

PhotoTherapy Techniques Training Workshop (Level One)

3-Day Training Workshop • Vancouver, Canada • March 17 - 19, 2012

For Therapists who are already-practicing in a Mental Health Profession -- Others only by pre-approval of Instructor

Instructor: Judy Weiser, R.Psych., A.T.R. -- Founder & Director of the PhotoTherapy Centre (Vancouver, Canada)

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

Brief Summary

PhotoTherapy Techniques use clients' own personal snapshots, family albums, and pictures taken by others (and the feelings, memories, and thoughts, these evoke) to deepen and enhance therapeutic communication in ways not possible using words (or inner self-reflection) alone.

Since the emotional contents of any photograph are far more important than its visual details, clients' snapshots and family photos can be powerful yet safe nonverbal "bridges" that quickly connect them with memories, feelings, values, and information far below conscious awareness -- along with deeply-held beliefs, assumptions, expectations, and judgments that these produce.

This 3-day Training Workshop is for mental health professionals who are already-trained in therapy itself, to learn new practice techniques and skills that will help their clients benefit from exploring the "why" of their photographs. Through slide- and video-illustrated presentations about PhotoTherapy theory and applications, explanation of the "what", "why", and "how" of all five major techniques (including case anecdotes as illustrations, demonstration role-plays, guided viewing of tapes of "live" sessions, interactive discussions, and the opportunity to encounter all of the techniques personally during supervised/guided experiential-practice sessions*, participants will leave being able to use these techniques immediately in their work, as well as having gained knowledge regarding the theoretical foundations and ethical considerations underlying them.

- **Participants will need to bring copies of photos; instructions will be sent with Registration Form.**

**IMPORTANT: Participation in practice exercises is voluntary --
this event is for the purpose of professional education, not personal therapy.*

Prior experience with cameras or photographic art is not required!

However, reading some of the "PhotoTherapy Techniques" Website
(at least its Home-Page and "Five Techniques" pages) will definitely add to participants' learning!

- **For more information about PhotoTherapy, see: www.phototherapy-centre.com**

Instructor

Psychologist, art therapist, and PhotoTherapy pioneer Judy Weiser is the Director of the PhotoTherapy Centre in Vancouver, Canada (which she founded in 1982). Considered the world authority on the emotional meanings of personal and family photographs, she is former Editor of the Journal *Phototherapy* and author of the classic text (now in third printing) on the subject of PhotoTherapy Techniques, the primary informational Website for the field, as well as numerous book chapters and articles. *After three decades of therapy practice* using PhotoTherapy techniques to help clients from non-mainstream populations, she now provides training, consulting, and education to psychologists and other mental health professionals world-wide, teaching how to use these techniques to improve therapy work with individuals, families, and in community-based applications.

➔ **For more information, contact: jweiser@phototherapy-centre.com or (in Canada): 604-689-9709**

Longer Description, Workshop Goal, and Learning Objectives are on following pages...

PhotoTherapy Techniques Training Workshop (Level One)

3-Day Training Workshop • Vancouver, Canada • March 17 - 19, 2012

For Therapists who are already-practicing in a Mental Health Profession -- Others ONLY by pre-approval of Instructor

Longer Explanation

Every photograph people take, keep or react to is in many ways a metaphorical self-portrait, a "mirror with memory" reflecting the unique story of their particular life and what has been important to them. Personal snapshots are like "visual footprints" marking where people have been emotionally, as well as physically -- and they also sometimes signal where they might be heading, even when they may not realize this yet themselves! Thus, a photo's value lies not so much in its surface visual "facts", but more in what these selectively-noticed details *mean* inside each viewer's mind (and heart).

Based on this, "PhotoTherapy" techniques use therapy clients' interactions with photos (their own and also those taken by others) as nonverbal tools for helping them better understand, express, and resolve their problems and feelings. Serving as powerful symbolic self-constructs, emotional catalysts, metaphoric transitional objects, visual traces of "family systems" dynamics and representations of personal/family narratives, clients' photos permit a much deeper form of "in-sight" to emerge during people's interactions with them.

In PhotoTherapy-based therapy sessions, clients not only view existing photos, but also take, pose for, actively reconstruct, visually "sculpt", or create new ones (or form new narratives from already-existing ones), as well as remember or imagine those unable to be touched in reality.

PhotoTherapy is about "photography as personally-symbolic emotional communication", rather than "photography as art" -- *using photography and photographs as active agents of change and self-exploration*. Therefore, using these techniques requires no prior experience with cameras, nor any knowledge about photographic art. Thus they can be used by *any* kind of therapist with *any* kind of client population, in *any* kind of healthcare setting.

Used alone, or in combination with various other therapy techniques, clients' own snapshots prove to be worth *far* more than the proverbial "thousand words" -- and thus mental health professionals trained in PhotoTherapy techniques find that making use of the "secret lives" of such photographs can greatly enhance their counseling effectiveness.

Format: Slide- and video-illustrated presentations (accompanied by case anecdotes) will alternate with experiential practice sessions*, demonstrations, and discussions. Lectures will cover theoretical rationale, framework for application, practical/ethical considerations, and a survey of how others are using these techniques world-wide.

***Participants will have numerous opportunities to learn the full interrelated system of PhotoTherapy techniques personally** through a combination of role-play demonstrations, dyadic practicing and individual and group exercises -- all done under the direct supervision of PhotoTherapy pioneer Judy Weiser. (**Participation in experiential components is voluntary, as this Workshop is for the purpose of professional training and education, rather than for personal therapy).*

The goal of this Workshop is to explain, illustrate, and demonstrate how PhotoTherapy techniques can be useful counseling tools for all Mental Health Professionals, regardless of their theoretical orientation, preferred therapeutic approach, or particular client population -- and to enable participants to have sufficient training in activating *all* the major techniques, in order to exit the workshop able to begin using them with clients immediately. *Numerous handouts will be provided to guide the experiential process and to assist with further reading and networking.* • **For Objectives see next page.**

PhotoTherapy Techniques Training Workshop (Level One)

3-Day Training Workshop • Vancouver, Canada • March 17 - 19, 2012

For Therapists who are already-practicing in a Mental Health Profession -- Others ONLY by pre-approval of Instructor

Learning Objectives

Those attending this Workshop will exit being able to:

- 1) List, describe, define, give examples of (and explain the similarities and differences between) the five primary PhotoTherapy techniques;
- 2) Explain how and why PhotoTherapy techniques can be beneficial adjuncts to clinical practice skills;
- 3) Give several examples discussed in the Workshop where using PhotoTherapy techniques demonstrated direct benefits to client therapy progress;
- 4) Describe at least two examples learned from their own personal experiences (when role-playing as "therapist" during each of the experiential exercises), of new learning about the power of photos to evoke memories and feelings.

***IMPORTANT:** Participation in these activities is voluntary and for the purpose of participants' education; this Workshop is not for personal therapy experience!*

- 5) List at least three ethical considerations that *must* be addressed when using photos in PhotoTherapy technique application during clinical practice or research;
- 6) Describe at least three ways to now begin using one or more of the primary PhotoTherapy techniques immediately in their own client practice;
- 7) Describe where and how to find additional information about the history, literature, and network of other practitioners who are using PhotoTherapy techniques in clinical psychotherapy practice.
- 8) Have the opportunity to provide feedback on Evaluation Form provided, about Workshop content, organization, instructor, and satisfaction with methods of teaching and whether learning objectives were successfully met.