



## PhotoTherapy Centre

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# Educational Workshops (1-3 Days)

## About Educational Workshops

Introductory-level Educational Workshops are an easy way to learn (and experience a few of) the basic PhotoTherapy techniques without going deeper into longer more-formal training experiences. While designed for educating therapists and related mental health professionals, these Introductory Workshops are usually also open to interested others (unless the sponsoring group designates otherwise).

Educational Workshops 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 Educational Workshop

### A Picture is Worth a Thousand Words:

#### Introduction to Using PhotoTherapy Techniques in Therapy and Related Practices

**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*"

### Brief Summary

PhotoTherapy Techniques use clients' own personal snapshots, family albums, and pictures taken by others (and the feelings, memories, and thoughts, these evoke) to deepen and enhance therapeutic communication in ways not possible using words (or inner self-reflection) alone.

Since the emotional contents of any photograph are far more important than its visual details, clients' snapshots and family photos can be powerful yet safe nonverbal "bridges" that

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quickly connect them with memories, feelings, values, and information far below conscious awareness -- along with deeply-held beliefs, expectations, and judgments that these produce.

In PhotoTherapy-based therapy sessions, photographs are used as active agents of change and self-exploration: clients not only view current photos (or describe old ones), but also actively take or pose for new ones, create their own informal self-portraits, reconstruct past or missing photos -- as well as imagine or remember photos that may not be able to be seen directly.

This Introductory Educational Workshop is for mental health professionals to learn additional techniques that will help their clients benefit from exploring the "why" of photographs that they take, pose for, appear in, and keep (or choose not to!). However, while designed for those interested in therapy applications, this Workshop is also open to "interested others", as it provides education, rather than Training.

Slide- and video-illustrated presentations about PhotoTherapy theory and applications will be combined with case illustrations, "live" demonstration role-plays, and interactive discussions — along with several opportunities to encounter some of the techniques personally (voluntary-only) during guided experiential-practice sessions.

***Important: This Workshop is for the purpose of professional training, not personal therapy.***

***Prior experience with cameras or photographic art is not required***

- For more information about Educational Workshops, click [here](#) to contact Judy Weiser.

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