

**Seeing is Believing (and Believing is Seeing)!:
Workshop for Experiencing Photo-Projective Techniques
in Arts Therapies Practice**

Whenever a photograph is viewed, projection of meaning (and triggering of associated feelings or memories) spontaneously takes place. This holds true for all photos that people view, take, pose for, collect, or even just imagine or remember -- whether in informal snapshot collections or on gallery walls.

What a photograph is about emotionally is always more important than what it shows visually. While the "story" of any photo is always initially constructed by its maker, all later interpretations will always be different from that person's intention, depending upon who is doing the viewing (and thus interpreting of meaning!).

Therapists trained in "Photo-Projective" PhotoTherapy techniques use these kinds of "secret" components of ordinary snapshots and family photos to help clients learn more about themselves, in ways that words or drawings cannot do. Guided by the therapist, clients interact with snapshots (their own or other people's) and gain "in-sight" to many previously-unconscious feelings, thoughts, memories, beliefs and values, which had been otherwise inaccessible.

After a brief theoretical introduction to provide contexting framework for this particular technique -- and explain its relevance and value for all arts therapies practice -- participants in this workshop will have the opportunity to personally* experience how this works, through guided interactions with photographs brought by the Instructor. (*Participation is voluntary; the purpose is for participants' education, not therapy)

Participants will select a preferred photograph, watch a demonstration of how to use the technique, pair off to practice (assisted by instructional handouts), and then re-group for discussion and closure. Learning will be demonstrated by the ability to produce an increased number (and quality) of questions to be used when helping a client explore any photograph, especially those used during Photo Art Therapy sessions (and/or other arts therapies practice). Prior experience with cameras or photography is NOT required!

Presenter Bio

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Judy Weiser, R.Psych., A.T.R.; Founder/Director of the PhotoTherapy Centre in Vancouver Canada; Executive Director of the "Judy Weiser PhotoTherapy and Therapeutic Photography Educational Society"; psychologist, art therapist, author, consultant, trainer, and early pioneer of PhotoTherapy; author of the classic text *"PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums"*; manager of the informational website explaining the field (www.phototherapy-centre.com); author of numerous articles, book chapters, and a video about PhotoTherapy; presenter of over 300 workshops, lectures, and training intensives in 50+ cities world-wide during the past three decades; mentor of dozens of graduate Theses and Dissertations; email: JWeiser@phototherapy-centre.com

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