretical introduction to provide contexting framework for this particular technique, participants will have the opportunity to personally experience* how these "Photo-Projective" techniques work, through direct interactions with photographs brought by the Instructor. (**Participation is voluntary; the purpose is for participants' education, not their personal therapy.*)

The goal of the workshop is to show how Projective PhotoTherapy techniques can be useful for all therapists, regardless of their theoretical orientation, preferred modality, or client population specialty. Handouts will be provided to guide the experiential process and to assist with readings; case discussions may be included if time permits.

Prior experience with cameras or photography is NOT required!

(Note: It is not necessary to attend "Part 1" (the Lecture Presentation) first, in order to come to "Part 2" (this Workshop) -- but hearing it would be a very good preparation!)

Outline, Objectives, & References: see next page....

Publications* by Judy Weiser:

*Please note: Most of the articles and chapters listed below may be downloaded *for free* from:
www.phototherapy-centre.com/biography.htm

- 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.
- 2003 -- A picture is worth a thousand words: Using PhotoTherapy Techniques in Counseling Practice. *Bulletin of the Private Practitioners Chapter Newsletter (Canadian Counseling Association), March, 3:2*, 3-4.
- 2002(a) -- PhotoTherapy techniques: Exploring the secrets of personal snapshots and family albums. *Child & Family, Spring/Summer*, 16-25.
- 2002(b) -- PhotoTherapy techniques: Exploring the secrets of personal snapshots and family albums. *B.C. Psychologist, Winter*, 26-27.
- 2001 -- 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.
- 2000 -- PhotoTherapy's message for Art Therapists in the new Millennium. *Journal of the American Art Therapy Association, 17:3*, 160-162.
- 1999* (Book; 2nd Edition) -- *PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums*. (1st edition: 1993), Vancouver: PhotoTherapy Centre Press [ISBN: 0-9685619-0-X].
- *IMPORTANT NOTE:** Italian Lawyers have estimated that over 90% of Giusti & Proietti's book "*Fototerapia: E Diario Clinico*" was directly copied from this book. Writs have been served against the two, and the court date for the plagiarism case is set for Milan, February, 2005. (Visit www.phototherapy-centre.com for more information)
- 1990 -- "More than meets the eye": Using ordinary snapshots as tools for therapy. In: Laidlaw, T., Malmo, C., & Associates (Eds.), *Healing voices: Feminist approaches to therapy with women* (pp. 83-117). San Francisco: Jossey-Bass.
- 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.
- 1986 -- Ethical considerations in PhotoTherapy training and practice. *Phototherapy, 5:1*, 12-17.
- 1985 -- Training and teaching photo and video therapy: Central themes, core knowledge, and important considerations. *Phototherapy, 4:4*, 9-16.
- 1984 -- 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.
- 1983 -- 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.
- 1975 -- PhotoTherapy: Photography as a verb. *The B.C. Photographer, 2*, 33-36.