



PhotoTherapy Centre

604-202-3431 | jweiser@phototherapy-centre.com

www.phototherapy-centre.com

Lectures & Presentations Introducing PhotoTherapy and/or Therapeutic Photography (and related Techniques (1-3 Hours))*

**can be combined with a "Part Two" Brief Experiential Demonstration if desired)*

About Lectures & Presentations

Lecture Presentations (with accompanying slide and/or video illustrations) provide the opportunity to learn — in a short amount of time— about the "what, why, and how" of PhotoTherapy techniques (and related others as well, if time permits) and how these can be of use in a variety of applications with many different kinds of people, whether during their formal therapy sessions or for their own personal use as Therapeutic Photography activities.

Open to everyone interested (unless the sponsoring group designates otherwise), Educational Workshops can be offered independently or as the first half of a two-part Program that has provides a brief experiential component for interacting with photos brought by the Instructor.

They can be specifically about PhotoTherapy techniques, or broadened in topic to cover the entire continuum of photo-based healing practices — and thus also including Therapeutic Photography and/or Social Action (participatory photography) projects and practices — according to the requested design.

Educational Lecture Presentations are usually invited by contract, although the PhotoTherapy Centre does occasionally organize these independently. For more information — or to discuss an invitation to present, [contact Judy Weiser](#).

Sample of Lecture or Presentation Event

**See what I mean? Exploring how photos can tell us more about ourselves:
Lecture Presentation about PhotoTherapy Techniques**

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See what I mean? Exploring how photos can tell us more about ourselves:

Lecture Presentation about PhotoTherapy Techniques

Judy Weiser, R.Psych., A.T.R. -- Founder and Director of the *PhotoTherapy Centre* (Vancouver, Canada), considered the "world authority on the emotional meanings of photographs"

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

Description

PhotoTherapy techniques use people's personal snapshots, family photos, and their interactions with these as catalysts for therapeutic communication and healing during therapy sessions. Related techniques can also be useful in helping people explore and make positive changes to themselves, their lives, or communities and society in general through activities of Therapeutic Photography and/or Social Action (participatory photography) projects and practices.

Since the emotional contents of any photograph are far more important than its visual details, ordinary snapshots and family albums have "secret lives" that help them serve as powerful bridges into feelings, beliefs, and memories in ways that words alone cannot do — yet people usually remain totally unaware of these unconscious aspects of their photo-friendly daily lives, which can provide a lot of helpful insights if only time was taken to explore them deeper

This slide-illustrated presentation will explain the "why" and "how" of PhotoTherapy techniques (and if time permits, will also provide a few brief experiential encounters with the process*, although this is not required).

***Optional Part Two: Experiential Encounter:**

Whenever any kind of photograph is viewed, projection of meaning (and triggering of associated feelings or memories) spontaneously takes place. Those attending this experiential "Part Two") event can explore this for themselves by personally interacting with photographs provided by the Instructor. (All experiential events are voluntary-only; prior experience with cameras or photographic art is *not* required).

- **This is an educational event, and not intended as a photographic or therapy experience!**

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