

**Heart, Mind, Spirit, and AIDS: Counselling for the
Emotional, Mental, and Spiritual Aspects of Living With HIV/AIDS**
(Helping Those Affected, as well as Those Infected)

**Counselling Colloquium • Jan 16, 2008, 4 pm to 5 pm • OISE • Toronto
Room 7-105 (the CIDE "Smart Room" near the elevators)**

Often, the biggest problem for people dealing with HIV (or loving someone who has it), is not its medical or physical aspects, but rather what AIDS *means* inside their heart, mind, and spirit (and sometimes also their culture or unique sub-cultures) -- these things deeply affect the quality and direction of the path each person's journey takes while living with the virus in themselves or in loved ones.

This Presentation, by a psychologist and art therapist with over twenty years' experience specialized in counselling non-mainstream populations (including both "rez" and street-involved Aboriginal people living with HIV) -- and their friends, families, and communities), is *NOT* for the purpose of learning any basic "AIDS-101" kinds of medical facts. Rather it is a way to learn more about the deeper underlying emotional, mental, and spiritual issues affecting people who are infected or affected by the virus.

Concepts from both traditional Aboriginal and non-Native beliefs and values will be blended with modern counselling techniques as a means of sharing useful skills and discussing the special issues in the lives of those trying to heal, survive, and love in the meantime -- particularly those from marginalized or otherwise-disenfranchised populations.

*No previous knowledge of, or experience with, HIV/AIDS is required;
Presentation is open to all interested, regardless of level of education or interests.*

Presenter Bio:

Founder and Director of the PhotoTherapy Centre in Vancouver, Judy Weiser is a psychologist, art therapist, author, consultant, and trainer with over 25 years experience *specializing in two areas of counselling:* 1) PhotoTherapy Techniques (using people's own personal snapshots and family photos to connect with feelings, thoughts, beliefs, and memories during their counselling sessions, in ways that words alone cannot do) -- and -- 2) Counselling 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 at: jweiser@phototherapy-centre.com.

**All of Weiser's publications (except her book) -- including those about
HIV/AIDS-related counselling issues and techniques -- can be downloaded
for free from: www.phototherapy-centre.com/biography.htm**