

Contents

<i>Preface</i>	xi
<i>The Author</i>	xxv
1 Photographs as Therapeutic Tools	1
How People Respond to Photographs	4
The Power of PhotoTherapy	5
PhotoTherapy and Art Therapy: Similarities and Differences	9
2 The Five Techniques of PhotoTherapy	13
1. The Projective Process	15
2. Working with Self-Portraits	19
3. Working with Photos of Clients Taken by Other People	22
4. Working with Photos Taken or Collected by Clients	23
5. Working with Family Album and Other Autobiographical Photos	24
Combined Applications	27
Cautions and Guidelines	35
How to Begin	40
Additional Pointers	48
3 The Projective Process: Using Photographic Images to Explore Client Perceptions, Values, and Expectations	56

How This Technique Works	61
What to Do	74
Illustrative Examples	83
Sample Exercises	111
4 Working with Self-Portraits: Understanding the Images Clients Make of Themselves	120
How This Technique Works	125
Working with Clients' Self-Portraits	145
Illustrative Examples	167
Sample Exercises	178
5 Seeing Other Perspectives: Examining Photographs of Clients Taken by Others	187
How This Technique Works	189
What to Do	203
Illustrative Examples	210
Sample Exercises	219
6 Metaphors of Self Construction: Reflecting on Photographs Taken or Collected by Clients	228
How This Technique Works	231
What to Do	244
Illustrative Examples	257
Sample Exercises	272
7 Photo Systems: Reviewing Family Albums and Photo-Biographical Collections	285
How This Technique Works	287
What to Do	308
Illustrative Example	322
Sample Exercises	336
8 Using PhotoTherapy to Promote Healing and Personal Growth	343
<i>References</i>	349
<i>Recommended Readings</i>	361
<i>Index</i>	381