

A Review of PhotoTherapy Practices World-Wide: Applications that Demonstrate the Intelligence of Feelings

While feelings are happening, they cannot be stopped for examination without altering them in the process. Much like "wave/particle" theory, the moment you interrupt feelings to discuss or reflect upon them, they are no longer the same as when happening spontaneously.

Once "precipitated" out of their normal flow through time (stopping them for observation), it is impossible to recall or re-experience feelings exactly as originally felt. Attempting to explain them in words or drawings can never convey their full experience.

Since it is impossible to both experience a feeling, and talk about it (or even think about it) at the same time, drawing and other symbolic representations of feelings have long been used therapeutically to give symbolic form to people's feelings in order to help them convey "what they cannot tell in words".

The best way to hold onto a moment of feeling (so that its effects and reasons can be explored more deeply) is to freeze that slice of time instantly and with the least intrusion of the observer -- capturing all that is embedded in it (both consciously and unconsciously) at the very moment it is happening -- so that it can be recalled more fully later when trying to cognitively deconstruct its story.

Photographs provide an excellent and elegant solution for examining and exploring feelings with the least cognitive interference! Whether working with people's own photos or responding to those taken by others, all photographs are actually deep metaphors in symbolic visual form -- in addition to documenting images in front of the camera when its shutter was pressed.

The techniques of *PhotoTherapy* (photos used *during* therapy) and *Therapeutic Photography* (photos used as healing process, but where no therapists are needed) have long provided the solution: working with feelings that have been suddenly stopped in time while they were happening "live" -- captured in a way that can be held in the hand and repeatedly explored again as if happening "right now, right here" -- thus permitting feelings to be accessed forever through their own intelligence speaking directly, nonverbally, and visually to the mind (and heart) of each viewer, in ways that words alone, or even drawings alone, cannot do.

Presentation will review dozens of practices of art and other therapists world-wide, demonstrating how photographs communicate feelings in their own natural language -- and through their own intelligence -- helping people improve their lives.

Presenter Bio -- see next page....

Judy Weiser (Presenter) Bio

Judy Weiser is a Psychologist, Art Therapist, and one of the earliest pioneers of PhotoTherapy techniques. Founder and Director of the PhotoTherapy Centre, she is considered the world authority on PhotoTherapy, Photo Art Therapy, Therapeutic Photography, VideoTherapy, and Therapeutic Videography.

Former Editor of the journal *Phototherapy*, Judy authored the classic 1993 text "[PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums](#)" (now in 3rd printing), as well as numerous professional articles, book chapters, and a video/DVD on the subject. She also created and maintains the primary informational resource and networking website for the field ("[PhotoTherapy Techniques in Counseling and Therapy](#)") as well as its related "[PhotoTherapy and Therapeutic Photography Discussion Group](#)" and the Facebook Group "[PhotoTherapy, Therapeutic Photography, Photo Art Therapy, and VideoTherapy](#)"

Having spent 30+ years using PhotoTherapy techniques in her private practice as a therapist, she now consults, lectures, and teaches workshops world-wide. Contact her: JWeiser@phototherapy-centre.com

Judy Weiser, R.Psych., A.T.R.
PhotoTherapy Centre
1033 Davie St., #303
Vancouver, B.C. V6E 1M7
CANADA

phone: (Canada) 604-689-9709; fax: (Canada) 604-633-1505
SkypeAddress: weiserphototherapy
Email: JWeiser@phototherapy-centre.com