



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

*Claire Craig*

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## **Exploring the Self through Photography: Activities for Use in Group Work** Claire Craig

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.Â

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.

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