

**EXPLORING THE SECRETS OF  
PERSONAL SNAPSHOTS AND FAMILY ALBUMS**

**• Using PhotoTherapy Techniques in Bereavement and Other Counselling Work •**

**Two-Hour Presentation • Ryerson University Counsellors  
January 16, 2008 • 11 a.m to 1 p.m.**

Presenter: Judy Weiser, R.Psych., A.T.R. -- Founder & Director, PhotoTherapy Centre, Vancouver  
*Author, "PhotoTherapy Techniques -- Exploring the Secrets of Personal Snapshots and Family Albums"*

**Presentation:**

PhotoTherapy techniques use therapy clients' own personal snapshots, family photos, and pictures taken by others (and the feelings, thoughts, information, and memories these evoke) as catalysts for therapeutic communication, change, and healing.

Since the emotional contents of any photograph are far more important than its visual details, clients' ordinary snapshots and family albums can serve as powerful bridges into previously-unconscious, long-buried, or overly-defended information (and underlying beliefs and values), in ways impossible with words (or internal self-reflection) alone.

This Workshop will begin with a slide-illustrated presentation about PhotoTherapy theory, techniques, and applications -- with particular focus (and illustrations) on grief and bereavement applications with students -- and if time permits, a few brief experiential encounters\* with the process as well...

***Prior experience with cameras or photographic art is not required!***

**If you wish to learn a bit more about these techniques, please bring with you ten photos that have special meaning to you,  
and a photo of at least five individuals who have importance in your life  
(yes the five can be part of the first ten if you wish)**

*\*Participation in exercises is voluntary:*

*This event is for the purpose of participants' education, and not for personal therapy*

**Presenter**

Judy Weiser is a psychologist and art therapist in private practice. Founder and Director of the *PhotoTherapy Centre*, former Editor of the Journal *Phototherapy*, she consults, lectures, and gives training workshops world-wide about using PhotoTherapy techniques to improve counselling practice.

Along with her book, "*PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums*", and her website "*PhotoTherapy Techniques in Counseling and Therapy*", she has produced a video/DVD and numerous book chapters and articles on the subject.

For over 20 years she has specialized in therapy with youth and adults who are infected or affected by HIV/AIDS -- and their families, friends, communities, and caregivers -- and thus is particularly experienced in working with issues relating to grief, bereavement, end-of-life issues, and related concerns (including a second specialty of helping with issues and consequences for Aboriginal people from Residential School Legacy and Forced Adoption/Fostering). She has also published several articles and book chapters on these topics.

*She can be reached at: [jweiser@phototherapy-centre.com](mailto:jweiser@phototherapy-centre.com) or 604-689-9709.*

**More information about PhotoTherapy can be found at: <http://www.phototherapy-centre.com>**