

The History and Techniques of Phototherapy

Student 1 & Student 2
ART 355: Survey of Art Therapy
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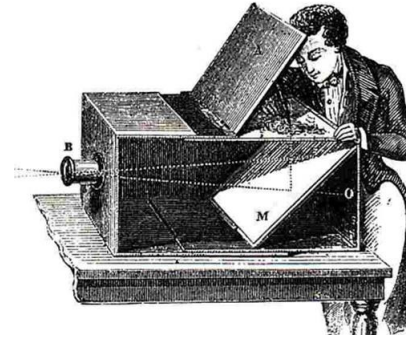


History of Photography



- 1822, Joseph Niépce and Heliography.

- 1826/27 Niépce used camera obscura to create 1st successful Photograph.



- 1835-1837, Daguerreotype
- 1835-1839, William H.F. Talbot and Photogenic drawing
- 1840s, improvements on daguerreotype and calotype

History of Photography



The Kodak Camera

*“You press the button,
we do the rest.”*

OR YOU CAN DO IT YOURSELF.

The only camera that anybody can use without instructions. As convenient to carry as an ordinary field glass. World-wide success.

*The Kodak is for sale by all Photo stock dealers.
Send for the Primer, free.*

The Eastman Dry Plate & Film Co.

Price, \$25.00 — Loaded for 100 Pictures. ROCHESTER, N. Y.
Re-loading, \$2.00.

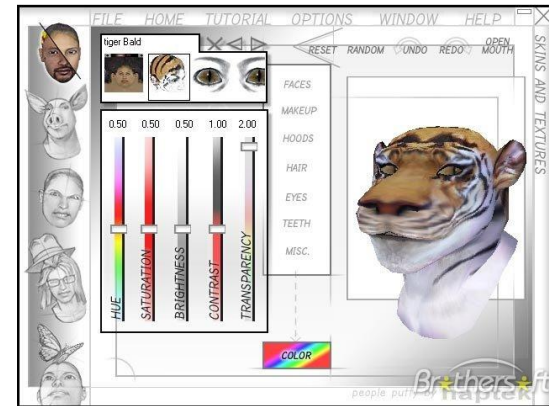
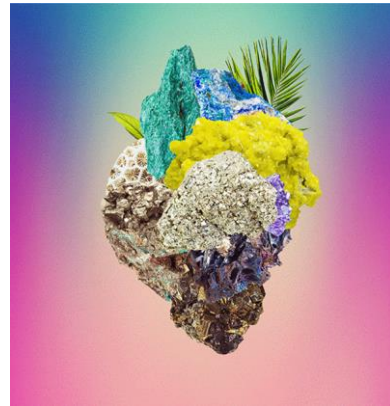
- 1878-1888, dry plates and the Kodak Camera.
- Mid 1900s, color photos rise in popularity
- Mid-late 1900s, photography as an art form
- 1960's invented the Bronie camera
- 1990s, Photoshop introduced
- Photography and modern technology today

Brownie Cameras



Photography as an Art

- “Conceived as an extension of the conventional darkroom, ...[Adobe] let photographers go even further. By giving photographers the ability to easily change the structure of an image, and even its contents, it called into question long-held assumptions about photographic veracity or documentary “truth value.” To some minds, it changed the very nature of the medium” (Gernsheim, Grundberg, Newhall, & Rosenblum, 2018)



History of Phototherapy



- 1973, Judy Weiser uses Phototherapy techniques in private practice.
- 1975, Weiser taught the 1st educational workshops for Phototherapy.
- 1975, Weiser coins the term “Phototherapy Techniques”.
- 1993, Weiser publishes *PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums*.



History of Phototherapy



- 1979, the 1st International PhotoTherapy symposium is held.
- 1979, the first Photo-Counseling graduate program is taught by David Krauss.
- 1982, the PhotoTherapy Centre opens.
- Phototherapy today and internationally.

(Weiser, 2015)

Photography & Counseling



- Counseling: a therapeutic relationship between a client and a counselor. Both work together to help solve the client's issues (Ivey, Ivey & Zalaquett, 2009).



- “Photographic images provide an interpretive media through which the unconscious can express itself more directly than by words alone” (Suler, 2009).
- How can these two techniques be used together?

What is Phototherapy?

- “Phototherapy involves taking, viewing, manipulating, and interpreting photographs as a primary or adjunct therapeutic technique” (Ginicola, Smith, & Trzaska, 2012).
- Photos are not usually included in the Material Spectrum. Why?



What is Phototherapy?



- Phototherapy techniques are used to “increase people’s own self-knowledge,
- well-being,
- improve their relationships,
- activate positive social change, reduce social exclusion,
- sharpen visual literacy skills...expand qualitative research and prevention methodologies, and [create],
- personal/emotional healing and learning” (Weiser, 2001).

Interpreting and Analyzing Photos



- Interpreting:
 - Revealing the essence of the photo and discovering what the image means to the photographer
- Analyzing:
 - Commenting on and discussing the strengths and weaknesses of an image
- How are these two processes used to benefit a counseling session?
 - Development of therapeutic techniques
 - Development of behavioral techniques
 - Documenting the “change”
 - Analyzing memories or experiences
- Clients become more positive and open to new skills and techniques (Weiser, 2001)

Phototherapy & the Internet



- Sharing photos can help clients feel validated, processes their emotions, and reach catharsis.
- Sharing photos to a specific community can lead to strong relationships.
- Sharing photos online can have negative consequences. Can you give any examples?

(Suler, 2009)

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