PhototherapyEurope in Prisons

www.phototherapyeuropeinprisons.eu

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Phototherapy

- Phototherapy can take place within traditional counselling and psychotherapy using photographs the client brings;
- Alternatively, clients can be asked to choose from a selection of photographs;
- Or again, clients and phototherapists can take photographs.
Phototherapy
and Therapeutic
Photography
in a Digital Age

Edited by DEL LOEWENTHAL
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Phototherapy

- Phototherapy can be seen as:
  - Using projection
  - To unlock what has been repressed
Therapeutic Photography

- Therapeutic Photography can be where the client is facilitated in the use of photographs for self development in a way similar to arts therapies;
History

• Jo Spence (1986) developed the notion of therapeutic photography in, for example, working through a successful confrontation with breast cancer and an unsuccessful one with leukaemia.

• Again in the UK, Linda Berman (1993) developed the use of photographs within analytic psychotherapy.
• The main development of phototherapy and therapeutic photography took place, particularly in the UK and North America, in the 1980’s and 1990’s;

• But now, with the advent of the digital era with Facebook, MySpace, Digital Cameras and Mobile Phones, there is a resurgence of interest.
• I first brought my interests in the psychological therapies and photography together in my own therapy

• My own interest in therapeutic photography led me to carry out a project as a photographic (post-existential) exploration of the ethics of grieving

• This was done through taking photographs of the house I was brought up in when my mother died
**PhototherapyEurope in Prisons**

**Aims**

- To produce a state of the art review of the literature with regard to EU prison policy and practice, and psychological intervention across the EU
- To test and produce phototherapy techniques and strategies practitioners can employ
- To produce an innovative printed and online phototherapy material set for use by practitioners (art therapists, counsellors, prison officers, psychotherapists, group facilitators and key workers) with prisoners in the EU, that enable an opportunity for emotional learning
- To train practitioners to emotionally develop prisoners in using phototherapy techniques
- To provide a post-training database for further dissemination and evaluation through our website [www.phototerapyeuropeinprisons.eu](http://www.phototerapyeuropeinprisons.eu)
- To provide a European conference on Phototherapy in Prisons
Phototherapy Europe in Prisons

There are 7 partners in 6 countries: England (London), Finland (Turenki), Greece (Thessaloniki), Italy (Milan and Bologna), Malta, Romania (Iasi)

4 main approaches were selected for testing:

• The use of **Photocards** within 6 one hour (50 minutes) individual counselling/empowerment sessions

• Facilitating **Photobooks** for prisoners’ children using for example Loewenthal’s ‘Talking Pictures Cards’.

• Facilitating **employability/rehabilitation** through taking photographs to develop action plans

• The use of **portraiture**, and self-portraiture for emotional learning
Research Questions

• Can ‘talking pictures therapy’ both:

1. Assist clients in more quickly speaking what is on their minds?
2. Can, through the choice of photographs, provide a form of evaluation as to the progress of the therapy?
Further Research Questions

• How does ‘talking pictures therapy’ compare with other modalities, in particular CBT for Improving Access to Psychological Therapies (IAPT)?
• How do photographs compare, as a form of evaluation, with the IAPT minimum data set (PHQ-9; GAD-7) as well as CORE-10?
Phototherapy Europe in Prisons

Of the 39 inmates who returned their completed questionnaires, over 92% of prisoners found the therapeutic use of photographs either very helpful (56.4%) or helpful (35.9%).