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## Phototherapy and videotherapy professional experts living in Italy: a panel and lively discussion of the 'who, where, and what' (Judy Weiser et al) [| Print |](#)

**Judy Weiser, Dr. Fabio Piccini, Dr. Oliviero Rossi, Dr. Carmine Parrella, Dr. Stefano Ferrari, Dr. Rodolfo de Bernart, Dr. Gaetano Giordano, Dra, Fancesca Belgiojoso, Dra. Giovanna Calabrese, Chiara Roncagli & Fabrizio Fantini**

Panel discussion

Italy has one of the oldest and richest histories of both phototherapy and videotherapy practices outside of North America, developed by many people with additional training in art therapy and/or dramatherapy, and/or education in the visual arts followed by psychotherapy training.

The location of this conference being in Lucca provides a wonderful opportunity to expose the ECARTE community to Italian experts in these fields who are not as well recognized outside of Italy (yet), along with information about their numerous activities, publications, teachings, and resource websites.

As chairperson of this panel, and one of the earliest pioneers of both phototherapy and videotherapy techniques in North America, I want to introduce several Italian colleagues whose work I have long known about and admired -- therapists of various kinds, who all have long used phototherapy and/or videotherapy in clinical applications with their clients/patients.

*Proposed panelists:*

**Dr. Fabio Piccini** in Rimini is a Medical Jungian Psychoanalyst (Registered Doctor in Medicine, a Licensed Psychoanalyst, and IAAP member), working in private practice and teaching workshops on therapeutic photography in Italy, especially regarding his focus on photographic portraits in the treatment of severe personality disorders and eating disorders. Co-founder and webmaster of the first and oldest Italian web resource for patients with eating disorders, he has focused his clinical and research interests on two main fields of specialization, eating disorders and personality disorders, and he is currently investigating the field of using self-portrait photography in psychotherapy. From 1998 to 2004 he founded and directed the Center for the Therapy of Eating Disorders at Malatesta Novello Hospital in Cesena (FC), Italy (a teaching hospital within Bologna University School of Medicine). In addition to his books: *Insuccessi in Psicoterapia and Anoressia, Bulimia, Binge Eating Disorders*, he has also authored many specialist articles and book chapters and translated into Italian an educational video on eating disorders. His 2008 book *Ri-Vedersi (Seeing Yourself Again)* is a self-help manual aimed at teaching the reader how to use a camera to discover the different facets of his/her self, and his most recent book (2010) has just appeared: *Tra Arte e Terapia: Utilizzi Clinici Dell'Autoritratto Fotografico (Between Art and Therapy: Clinical Uses of Photographic Self-Portraits)*.



**Dr. Oliviero Rossi** in Rome is a psychotherapist in private practice since 1980, specializing in Gestalt therapy, counselling, videotherapy, phototherapy, and other forms of artistic mediation in the relationship with oneself. He has created a very innovative and interesting connection between the use of the video camera and the digital camera in group work and psychotherapy. Currently

Director of the Master Video, Fotografia, Teatro, e Mediazione Artistica Nella Relazione D'Aiuto Program in collaboration with the Gestalt Institute of Florence, and the Director of the ARS Istituto di Gestalt, Roma (Gestalt Therapy Institute in Rome) and founder of the comprehensive website TeatroVideoTerapia (Theatre-Video-Therapy), he has long worked combining theatre, dramatherapy, video, and psychotherapy, and has a large number of books and professional articles on these topics. Most of this is detailed in his other website FotoVideoTerapia (PhotoVideoTherapy). Director of the Associazione Italiana Arte-Videoterapia (Italian Association of Art-Video-Therapy), he is also Editor of the Journal New Arts Therapy Training in Psychotherapy and Counseling, and, in 1989, founded the online scientific Journal INformazione: Psicologia, Psicoterapia, e Psichiatria (IN-formation, Psychology, Psychotherapy, Psychiatry).



**Dr. Carmine Parrella** in Lucca is a psychologist and psychotherapist who works for the National Public Mental Health Service (U.F. Salute Mentale Adulti ASL2 Piana di Lucca) in Lucca, Italy. For the past ten years he has been leading and developing various experiential multimedia art therapy programs applied to three different contexts: psychiatric rehabilitation, community-based prevention programs, and psychotherapy practice. He also conducts both therapeutic video and therapeutic photo workshops for clients with severe psychiatric disorders. He is experimenting with the therapeutic potential of digital imagery (both photograph and video) exposition and manipulation, and he is trying to develop programs to reduce the stigma toward psychiatric patients through the active use of photo and video by the patients themselves. Most recently he was one of the major partners of PhotoTherapy EU Project (Italy/Finland/England).

**Dr. Stefano Ferrari** in Bologna is Associate Professor in the Department of Visual Art at the University of Bologna, Editor of the online Journal of Art and Psychology ("PsicoArt") and on the board of the International Association for Art and Psychology. Author of numerous books and articles about theoretical aspects of the intersection of art and psychology/psychoanalysis, he has a special interest in photography's interface with these topics (for example the internal image of self which people have). Many of his publications are about these topics, for example, his 2002 book *Autoritratto e Psicologia* (Self-Portraits and Psychology) and his lengthy 1996 article *Il Perturbante della Fotografia: Qualche indagine sulle Implicazioni Psicologiche del Fotografare* (The Uncanniness of Photography: A Review of Some Psychological Implications of the Photograph).



**Dr. Rodolfo De Bernart** (Firenze) is a Professor of Family Therapy and Psychiatry at the University of Siena. He founded the Institute of Family Therapy of Florence in 1981 and has since then used -- and trained other psychotherapists to use -- visual arts (especially photos and cinema) in therapy in his Institute, as well as during many international conferences.



**Dr. Gaetano Giordano** in Rome is the innovator of a particular kind of specialized application of video during therapy with his patients (video movie therapy) and author of the (online) article that shares more about these techniques (a version of ordinary videotherapy, yet with some unique components): Giordano, G. (1996). Video movie therapy: An overview on a New Art Therapy. *Perspectives*, 1:3, (Online).

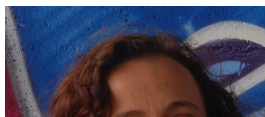
He does not claim that his V.M.T. is the first psychotherapy in the world to utilize movie or video, but it does seem to him that his is a uniquely creative use of video and movies made by clients during his treatment. It has a systematic framework of application, which he describes thus: "In my therapy, V.M.T., the patients are actors, co-writers of the video, and they create a video (or movie) about themselves, but concerning original (and ironical) stories. There is a paradoxical sense in this, because every patient plays himself, but to re-create an ironical view of himself. The V.M.T. is characterized by this creative utilisation of video, and it is not based on a simple play of the life of the patient's group. In my researches, there are not other psychotherapies in which there is this utilization of video."



**Dra. Francesca Belgiojoso**, Milano, Italy, is a Licensed Psychologist, educated in Psychology of Art, Photography, and Adolescent Psychology, and now training to become a Psychoanalytic Psychotherapist at *Minotauro Specialization School for Adolescents and Young Adults*. She has long specialized in using photography in her psychological treatment practices, especially with youth. Now working in private practice, she uses photography as an expression and communication tool in the clinical relationship with adolescents. At the *Centro Psicologia Bambino Adolescente ("Child and Adolescent Psychology Center")*, A.S.L. Milano, with Dr.ssa Marina Ballo, she runs a preadolescence psychotherapeutic group that uses photography and videomaking as mediums for discussing the common difficulties of growth. She is a member of the *Interdisciplinary Research Group* led by Dr. Stefano Ferrari, professor of Psychology of Art and Visual Art, at the University of Bologna, and of the *International Association of Art and Psychology*, led by Dr.ssa Graziella Magherini, in Firenze (Florence).



**Dra. Giovanna Calabrese** in Milano is a psychiatrist and a transpersonal psychotherapist. She works in private practice using the Biotransenergetica model. In the last few years she has been using photography as a tool to explore non-ordinary states of consciousness in a transpersonal therapeutic context. She works both in individual sessions for clients with anxiety and mood disorders and in workshops with people willing to explore their consciousness in a journey of self knowledge and spiritual growth. She conducted workshops on phototherapy at international meetings of the European Transpersonal Association. (To read more about her work visit the website: <http://www.gmcalabrese.it>).





**Chiara Roncagli** and her partner **Fabrizio Fantini** in Bologna, co-owners of La Dama Sognatrice (a professional HD film-production company in Italy). They are making a commercial film about the various ways video is being used in (or as) therapy in four EU countries, including Italy. They have a website and blog, Videotherapy report's Blog – A survey about Videotherapy in Europe, which provides an understanding of their project. It says, "The project aims to compare and promote good practice in the use of the video camera during therapy sessions. We have selected four European countries – Italy, Spain, France and Finland – where pioneers of this discipline are establishing new methods and techniques. We are looking for therapists using video during their sessions, in order to widen our enquiry to all Europe."

**Judy Weiser** is a psychologist and an art therapist and one of the earliest pioneers of phototherapy techniques. Founder and Director of the PhotoTherapy Centre, she is considered the world authority on phototherapy, photo art therapy, therapeutic photography, videotherapy and therapeutic videography. Former Editor of the journal Phototherapy, Judy authored the classic 1993 text PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums (now in 3rd printing), as well as numerous professional articles, book chapters, and a video/dvd on the subject. She also created and maintains the primary informational resource and networking website for the field (PhotoTherapy Techniques in Counseling and Therapy) as well as its related PhotoTherapy and Therapeutic Photography Discussion Group and the Facebook group PhotoTherapy, Therapeutic Photography, Photo Art Therapy, and VideoTherapy. Having spent 30 years or more using phototherapy techniques in her private practice as a therapist, she now consults, lectures, and teaches workshops world-wide.

