



# Phototherapy and Therapeutic Photography in a Digital Age

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## Phototherapy and Therapeutic Photography in a Digital Age

The digital age has brought about a world-wide evolution of phototherapy and therapeutic photography. This book provides both a foundation in phototherapy and therapeutic photography and describes the most recent developments.

Phototherapy and Therapeutic Photography in a Digital Age is divided into three sections: In the first, an introduction and overviews from different perspectives; in the second, approaches and contexts, including phototherapy, re-enactment phototherapy, community phototherapy, self-portraiture, family photography. This is followed by a conclusion looking at the future of phototherapy and therapeutic photography in terms of theory, practice and research.

The book is for anyone interested in the therapeutic use of photographs. It will be of particular interest to psychological therapists and especially psychotherapists, counsellors, psychologists and art therapists, as well as photographers and others wishing to explore further the use of photographs therapeutically within their existing practices.

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