



PhotoTherapy Centre

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The Secret Lives of Personal Snapshots and Family Photographs: Using PhotoTherapy Techniques in Spiritual Caregiving and Pastoral Counseling

Full-Day Pre-Conference Workshop • Feb 16, 2006 • CAPPE Conference • Winnipeg

Ordinary personal snapshots serve as 'mirrors with memory' reflecting what and who has mattered most in people's lives -- thus their value lies more in what they are about *emotionally*, than in what is shown on their surface visually. Based on this, PhotoTherapy techniques use personal snapshots, family photos, and pictures taken by others (and the feelings, thoughts, and memories these evoke) as catalysts for therapeutic communication, personal healing, clarifying needs and goals, and finding meaning in one's life.

Because photographs have "secret lives" that help them serve as powerful bridges into less-conscious beliefs, values, and expectations in ways that words alone cannot do, they can be of *particular* benefit in counseling people who are marginalized or disenfranchised and thus less comfortable with traditional verbal-only therapies.

This Workshop will begin with a slide-illustrated presentation of the "what", "why" and "how" of PhotoTherapy techniques -- and then provide several experiential opportunities* so that participants can learn for themselves how these techniques can be particularly useful in Spiritual Caregiving, Pastoral Counseling, and related applications. (**Note: Participation is voluntary; the purpose is for participants' education, not personal therapy*). Prior experience with cameras or photographic art is not required; *workshop is open to all interested, regardless of level of training*.

- **IMPORTANT:** Although *not* required, *it will be very helpful for participants to bring along* copies of 10 to 20 snapshots that have special meaning for you, plus one recent photo of yourself).

Instructor Bio:

Founder and Director of the PhotoTherapy Centre in Vancouver, Judy Weiser is a psychologist, art therapist, author, and trainer with over 25 years experience specializing in two areas of counseling: 1) PhotoTherapy Techniques (using people's own personal snapshots and family photos to connect with feelings, thoughts, beliefs, and memories during their counseling sessions, in ways that words alone cannot do) -- and 2) Counseling marginalized/disenfranchised people who are infected or affected by HIV/AIDS, particularly inner-city street-involved Aboriginal youth and adults.

Author of the book, *PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums* and the informational website explaining the field (www.phototherapy-centre.com), she has written numerous chapters and articles on both topics, and given over two hundred presentations and training workshops world-wide for professionals and caring others. She can be reached at: 604-689-9709 or jweiser@phototherapy-centre.com.