

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

Gestalt approach of Therapeutic photography In Psychotherapy



Process by which the act of making a photographic image is the therapy itself, with the therapist involved at any stage of the process.

This approach is based on taking photographs, in the non-directive presence of the therapist, and the analysis of this process which then condition the evolution and the development of the person in therapy. Within this approach, while the artistic and technical quality of the photographs is secondary, the images created must still respond to the “law of good Gestalt”.

What counts is the dynamic born from the experience of taking the photographs, the quality of the link created with the therapist (therapeutic relationship) during the process and, via the sensations felt and the emotions that have been solicited, the cooperative construction of the senses of the experience and of the symbolic expression of the images.

During this exercise, my attitude is anything but that of a traditional Gestalt-Therapist. I help a person to go through the experience. While taking and making photographs, the person experiment her creative process as her contact cycle in search of what could be her “good form”. Camera creates a buffer zone, a bridge between internal and external environment, which allows the person to make

contact and engage oneself with external environment from a safe distance, with emotions well-contained

Sometimes I might photograph the participant while he/she is taking photos in order to later let them see "how what he/she is doing, is done": for example, hesitation, inhibitive reluctance, avoidance, precipitation, frenetic photography, etc., which are all attitudes that disturb the experience of healthy and satisfying process.

This type of work targets those who are following individual psychotherapy, who have any type of camera, including a Smartphone, and who wish to experiment taking shots, in the presence of a therapist, as a privileged expression of what they are feeling and the manner in which they are -or are not - in tune with their environment

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.

Catherine Loury (Iliona)

Gestalt Therapist

Site : www.gestalt-idf.com

Photographer

Site : www.catherinelouryiliona.com

LinkedIn : <http://fr.linkedin.com/in/catherinelouryiliona>

27, rue St Louis en l'Île, 75004, Paris, France

Filaire : 33 (0)140 460 248 - Portable : 33 (0)664 809 799

e-mail : contact@gestalt-idf.com