

Health Promotion And Health Counseling: Effective Counseling And Psychotherapeutic Strategies

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Counseling Through Images: Using Photography to Guide the Counseling Process and Achieve Treatment Goals

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Creative approaches to counseling help counselors to meet the needs of diverse populations. The utility of photography in counseling has been demonstrated through several case studies; however, clear implications of how photography relates to the counseling process have not been well delineated. The existing literature on phototherapy is reviewed and connected to specific photo directives within the counseling process and common psychotherapeutic techniques.

KEYWORDS phototherapy, creative counseling, photography, counseling

Joining with a client on the counseling journey begins with the client painting a picture with words so that the counselor can capture the essence of the client's life experience. The words used to illustrate that picture must be descriptive enough for the counselor to feel or see what the client brings into the counseling relationship. For many clients, this may be a major obstacle. For other clients, it may be impossible to use words to convey an adequate picture, requiring the counselor to use nonverbal approaches.

Counselors may incorporate artistic methods in therapy to assist clients through nonverbal techniques to illustrate their feelings and issues

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