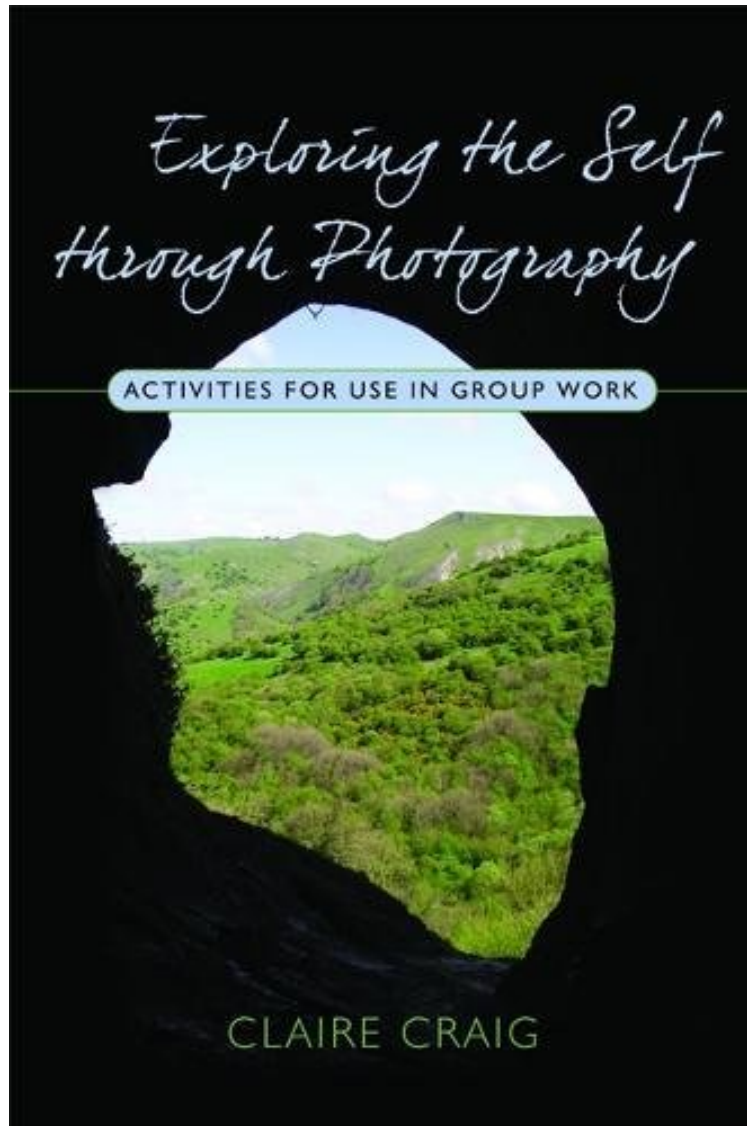


(Mobile ebook) Exploring the Self through Photography: Activities for Use in Group Work

Exploring the Self through Photography: Activities for Use in Group Work

Claire Craig

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Claire Craig : Exploring the Self through Photography: Activities for Use in Group Work before purchasing it in order to gage whether or not it would be worth my time, and all praised Exploring the Self through Photography: Activities for Use in Group Work:

0 of 0 people found the following review helpful. Five StarsBy Monica MartinExcellent0 of 0 people found the following review helpful. Exploring the Self through Photography: by Claire CraigBy Jacqueline CariniI am still

reading so far is an amazing journey into self discovery for my self and others. As a photographer I believe is a tool to create bridges of acknowledgment for people insecure on tapping into art and their self. 1 of 2 people found the following review helpful. Once I got past the cover photo...By G. R. The cover is bland. Any book dealing with any visual work should have a more appealing cover. At least a stronger image (please!!!) Once I got past that (and I also had to swallow some other textual nit-pickiness), I think this book will be incredibly helpful. I am a photographer and I also do photography programming with kids, adjudicated teens, and individuals with special needs. Holy smokes, I love this work. But, wow, it can be hard! I am so excited to dig into this book to find some useful and relevant activities. There really should be more books that provide useful photography programming ideas.

Photography shows us how to look at things from different perspectives, to reflect, to communicate and to express ourselves in a way that goes beyond words. The creative and introspective qualities of this accessible arts medium make it an ideal tool for use in therapeutic contexts. In this book, 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 self-development theme, such as communication, reflection, relationship-building and self-esteem, and contains activities which are suitable for all ages and abilities. For each activity, requirements are clearly specified, and both a warm-up and extension activity offered. Along the way, examples of photographs taken by participants in response to particular themes, and the explanations which accompany them, are provided as inspiration. This practical guide can be used in group work across a broad range of contexts, including in schools, colleges, youth groups, community settings, residential care, in-patient and day hospitals. It will be of interest to occupational therapists, arts therapists, social workers, teachers and any other practitioners interested in ways of promoting personal development through creative means.

This paperback can be added to an expanding list of valuable dementia care publications, which confirms the higher-profile importance of that particular specialism in the caring professions. -- Working with Older People, Stephen Weekes, Book s Editor Exploring the Self Through Photography examines how professionals working with groups can use photography to promote positive change. From how to set up and run a photography group to chapters covering relationship-building, self-esteem and more, this provides activities and themes perfect for photography and psychology collections alike. -- The Midwest Book This is an immensely practical book which uses photography in a variety of ways, from making photographic images, or using postcards, images from magazines and newspapers...It is a valuable resource for people using a creative activity as a tool for exploring the processes of self-development and reflection to gain greater insight into personal growth and the possibility of making change...Exploring the self through photography invites the reader to embark on a journey of visual self-discovery, and to encourage others to use photography to see the world (and themselves) in a different light. -- Therapy Today This paperback can be added to an expanding list of valuable dementia care publications, which confirms the higher-profile importance of that particular specialism in the caring professions. (Working with Older People, Stephen Weekes, Book s Editor) Exploring the Self Through Photography examines how professionals working with groups can use photography to promote positive change. From how to set up and run a photography group to chapters covering relationship-building, self-esteem and more, this provides activities and themes perfect for photography and psychology collections alike. (The Midwest Book) This is an immensely practical book which uses photography in a variety of ways, from making photographic images, or using postcards, images from magazines and newspapers...It is a valuable resource for people using a creative activity as a tool for exploring the processes of self-development and reflection to gain greater insight into personal growth and the possibility of making change...Exploring the self through photography invites the reader to embark on a journey of visual self-discovery, and to encourage others to use photography to see the world (and themselves) in a different light. (Therapy Today) About the Author Claire Craig is a senior lecturer and researcher at Sheffield Hallam University. She is a qualified occupational therapist, specialising in working with older people and people with dementia. Her research interests have focused predominantly on the use of the arts in therapy, on self-management for people with dementia and on the implementation of a health promotion programme for older people called 'Lifestyle Matters'. She first became interested in taking pictures whilst studying her first degree in history at Oxford University and her enthusiasm for photography has grown from there. Claire has shared her ideas on photography both nationally and internationally, facilitating groups in the UK, Canada, Portugal and the Netherlands.