

## Exploring the Secrets of Personal Snapshots and Family Photographs:

### • Using PhotoTherapy Techniques in Family Therapy •

#### *Level One (Basic) Training*

**November 7 - 9\*, 2008 • Mexico City**

(\*Friday Nov 7 and Saturday Nov 8: 10:00 to 14:00 & 16:00 to 20:00 / Sunday: 9:30 to 13:30)

**For a "closed group" of Mexican Family Therapists; Others permitted ONLY by Instructor's pre-approval**

Instructor: Judy Weiser, R.Psych., A.T.R., Founder and Director, PhotoTherapy Centre (Vancouver, Canada)

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

### **Brief Summary**

PhotoTherapy techniques use people's own personal snapshots, family albums, and photos taken by others (and the feelings, thoughts, and memories, that these evoke) to deepen and enhance their therapy process, in ways that words alone cannot do.

The emotional contents of any photograph are far more important than what appears visually on its surface. Because of this, therapists find them to be powerful symbolic self-constructs, metaphoric transitional objects, and intense emotional catalysts -- as well as tangible traces of family systems dynamics and containers for personal and family narratives. Snapshots are "mirrors with memory", reflecting what is important in clients' lives and helping them connect with previously-unconscious, long-buried, or overly-defended information (and underlying attitudes, beliefs and values that are embedded inside). They are like footprints documenting people's lives -- not only showing where they have been (emotionally as well as physically), but often also pointing to where their life might be heading, even when this is not yet evident to themselves...

• This 20-hour Introductory Workshop will combine slide- and video-illustrated presentations about PhotoTherapy theory, techniques, and applications (including case anecdotes and ethical considerations), with interactive discussions, demonstration role-plays, and the opportunity to encounter *most* of the techniques personally\* in small-group practice sessions, so that participants can begin using these immediately in their therapy or counseling work.

***\*Please note: This workshop is for the purpose of professional education, not personal therapy.***

***Important: Participants need to do some advance-reading and bring photos from home, so: Please get the "Homework Assignment" from Registrar\* at least two weeks in advance.***

***Prior experience with cameras or photographic art is not required!***

*For more about PhotoTherapy, see: [www.phototherapy-centre.com](http://www.phototherapy-centre.com)*

### **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 world-wide about using PhotoTherapy techniques to improve therapy and counseling practices.

Along with her book, *"PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums"*, and her website *"PhotoTherapy Techniques in Counseling and Therapy"*, she has produced a video and numerous book chapters and articles on the subject. *Contact her at:* [jweiser@phototherapy-centre.com](mailto:jweiser@phototherapy-centre.com) or (in Canada) at: 604-689-9709.

*For more details, and instructions about what to bring with you, please see the next page....*

***\*Registration information: Dr. Francisco Avilés-Gutiérrez: [francisco\\_aviles@mac.com](mailto:francisco_aviles@mac.com)***

**Exploring the Secrets of Personal Snapshots and Family Photographs:  
• Using PhotoTherapy Techniques in Family Therapy •**

*Level One (Basic) Training*

**November 7 - 9, 2008 • Mexico City**

**More Details**

PhotoTherapy is about photography as symbolic emotional communication, rather than photography as art. It is the use of photographs as an active agents of change and self-exploration. It is about the "why" of photographs, not the "how" -- and therefore, using these techniques requires no previous experience with cameras, nor any prior knowledge about photographic art.

In PhotoTherapy-based therapy sessions, clients not only view current or old photos, but also take or pose for new ones, create self-portraits, actively reconstruct past or missing ones, arrange or sculpt new visual narratives or family scripts -- as well as remember or imagine photos not able to be shown in the session.

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 of 20-hour Workshop: Slide- and video-illustrated Lecture presentations (accompanied by case anecdotes) will alternate with experiential practice sessions and discussions. Lectures will cover theoretical rationale, framework for application, practical/ethical considerations, and a brief discussion of how others are using these techniques world-wide.

Participants will have numerous opportunities to learn the 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. *Numerous handouts will be provided to guide the experiential process and to assist with further reading and networking.*

*(\*Participation in the experiential components is completely voluntary, as this Workshop is for professional training and education, rather than for personal therapy).*

DAY #1: Introductory Overview/Lecture; working with techniques of: Photo-Projectives and photos by the client.

DAY #2: Working with techniques of: photos of the client, self portraits, and family and photo-biographical photos, albums, etc.

DAY #3 (half-day): Additional techniques specific to Family Systems Work, video demonstration vignettes of techniques in case practice, Ethical Considerations, and Accessing the Network for more information.

• ***The goal of this Workshop*** is to explain, illustrate, and demonstrate how PhotoTherapy techniques can be useful therapy tools, and especially for Family Therapists -- and to enable participants to have sufficient experiences in order to begin using most of them with clients immediately.



**Participants will need to bring COPIES of certain kinds of personal and family photographs -- AND do a small bit of reading before arriving. So please: Get your "Advance Homework Assignment" from the Registrar as early as possible!**