

An introduction to *Therapeutic Photography* — Come along to our Interactive Workshop



Thursday 07 November 2019, 13:30 for 14:00 - 16:45, central Glasgow

Join us for an introductory and interactive afternoon session on Therapeutic Photography with Neil Gibson from the Robert Gordon University.

What actually is Therapeutic Photography? It's the act of using photography to gain insight and promote healing.

What are the benefits? The benefits often come more from the process of thinking about and taking the photo rather than the final result. The goal isn't a perfect photo, but to gain awareness about yourself and your life situation. There are no rules or judgement in the process and no 'good' or 'bad' photos. A photograph is all about the meaning you give it. This is how *therapeutic photography* is healing; you choose what has meaning for you!

This workshop will touch on the underpinning principles of this new intervention and demonstrate how you can use this approach in your practice. The workshop will briefly look at the benefits, both for practitioners, and clients or anyone, and will use theory to illustrate how to use photographs in practice to encourage and direct narratives.

You will be introduced to the process of working with photographs to explore self-image, relationships, environment, culture and society.

This unique afternoon workshop will involve some fun and engaging exercises with everyone's camera or camera phone so please make sure you don't forget it! **Teas, coffees and sandwiches will be available from 13:30 for a prompt 14:00 start** and the session will finish at 16:45.

Workshop Facilitator: Neil Gibson from Robert Gordon University is taking the workshop and delivers a flexible online module course in Therapeutic Photography at Robert Gordon University.

Who should come along? This event is open to everyone, in particular those who work in the health and social care sectors and/or are interested in photography or anyone who just fancies coming to a workshop which is a little bit different.

Location: Our Training Suite— Glasgow city centre offices, 4th floor, Victoria Chambers, 142 West Nile Street, Glasgow G1 2RQ tel: 0141 331 2419 email: info@hds.scot

Tickets on sale at

[https://www.hdscotland.org.uk/
therapeuticphotography](https://www.hdscotland.org.uk/therapeuticphotography)

Places are limited

£35 Members and Students

£45 Non members

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