

PHOTOGRAPHIC THERAPY

EL AMETHYST

WHAT IS PHOTOGRAPHIC THERAPY?

currently in use...

- **Therapeutic Photography** – taking, analyzing and using photos to help personal healing, growth or understanding of one's self.
- **Photo Therapy** – the use of Photographs within a therapy session, specifically focusing on the thoughts, emotions, memories, beliefs and ideas the photo evokes to increase insight and strengthen communication during a therapy session.
- **Photo-Art-Therapy** – the use of Photo's within an Art Therapy sessions with a qualified Art Therapist. This is a form of Psychotherapy that encourages self-expression through the art medium.
- **PHOTOGRAPHIC THERAPY** – a term I have dubbed that encompasses all of the but not exclusive to all of the above.

(Photographic means relating to or resembling photography,
Therapy means a treatment intended to relieve or heal a disorder)

Photographic Therapy is every aspect of Photography used for therapy or in a therapeutic manner.



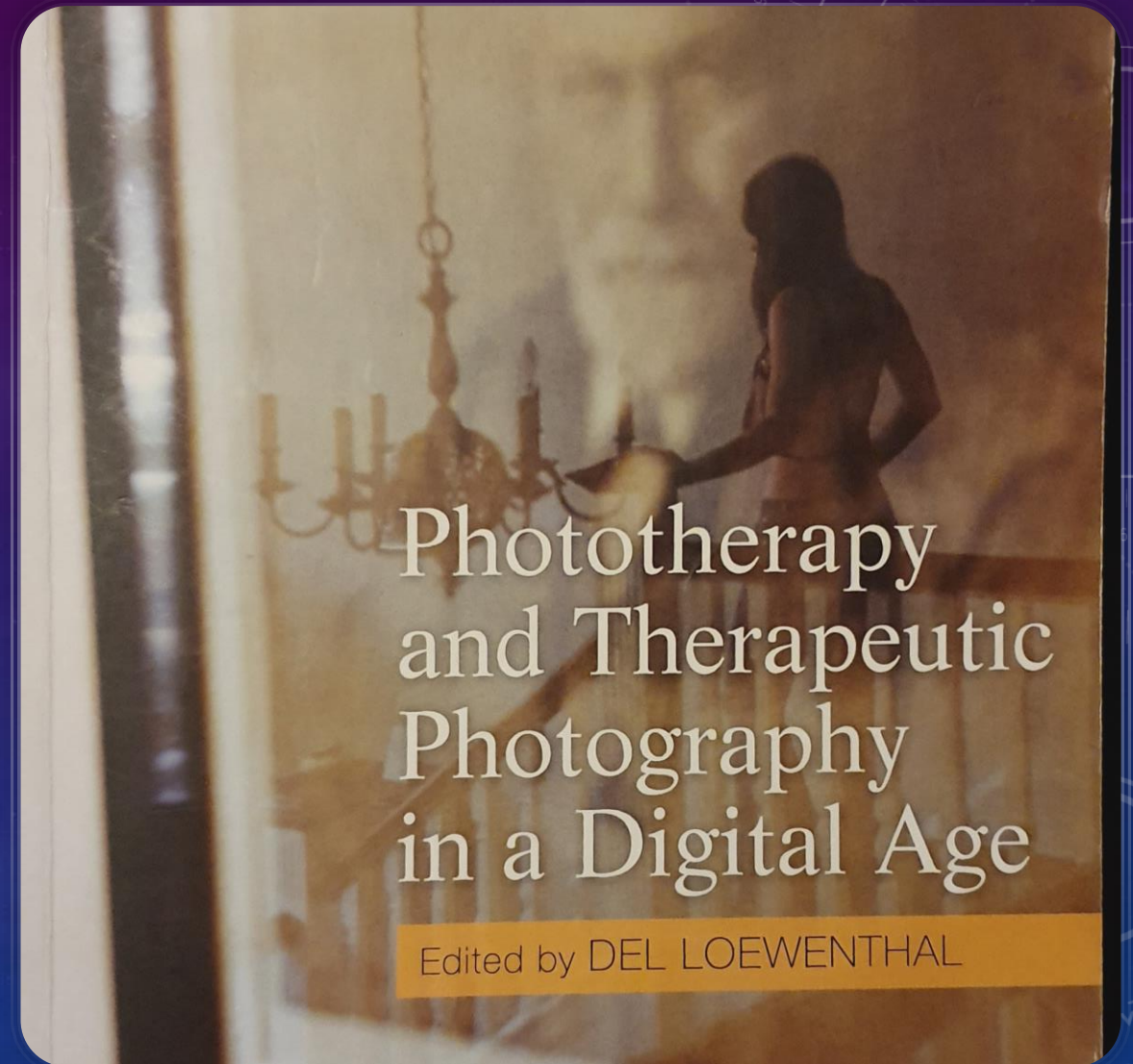
JO SPENCE AND HER 'CAMERA THERAPY'

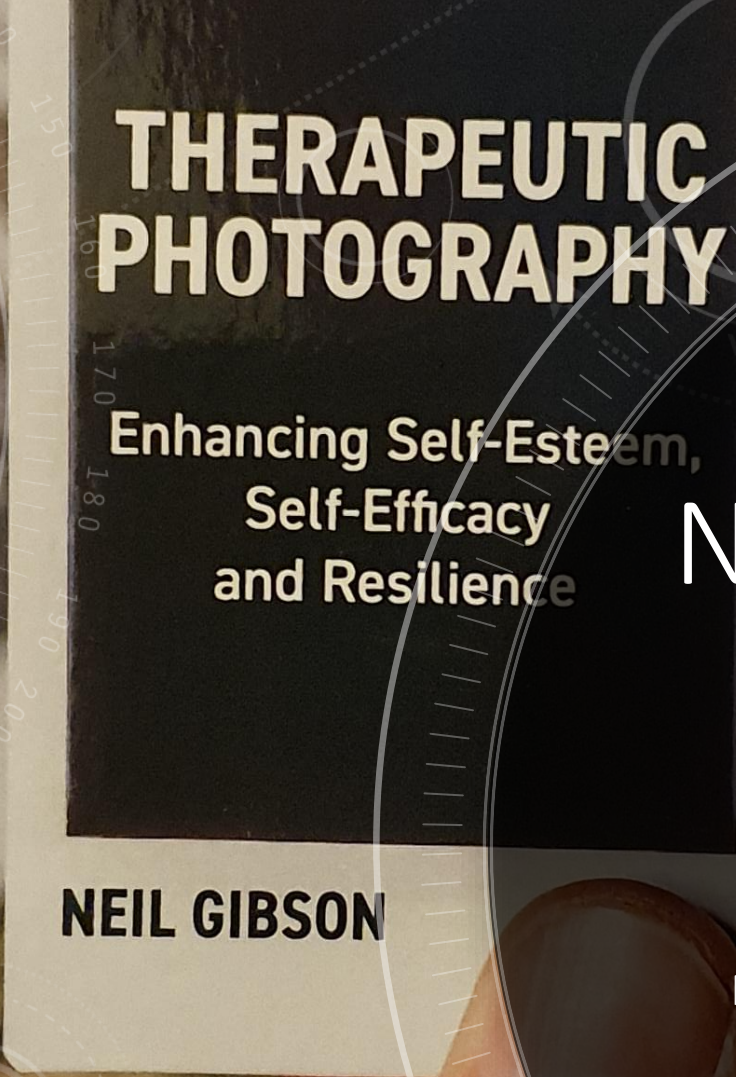
JO SPENCE 1934-92 WAS A BRITISH
PHOTOGRAPHER & PIONEER OF MODERN
THERAPEUTIC PHOTOGRAPHY IN UK

FAMOUS FOR HER PERSONAL THERAPEUTIC
PHOTOGRAPHY IN RESPONSE TO ADVERSITY

DEL LOEWENTHAL RESEARCH CENTRE FOR THERAPEUTIC EDUCATION

- Del Loenthal is the Director of the Research Centre for Therapeutic Education, Department of Psychology in Roehampton University.
- He is in private practice as a Psychotherapist, Photographer and counselling Psychologist.
- He trains counsellors, psychotherapists & art psychotherapist in Photo Therapy Techniques.
- publications include being the Editor for the book “Phototherapy and Therapeutic Photography in a Digital Age”



The image shows the front cover of a book titled 'Therapeutic Photography' by Neil Gibson. The cover is dark with white text. The title is at the top in a large, bold, sans-serif font. Below it, the subtitle 'Enhancing Self-Esteem, Self-Efficacy and Resilience' is written in a smaller, white, sans-serif font. At the bottom, the author's name 'NEIL GIBSON' is printed in a bold, white, sans-serif font. The book is being held by a hand, and the background is a blurred image of a person's face. There are also some faint, circular, technical-looking graphics overlaid on the image.

THERAPEUTIC PHOTOGRAPHY

**Enhancing Self-Esteem,
Self-Efficacy
and Resilience**

NEIL GIBSON

NEIL GIBSON'S BOOK 'THERAPEUTIC PHOTOGRAPHY'

**NEIL GIBSON IS A SOCIAL WORK LECTURER AT THE
ROBERT GORDON UNIVERSITY IN ABERDEEN
CURRENTLY UNDERTAKING RESEARCH FOR A PHD &
LOOKING AT WAYS IN WHICH THERAPEUTIC
PHOTOGRAPHY CAN BE INCORPORATED INTO
SOCIAL WORK PRACTICE**

DISCOVERY OF PHOTOGRAPHIC THERAPY

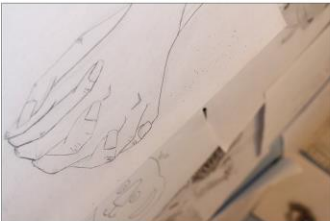
- Studying Photography coincided with a series of life changing events.
- Life experiences became the basis of exploring Photographic Therapy
- Documentary Photography Brief began the foundations of The Fortitude Project
- **A photography project expressing the thoughts feelings and experiences of being a Survivor of Abuse. Empowering Survivors through visual expression. Rooted in the use of Photographic Therapy.**

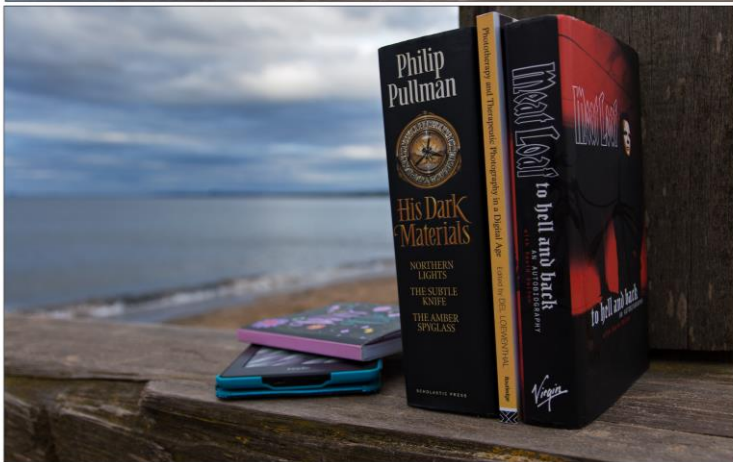
Visual Story Telling

FORTITUDE PROJECT “LISTEN”

"Struggling with words was never an issue while we were doing the Fortitude project because this opportunity expressed what I couldn't speak,

I am relieved to know my story is out there even though its not in words"



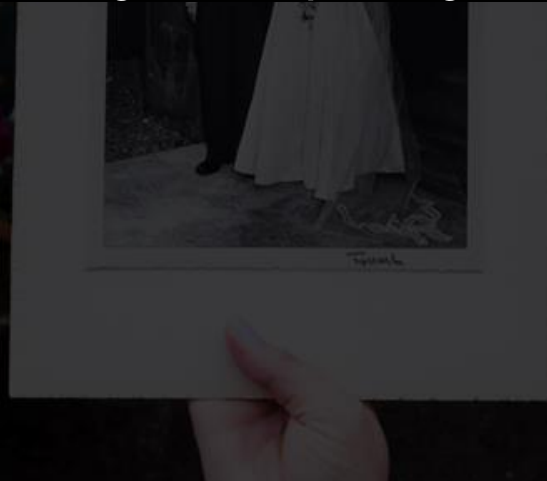


SELF-EXPLORATION

Who Am I?

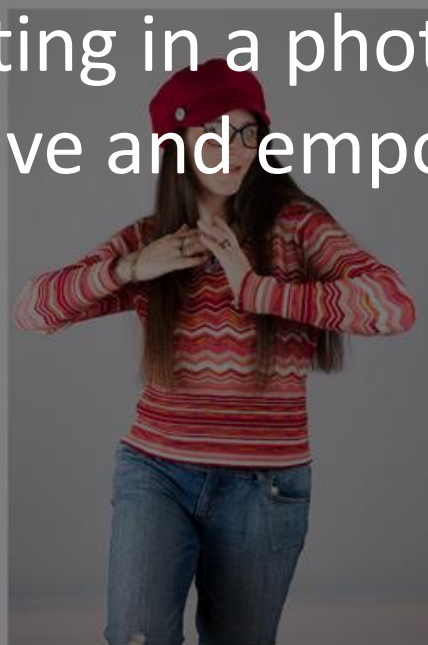
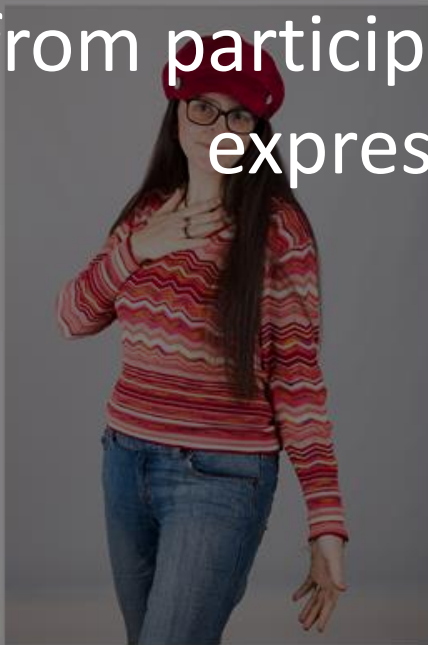
THE ACT OF LOOKING AT PHOTO'S

- There is a personal psychology and emotional reaction to viewing photos.
- Viewing photos can be anything from exploring other people's images, browsing family albums, viewing photos of our selves or viewing photos we have taken.
- Can aid in sharing, talking, expressing and exploring thoughts and feelings



ACT OF BEING PHOTOGRAPHED

Even the most introverted, nervous or anxious can benefit from participating in a photoshoot for therapeutic, expressive and empowering purpose.



EXPRESSION & SELF-EXPRESSION

This can be done with the aid of a photographer, or other professional, in a group setting or individually. Does not need to be perfect – creativity, expression and self exploration is personal & imperfect!

“Broken Marbles”



“Uncovered Secrets”



ACT OF TAKING PHOTO'S

- Focus in the moment
- Construction of Expression
- A Photo is a reflection of the person who took it

“You fill up the frame with feelings, energy, discovery, and risk, and leave room enough for someone else to get in there.” – Joel Meyerowitz


‘Abandonment A Fortitude Project Photo Essay’

“This has been a massive healing journey for me, finally voicing aloud the toxicity of my relationship with my mother, her lies and secrets, her blame and belittling disguised as parenting. My desperate belief in her empty words.

I deserved more than the mother she was to me

Its hard for me to be courageous enough to say that but I've finally accepted it to be true. I deserved to be loved!

My abandoned childhood and teen years do not define the person I am, but it does give me a stubborn strength”



REAL WORLD APPLICATIONS

Every Aspect Of Mental Health & Wellbeing

- Mental health & well being
- Self-therapy
- Self-care
- Self-expression
- Visual story telling
- Visual activism
- Peer therapy
- Group workshops
- Professional therapy
- And much more

Meaning with infinite possibilities * Beautiful is a meaning with in

ITS OUT THERE...

Bryce Evans

“How Photography saved my life”

The One Project

Online communities

“Use photography for creative expression and introspection to build a solid foundation of healthy habits and tools, release attachment to negative narratives to reconnect with your intuition and build a better picture of mental health for all free of stigma, judgement and fear.”

<https://theoneproject.co/therapeutic-photography/>



ITS OUT THERE...

Mark Wheeler talks about working with phototherapy during COVID Lockdown.

His explanation of photo therapy in the [video](#) explains the therapeutic power of photography and highlights how and one with a phone camera can access this therapy.

Take a look at his Instagram for updates on the latest's phototherapy activities.

[@phototherapymark](#)



ITS OUT THERE...

First Course in the world with an Academic qualification

Neil Gibson Lecturer at Robert Gordon University has developed and successfully ran a 12-week credited Therapeutic Photography online course aimed at teaching “the underpinning principles of this new intervention and demonstrate how you can use this approach in your practice.”

Furthermore, a Post Graduate Certificate for a duration of a year is in the final stages and expected to commence in 2022

<https://www.rgu.ac.uk/study/courses/702-therapeutic-photography-30-credits-at-scqf-level-7>

THERAPEUTIC PHOTOGRAPHY



WHY STUDY THERAPEUTIC PHOTOGRAPHY AT RGU?

- This module aims to meet a demand for training in the use of therapeutic photography across disciplines in health and social care.
- This is the first online course in the world to deliver an academic qualification in this field.
- The module will look at the benefits of using this approach, both for the practitioners and the clients.
- The module is taught by experienced staff who have researched this intervention and delivered it across a number of service settings.
- Our flexible online study mode enables you to study from any location throughout the world.

Module Duration

12 weeks

Starts January 2017

Delivery Mode

Online

Contact

Neil Gibson

Module Coordinator

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Fees and Further Information

www.rgu.ac.uk/therapeutic-photography

ITS OUT THERE...

Psychologist & Art Therapist Judy Weiser has an extensive website on the various forms of
[Photographic Therapy](#);
[PhotoTherapy](#)
[Photo-Art-Therapy](#)
[Photos during Coaching](#)
[Therapeutic Photography](#)
[PhotoTherapy and Therapeuti –Photography Combined](#)
[Photo-Art-Therapy & Therapeutic Photography Combined](#)
[VideoTherapy and/or Therapeutic Videography \(Film-making\)](#)
[Other Related Applications](#)

With details of [“Who is doing what & Where”](#)
<https://phototherapy-centre.com>



Homepage

PhotoTherapy Techniques

- Training & Education
 - Online Courses
 - Upcoming (& past) Events
- About the Book

Therapeutic Photography

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Who is Doing What, Where?

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Who is Doing What, Where?



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[PhotoTherapy-and-Therapeutic-Photography-Combined](#) | [Photo-Art-Therapy & Therapeutic Photography Combined](#) | [VideoTherapy and/or Therapeutic Videography \(Film-making\)](#) | [Other Related Applications](#)

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Fortitude Project



Abandonment Photo Essay

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