

PhotoTherapy and Therapeutic Photography: Helping Healthcare Patients Get a "Better Picture" of Their Lives

Brief Presentation Summary

Presentation will provide an illustrated introduction to the "what", "why" and "how" of PhotoTherapy and related techniques that use photos to improve wellbeing -- while providing examples of their active integration into care delivery, thus enhancing quality of life for patients, visitors and staff.

FULL Presentation Description

PhotoTherapy techniques are therapy practices using people's personal snapshots, family albums, and photos taken by others to enhance psychological wellbeing in ways not possible using words or inner self-reflection alone. (**Photo Art Therapy** is a specialized adaptation for those with additional training in Art Therapy).

Therapeutic Photography techniques are photographic practices done by people themselves in situations where a therapist is not needed, producing increased understanding, improved relationships, and enhanced wellbeing.

All use photography as "an active agent of change", and are useful in healthcare settings as powerful yet safe nonverbal bridges to help patients, staff, and visitors share stories, thoughts, memories, and feelings, strengthen connections to others, and continue participating in life while living as a patient.

Slide-illustrated presentation introduces the what, why, and how of these techniques and many examples of their usefulness in healthcare settings.

Presenter Bio: Judy Weiser, R.Psych, A.T.R.

Considered the world authority on "PhotoTherapy" techniques, Judy Weiser is one of this field's earliest pioneers. Psychologist, art therapist, consultant, trainer, and past Editor of the PhotoTherapy Journal, she is author of the classic text on the topic, *"PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums"* (now in second edition, third printing) -- as well as 29 published articles and 9 book chapters about these techniques.

Founder/Director of the world's resource base for the field (the *PhotoTherapy Centre*) and its informational website *"PhotoTherapy Techniques in Counseling and Therapy"*, she has lectured, taught, trained, and consulted about PhotoTherapy and related techniques internationally for over 35 years, and mentored dozens of graduate Theses/Dissertations.