

A Picture is Worth a Thousand Words -- Especially in Therapy!
Introduction to Using PhotoTherapy Techniques
in the Psychological Therapies

September 22, 2009 (2 - 4 pm) • Whitelands College, Roehampton University • London

Illustrated Lecture Presentation

by

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

PhotoTherapy techniques are therapy practices that use people's own personal snapshots, family albums, and photos taken by others -- and the feelings, thoughts, and memories these pictures evoke -- as catalysts to deepen and enhance communication during therapy sessions in ways not possible using words alone.

Since the emotional contents of any photograph are more important than its visual surface details, clients' snapshots and family photos can be powerful yet safe nonverbal "bridges" that quickly connect them with underlying values and other information far below their conscious awareness -- along with deeply-held beliefs, expectations, and judgments that these produce. Thus ordinary photographs can also serve as powerful symbolic self-constructs, metaphoric transitional objects, and intense emotional catalysts -- as well as tangible traces of family systems dynamics and containers for personal and family narratives.

PhotoTherapy is about "photography as symbolic emotional communication", rather than "photography as art" -- photographs as an active agents of change and self-exploration, but always done while under the guidance of a trained therapist.

This slide-illustrated presentation will introduce the interrelated system of PhotoTherapy techniques and discuss the "what", "why", and "how" of each, showing how they can enhance any therapy practice, regardless of the therapist's own theoretical orientation, particular modality, or preferred client population. *(Prior experience with cameras or photographic arts is not required; questions and discussion are welcomed)*

For more about PhotoTherapy, see: 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, and former Editor of the Journal *PhotoTherapy*, she has long been considered the "world authority" on PhotoTherapy and has given over 300 workshops, lectures, and training intensives about these techniques (and related public applications of Therapeutic Photography) in over 50 cities world-wide during the past 30 years.

Author of the classic text *PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums* (now in third printing), and the informational resource website *PhotoTherapy Techniques in Counseling and Therapy*, 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*

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