
Foreword to this second edition....

Life seems to be rushing forward with exponentially-increasing speed... When this book was first published in 1993, I was merely suggesting some exciting possibilities that *might* be opening up for PhotoTherapy techniques once digital imagery, and its ease of electronic manipulation and communication, became comfortably accepted by “ordinary” people using home computers.

Now, a mere six years later, most of these predictions have already become reality — and PhotoTherapy is busy keeping pace! The Centre has recently moved to a better location and added an email address JWeiser@phototherapy-centre.com.

Not only have we produced an instructional video that combines discussion interviews with “live” demonstrations of technique, but we have also begun our own website (www.phototherapy-centre.com), which provides a basic introduction to the field, along with numerous related links and interactive networking opportunities.

Hundreds of training workshops have taken place, and more are planned. Courses in PhotoTherapy theory and practice are now being offered in several art therapy training programs. Dozens of student papers and graduate theses have focused specifically on these techniques (including their digital applications) in psychology, art therapy, social work, and other fields. And a continuing education company (www.affectplus.com) is now using this book (and an accompanying test) as one of its “distance” course offerings for counselors and therapists needing postgraduate licensing credits.

Of course, there is no way to predict what will happen in the *next* six years, but there is one thing of which I am certain: some of it has not even been imagined yet...

Whatever the future brings, I know that PhotoTherapy techniques will still be effective in helping people get in touch with their feelings and memories through interacting with their own, and other people's, photographic images — even if these have been digitally created, altered, or stored. The beauty of using such an open-ended interactive system of techniques is that they will continue to remain flexible in adapting to *any* kind of snapshot or collection of family photos, including those electronically forming the visual narratives of the new millennium.

As digital technology rushes us toward the future with exciting new possibilities for the electronic storage, manipulation, and communication of photographic imagery, PhotoTherapy techniques expand into a whole new world of possibilities. The ability to instantly share and interact “live” with personal and family snapshots greatly expands the potential for PhotoTherapy techniques’ applications in terms of virtual-albums, on-line interactive image manipulation during cyber-therapy, and other exciting new options (like scanning photos directly into art expressions being created during online Art Therapy sessions).

However, for every new advancement there is a shift away from an older state of predictable dependability, and we must learn to welcome such change rather than hesitate in resistance to its newness — or it will quickly leave us behind...

The question is not whether PhotoTherapy techniques can keep up with future changes affecting photography and its results (they can!), but rather whether we therapists who use them can remain open to, and unthreatened by, such continually-evolving technology and keep adapting its potential to the benefit of our clients!

I welcome you to this new paperback edition of “PhotoTherapy Techniques — Exploring the Secrets of Personal Snapshots and Family Albums”, and hope you share my excitement about the wonderful possibilities its pages can lead you to experiencing, for yourself as well as your clients. Please feel free to contact me for more information, or to share what you discover.

Judy Weiser