

Title (12 words Max):

Using Photographic Digital Technologies to Connect With Clients, Colleagues, Communities, and Cyberspace

Description Summary (50 words Max):

Presentation discusses and illustrates how photographic digital/electronic technologies are being increasingly used during therapy, as therapeutic activity, in qualitative or community-based research, therapist education, multi-cultural and community-building applications -- and in electronic or website communication with colleagues and others in cyberspace. Presentation also addresses the accompanying ethical responsibilities involved.

[the above is 49 words]

Abstract (600 words Max):

The increasing "user-friendliness" of photo-related digital/electronic technologies -- along with the always-expanding potential of the Internet itself -- brings to the field of Art Therapy a "new world" full of many exciting possibilities. Art therapists who do not make themselves comfortable or fluent with these newer technologies will soon find themselves unable to provide optimal service to clients who expect to include these new creativities in their therapy process...

This presentation will specifically address photographic imagery within these new technologies (for example, digital cameras, scanners, photos attached to emails or appearing on professional or public websites, and so forth), and show how these can be used by art therapists to connect with their clients, colleagues, communities, and others via the internet and cyberspace.

For over 35 years (Weiser, 1975), photos have proven to be powerful bridges into the unconscious in ways that words alone just cannot do -- whether used during formal art therapy process ("PhotoTherapy"; Krauss & Fryrear, 1983; Weiser, 1999, 2001, 2004) or during therapeutic activity sessions ("Therapeutic Photography"; Spence, 1986; Weiser, 2003). Thus it is a natural step to now begin to incorporate these newer photographic digital/electronic technologies (and related computer programs) into current art therapy practice, in order to keep up with the ongoing changes that will continue to develop (and leave behind those not willing to keep up!).

Art therapists already encounter clients who have long been using digital cameras and photo scanners as easily as chinks or scissors. Part of their ordinary daily life includes taking photos with digital cameras or cell phones, viewing and share the results immediately, uploading these to family photo-sharing websites, personal blogs, and online diaries, attaching them to email messages, exhibiting them as art in online galleries -- as well as grabbing ("appropriating") other people's photos and using these to further illustrate their own personal narrative -- usually without the original photographer even knowing this had happened.

Hopefully this Presentation can familiarize those attending with the basic concepts and technologies involved in the above-mentioned activities, so that these can soon be viewed as being just another medium of "ordinary art therapy" practice...

Each one of these new exciting photo-based technologies simultaneously opens up a new opportunity for connecting Art Therapists not only with their clients, but also with their colleagues, supervisors, students, broader communities, as well as all of cyberspace itself, via the internet. Presentation will also illustrate uses within qualitative or community-based research, therapist education, community-strengthening, and/or multicultural applications. Even AATA itself has expanded its own website's use of photos on its website, in publications, during Conferences, and in additional public exposure to the field...

Yet each new step brings along new ethical considerations and responsibilities for all involved (Weiser, 1986). Therefore the Presenter will also discuss some of the major ethical concerns and issues, along with suggesting some recommendations for our professional Association to consider regarding the urgent need for additional clarifications and updated guidelines for our ethical and professional codes.

This presenter believes that, to be fully competent, all Art Therapists need to at least know about (and how to use) these newer digital technologies in therapy and related applications -- whether or not any one of them actually chooses to use any of these themselves (Weiser, 2000) -- because we will all be increasingly encountering clients who use them personally and expect us to be able to, also...

[the above is 563 words]

Objectives:

At the end of this presentation, participants will be able to:

- 1) Give at least three examples of how electronic photographic technologies are currently being used during Art Therapy sessions or in Therapeutic Art activities.
- 2) Give at least three examples of how electronic photographic technologies are currently being used in related applications such as qualitative or community-based research, therapist education, community-strengthening, and/or multicultural applications.
- 3) List at least three ethical considerations regarding the use of these technologies important to their use in art therapy.

Outline:

Introduction to Presentation, then Presentation, then Questions and Discussion

References:

- Krauss, D.A, & Fryrear, J.L. (1983). *Phototherapy in mental health*. Springfield, IL: Charles Thomas.
- Spence, J. (1986). *Putting myself in the picture: A political personal and photographic autobiography*. London: Camden Press.
- Weiser, J. (2004). PhotoTherapy techniques in counseling and therapy: Using ordinary snapshots and photo-interactions to help clients heal their lives. *The Canadian Art Therapy Association Journal, Fall, 17:2, 23-53*.
- Weiser, J. (2003). The continuum of arts-based healing practices: Arts-in-

Therapy/Arts-as-Therapy. *Creative Arts in Counseling Chapter Newsletter (Canadian Counseling Association)*, Fall, 1:2, 3.

Weiser, J. (2001-7). PhotoTherapy techniques in counseling and therapy.

Website: <http://www.phototherapy-centre.com>

Weiser, J. (2000). PhotoTherapy's message for Art Therapists in the new Millennium. *Journal of the American Art Therapy Association*, 17:3, 160-162.

Weiser, J. (1999, 2nd edition). *PhotoTherapy techniques: Exploring the secrets of personal snapshots and family albums*. Vancouver: PhotoTherapy Centre Press. (1993 1st edition: San Francisco: Jossey-Bass).

Weiser, J. (1986). Ethical considerations in PhotoTherapy training & practice. *Phototherapy*, 5:1, 12-17.

Weiser, J. (1975). Phototherapy: Photography as a verb. *The B.C. Photographer*, 2, 33-36.

Weiser Bio (Summary) (Maximum 50 words):

Judy Weiser is a psychologist and art therapist in private practice. Founder and Director of the PhotoTherapy Centre in Vancouver, author of the book, "*PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums*", she consults, lectures, and gives training workshops worldwide about using PhotoTherapy techniques in therapy practice.

[the above is 50 words]

Weiser Bio (Full):

Judy Weiser is the Founder and Director of the [PhotoTherapy Centre](#) in Vancouver, Canada, which serves as the world's networking base and extensive resource library for the fields of PhotoTherapy and Therapeutic Photography*.

One of the earliest pioneers of PhotoTherapy (first article, 1975), she is a psychologist and art therapist interested in the nonverbal and visual aspects of communication, behavior, and memory.

She has used these techniques for over thirty years of psychotherapy practice where she chose to work with clients from marginalized or disenfranchised backgrounds (with special focus of HIV-related therapy with street-involved youth of minority cultures).

She now specializes in consulting and training others about how to use PhotoTherapy techniques in their own work, and continues her many years of mentoring numerous student theses and dissertations about these topics.

Former Editor of the Journal *PhotoTherapy*, and on the current Editorial Board of the *Canadian Art Therapy Journal*, Judy authored the 1993 classic text, "[PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums](#)" (now in third edition, with a companion teaching video soon to be available). She also runs the informational "[PhotoTherapy Techniques in Counseling and Therapy](#)" website (which also contains information about Therapeutic Photography*), along with its related "[PhotoTherapy and Therapeutic Photography Discussion Group](#)".

Long considered the "world expert" in the field, Judy has presented at all the past

international PhotoTherapy conferences and given over 300 other professional conference plenary and keynote addresses, presentations, introductory workshops and comprehensive training intensives in many countries over the past 25 years. She has also given dozens of personalized trainings and longer group intensives both on-site at the PhotoTherapy Centre and by contract elsewhere.

Judy has written numerous [book chapters and professional articles](#) about using PhotoTherapy techniques with youth, women, cross-culturally, and with Indigenous, Deaf, and other client populations -- as well as about its ethical and legal considerations. She has also produced a video of collected interviews and examples of her work.

*In 1987, she began using the term "[Therapeutic Photography](#)" to formally describe the non-therapy applications of PhotoTherapy techniques into other practices (including qualitative and community-based research), and the following year she created the "Overlapping Continuum" Model that is still used by educators to explain the interrelationship and differences between these two fields.

Her PhotoTherapy work has been documented in numerous media interviews and featured in longer television specials -- and she is also a photographic artist whose photographs have appeared in many galleries and publications.

Fluent in both Spanish and Deaf Sign Language, Judy can be reached at:

jweiser@phototherapy-centre.com or (in Canada): 604-689-9709.