Record Nr. UNINA9910959982003321 Autore Craig Claire <1969-> Titolo Exploring the self through photography: activities for use in group work / / Claire Craig Pubbl/distr/stampa London; ; Philadelphia, : Jessica Kingsley, c2009 **ISBN** 9786612392948 9781282392946 1282392948 9780857001917 0857001914 Edizione [1st ed.] Descrizione fisica 1 online resource (205 p.) Disciplina 616.89/165 Soggetti Photography in psychotherapy Introspection Self-consciousness (Awareness) Photography - Psychological aspects Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references. Nota di contenuto frontcover; Exploring the Self through Photography: Activities for use in Group Work; Acknowledgements; Contents; PREFACE; INTRODUCTION; Part I; CHAPTER 1 Why Photography?; CHAPTER 2 What Photography Can Offer; CHAPTER 3 Establishing and Facilitating your Group; Part II; CHAPTER 4 Images as Starting Points; CHAPTER 5 Images as Gateways to the Imagination; CHAPTER 6 Images as Communication; CHAPTER 7 Images as Relationship-builders; CHAPTER 8 Images as Tools for Reflection; CHAPTER 9 Images and Self-identity; CHAPTER 10 Images as Agents for Change; CHAPTER 11 Endings CHAPTER 12 Where the Personal and Professional MeetCONCLUSION: LOOKING TO THE FUTURE; REFERENCES; RESOURCES AND FURTHER READING: APPENDIX: INDEX Sommario/riassunto Claire Craig explores how professionals working with groups can use photography to promote self-exploration and positive change. She

> explains how the technique works, who it can help, and how to set up and run a group. Each chapter revolves around a key theme, such as

communication, reflection, relationship-building and self-esteem.