

“The camera is an instrument that teaches people how to see without a camera” Dorothea Lange

Gestalt approach of Personal development



Using photos shooting sessions, Individual or Group

The approach is based on taking photos suggested by the therapist/photographer and the analysis of this process which condition the evolution and development of the person.

Within this approach, the artistic and technical quality of the photographs obtained by the person is just as important as the psychic dynamic born from the experience during the shooting of the photographs. In addition, the images produced must also respond to the “**law of good Gestalt**”

During this experiment, my attitude is both that of a Gestalt-Therapist and author/photographer.

This type of work targets those who are in search of a personal development, who own any type of camera, but preferably not a Smartphone, and who wish, by the experience of shooting according to some directions given by the therapist/photographer, to simultaneously widen their field of consciousness starting with the sensations experienced and the emotions stimulated, explore the dynamic (imagination) and the content of their imaginary (archetypes), develop their photographic eye.

In open group: « De l'Objectif au Subjectif... » - in french, <http://www.gestalt-idf.com/prestations/grponctuels-objetsubj.htm>

Biography

Born in Paris (F) in 1944. Professional photographer, author for 40 years. Gestalt-therapist since 17 years, SFG Certified Member (F), EAGT OM, works in Paris with adults (individuals and groups). In psychotherapy with dysfunctional making contact process people, uses a camera photo as a tool to increase ability to live on the border between their inner space and outside environment.

Biography of Iliona, in french : http://www.catherinelouryiliona.com/fr/page_12688.html

Pedagogical process, in french : http://www.catherinelouryiliona.com/fr/page_12664.html

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Photography : © Iliona, 2013, during a Workshop – Tuileries garden, A.Maillol statue, in Paris (France)