

## **SEEING AND BELIEVING: Using Photographs as Projective Catalysts in Therapy**

**2-hour Experiential Workshop • Russian Art Therapy Association Conference  
April 9 - 11, 2010 (exact date not certain yet) • Moscow Institute of Modern Psychological Technologies**

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

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

### **Brief Summary:**

Whenever a photograph is viewed, projection of meaning (and triggering of associated feelings or memories) spontaneously takes place. Participants in this two-hour experiential workshop can explore for themselves the benefits to therapeutic process of using "Projective PhotoTherapy" techniques with clients.

After a brief introduction by Instructor (to provide theoretical context and conceptual framework for experiential sessions), participants will personally\* interact with photographs provided by Instructor. They will begin by selecting one photograph from among dozens displayed on a large table -- and then have several experiences with their chosen images (both as a group and then in pairs [guided by Instructor's handouts]). Workshop will end with group discussion and Instructor summary. *Prior experience with cameras/photography is NOT necessary.*

\*IMPORTANT: Participation in all exercises is voluntary;

Workshop is for the purpose of participants' education, not for their personal therapy.

**Note: It is not necessary to attend "Part 1" (Lecture Presentation by same instructor) first, in order to attend "Part 2" (this Workshop) -- but it would be very good "background" preparation for it!**

*More information about PhotoTherapy can be found at: [www.phototherapy-centre.com](http://www.phototherapy-centre.com)*

### **Presenter:**

**Judy Weiser** is a psychologist, art therapist, trainer, consultant and early pioneer of "PhotoTherapy techniques". Founder and Director of *The PhotoTherapy Centre* in Vancouver, former Editor of the Journal *PhotoTherapy*, and currently Editorial Board Member for the *Canadian Art Therapy Journal*, she has long been considered the "world authority" on PhotoTherapy and has given several hundred workshops, lectures, and training intensives about these techniques world-wide during the past 30 years.

Author of the classic text "PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums", and the informational resource website "PhotoTherapy Techniques in Counseling and Therapy" ([www.phototherapy-centre.com](http://www.phototherapy-centre.com)), she has also produced numerous professional articles, book chapters, and a video/DVD on the subject. She can be reached at: [jweiser@phototherapy-centre.com](mailto:jweiser@phototherapy-centre.com)

For more information, contact Judy Weiser at: [jweiser@phototherapy-centre.com](mailto:jweiser@phototherapy-centre.com) or 604-689-9709