

EXPLORING THE SECRETS OF PERSONAL SNAPSHOTS AND FAMILY ALBUMS

• Using PhotoTherapy Techniques in Art Therapy and Other Counselling Practices •

Introductory Workshop • Toronto, ON

Queen's Park, Hepburn Block • 900 Bay Street • Superior Room

9 a.m. to 5 p.m., Thurs. & Fri., January 17 & 18, 2008

(Please arrive by 8:30 a.m. for coffee and check-in)

*(Also highly recommended, but **not** required for Workshop: Public Lecture* • 7 p.m. to 9 p.m. Wed., January 16)*

Open only to Mental Health Counselling Professionals [16 CCA CEU credits available]
(and advanced-level Graduate Students who have been pre-approved by the Instructor)

Instructor: Judy Weiser, R. Psych., A.T.R.

Founder and Director, PhotoTherapy Centre (Vancouver, Canada)

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

Brief Summary

PhotoTherapy techniques use therapy clients' own personal snapshots, family photos, and pictures taken by others (and the feelings, thoughts, information, and memories these evoke) as catalysts for therapeutic communication, change, and healing.

Since the emotional contents of any photograph are far more important than its visual details, clients' ordinary snapshots and family albums can serve as powerful symbolic self-constructs, emotional catalysts, metaphoric transitional objects, and visual traces of family systems dynamics and personal/family narratives -- that bridge into previously-unconscious, long-buried, or overly-defended information (and underlying beliefs and values), in ways impossible with words (or internal self-reflection) alone.

This Introductory Workshop will begin with a slide- and video-illustrated presentation about PhotoTherapy theory, techniques, and applications -- and then will combine interactive discussions, demonstration role-plays, and the opportunity to encounter *most* of the techniques personally*, so that participants can begin using them immediately in their work counselling others. (***Please note:** *Participation in exercises is voluntary; prior experience with cameras or photographic art is not required! This event is for participants' education, not personal therapy.*)

Participants will need to do some pre-reading and to bring photos from home, so
Please get the "Advance-Homework Assignment" from Registrar at least two weeks ahead.

***Important:** *Workshop participants may attend Wednesday evening's Lecture at a discounted rate.*

Instructor

Judy Weiser is a psychologist and art therapist in private practice. Founder and Director of the PhotoTherapy Centre in Vancouver, former Editor of the Journal *Phototherapy*, and a gallery-exhibiting photographer, she consults, lectures, and gives training workshops world-wide about using PhotoTherapy techniques to improve counselling practice.

Along with her book, "*PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums*", and her website "*PhotoTherapy Techniques in Counselling 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 more details, **and instructions about what to bring with you to Workshop**, please see next page....

EXPLORING THE SECRETS OF PERSONAL SNAPSHOTS AND FAMILY ALBUMS

• Using PhotoTherapy Techniques in Art Therapy and Other Counselling Practices •

Introductory Workshop • Toronto, ON

Queen's Park, Hepburn Block • 900 Bay Street • Superior Room

9 a.m. to 5 p.m., Thurs. & Fri., January 17 & 18, 2008

(Please arrive by 8:30 a.m. for coffee and check-in)

Open only to Mental Health Counselling Professionals [16 CCA CEU credits available]
(and advanced-level Graduate Students who have been pre-approved by the Instructor)

Longer Explanation

Every photograph we take, keep, or react to is in many ways a metaphorical self-portrait, a "mirror with memory" reflecting the unique story of our particular life and what has been important to us. Personal snapshots are like "visual footprints" marking where we have been emotionally, as well as physically -- and they also sometimes signal where we might be heading, even when we may not know this yet ourselves! 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' personal photos and pictures taken by others, (and their interactions with these) 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.

In PhotoTherapy-based counselling sessions, clients not only view existing photos, but also take, pose for, actively reconstruct, visually sculpt, or create new ones, as well as remember or imagine those unable to be held in their hand. PhotoTherapy is about "photography as symbolic emotional communication", rather than "photography as art" -- *photography as an active agent of change and self-exploration*. And therefore, using these techniques requires no prior experience with cameras, nor any knowledge about photographic art.

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 counselling effectiveness.

Format: Opening with a slide- and video-illustrated presentation (accompanied by case-anecdotes) to provide background theoretical rationale and framework for applying these techniques, this Workshop will also provide participants with experiential opportunities to encounter *most* of the major techniques personally* -- under the direct supervision of PhotoTherapy pioneer Judy Weiser. (*Participation in exercises is voluntary, as this event is for the purpose of participants' education, rather than for personal therapy).

• ***The goal of this Workshop*** is to explain, illustrate, and demonstrate how PhotoTherapy techniques can be useful counselling 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 instruction in activating most of the major techniques, to be able to exit the workshop and begin using them with clients immediately. *Numerous handouts will be provided to guide the experiential process and to assist with further reading and networking*



PARTICIPANTS SHOULD BRING COPIES OF 20 to 30 snapshots that have special meaning:

(This could be personal or family photos, postcards or greeting-card photo-images, print-outs from jpg's or Internet images, photos on pages torn from magazines — or even just photocopies of these things)

*Registration, location, costs, etc., contact: info@tati.on.ca • 416-924-6221