

Gestalt approach of Photo-therapy



During either individual (or group*) psychotherapy, the exploratory practice based on the use of photographs: highlighting the Imagination of the person who is in therapy, the means of treating information (fluidity, blockages) and the content of the Imaginary, matrix of representations (shapes) projected on photographic images.

The work done is based on photo language using my own photos or photos brought in by the people. The photos are either pre-existing ones or ones taken by the person between sessions of psychotherapy, and not in the presence of the therapist.

The artistic importance matters little, what matters is the symbolic value projected on the photograph and the work surrounding the link built by the sharing with the therapist (therapeutic relationship). This is the melting pot of the cooperative construction of the senses, as with all psychotherapeutic work based on a Gestalt orientation, without the use of a mediator.

Exists also as an open group sessions : “ Memory’s image, mirror’s image “ - <http://www.gestalt-idf.com/prestations/grpouctuels-sensibilisation.htm> (in french)

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

Photography : © Iliona, 2011, Venice, Italy

Translation by Amy Fienga, e-mail : amy.fienga@wanadoo.fr