

**The Secret Lives of Personal Snapshots and Family Photographs:
Using PhotoTherapy, Photo Art Therapy, and Therapeutic Photography Techniques
in Art Therapy Practice**

1-Day Introductory Workshop • Vancouver Art Therapy Institute • April 29, 2009

Summary:

Personal snapshots that people 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 often 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 Art Therapists connect with clients, regardless of their preferred theoretical approach to Art Therapy itself.

This full-day Workshop will begin with a slide-illustrated presentation about the "what", "why", and "how" of PhotoTherapy, Photo Art Therapy, and Therapeutic Photography, after which participants will have 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 -- and no prior knowledge about cameras or photography is needed

****IMPORTANT: Participants should bring with them photocopies of the following photos):** one current photo of yourself that you could use to introduce yourself to a stranger, one photo of you as a child, and five photos that have special personal meaning to you.

ALSO, it would be appreciated if Participants would *also* do a small bit of pre-reading, to familiarize themselves with the theory and framework, so that more time can be spent on the experiential parts; see "Homework" page for what to read (in probably less than 30 minutes)

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 worldwide 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 numerous book chapters, articles, and a DVD 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, as well as those of Photo Art Therapy and Therapeutic Photography.
2. Explain why and how PhotoTherapy techniques are of particular benefit as adjunctive tools for helping connect Art Therapists 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 art therapy practice.